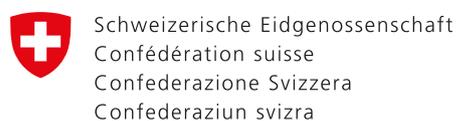




WE PRIDE THE FAMILY CENTER



podpořeno z fondu Česko - Švýcarského partnerství

Introduction

Leisure Centre - Domeček Hořovice received a grant from the Partnership Fund to build a maternity center in Hořovice.

Idea of its functioning is based from our teaching experience. In the project we had the opportunity to visit the maternity centers in Switzerland. This visit has affected our view of the problems of working with parents on parental leave and inspired us to change the view of the parent center. Of the visit, we were given practical experiences that we would like to use in our conditions.

Parent Centers in the Czech Republic are established by mothers on maternity leave, which are also involved in their autonomy and the creation of the program. Most they are under the umbrella associations (before civic associations).

In our town will set up a maternity center Leisure Centre - Domeček Hořovice. We are educational organization that provides leisure activities for children, youth and adults. Given the wide range of our organization, we will draw from our teaching experience, we have gained during the implementation of regular, occasional and residential activities for parents and children. Our experience with the target group led us to the decision that we won't establish Nursery, but the Family Center. His name will better reflect the desire to offer a public space not only for mothers but also for fathers, siblings, grandparents, in short for the whole families. The Family Center will be governed by the applicable educational legislation and other standards.

The Family Centre will expand the existing range of activities for the target group of parents and children and will become one of the available forms of the activity by Domeček Hořovice. In the family center will be plenty of room for spontaneous parental involvement, as well as collaboration with community groups around Hořovice.



We Pride The Family Center

Leisure Centre DOMEČEK HOŘOVICE is a town organization whose main task is to ensure the appropriate use of free time to the general public. Until now, we have provided activities for children of preschool and school-age youth and adults. Based on demand, we began to work with parents on parental leave. Apart from the occasional family events and character camp stays for families with children, we began to offer art and hobby groups for parents with children. Mothers with children met at regular meetings, under the guidance of teachers where together with children created. Intuitively, however, we felt it was not enough. It missed the time and space for parental exchange of experience, fun and spontaneous everyday conversation. The Domeček Hořovice didn't have the adequate space, hadn't invented the concept for this target group and activities offered were more random than targeted. The obvious question is what to do.

Project

The project of the Partnership Fund **Exchange of experience and know-how in the field of leisure activities and education for parents with children on maternity and parental leave** has opened up new possibilities. Within the Czech-Swiss cooperation in the project we gained a partner organization Swiss Professional Association of Health Visitors. In September 2013 we visited Swiss colleagues and got a chance to see the system work in practice in Switzerland. In the visits of Swiss organizations we have gained valuable experiences. We got a chance to compare operating system in the Czech Republic with the system in Switzerland, an overview of the identical parts of the system, as well as identify differences. In cooperation with partner organization so we got lots of ideas for activities, methodological support and the ability to implement operating activities in Switzerland to our terms and conditions.

A major contribution was rethinking the needs of parents on maternity and parental leave, which gave our current activities for parents with children in different directions. We found that it is necessary to offer not only regular activities, but also give vent parents themselves within the spontaneous activities and informal education.



An important moment was the fact that so far we match activities to children and not for the parents. We understand the need to support the development of parenting skills and give plenty of space parents themselves. Parents looking for a space where they can meet with their children, and to provide them with not only the conditions for self-realization and mutual sharing of experiences, as well as support and assistance.

The Roofing of the Family Center:

Within the Family Center integration into the organization in the Czech Republic, we selected an umbrella organization Network of Mother Centers o.s, which gave to us the first general idea of the initial organization and operation of a family center in the Czech Republic.

Mission of Network MC

Mothers' Centers Network is an association that brings together members (single parent centers) in order to:

- coordinate, promote and extend the movement MC in the Czech Republic and its participation in international organizations
- strengthen the family value, the role of parents and maternal role of women in society
- promote the legal protection of the family, motherhood and equal opportunities for men and women

Name of the Family Center

As a part of the login process to the Network of Mother Centre, we were asked to name invented for our family center.

We wanted to avoid a name that would evoke a place designed exclusively for small children, so we excluded all diminutive and fairy tale characters. We wanted a name that captures the diversity of supply, variability and coherence.

Because of the Czech-Swiss cooperation on the project, we also reflect on the name that may not be translated.

All conditions fulfilled the name **Family Center Kaleidoscope**.



Family Center Kaleidoscope:

If Kaleidoscope starts to turn, color pieces inside the warehouse begin to change into different colored shapes.

Family Center will be the same variable space. It wants to offer a wide range of activities, gives plenty of room for spontaneous activities, will collaborate with other organizations and offers informal meeting space for all generations.

Our target is that you always see in a Kaleidoscope what exactly you need the most:

- FC as a space where people will spontaneously meet and where they can find new friends.
- FC as an informal space for parents on maternity leave, which promotes self-confidence of parents and acts preventively against the isolation parents from society.
- FC as a safe place for families with children.
- FC as an institution that will offer organized activities, but will also enable activities to implement the principle of family self-help, peer counseling and exchange of experiences.
- FC as an educational and consulting institution.
- FC as a place that promotes voluntary activities of citizens and contributes to the development of civil society. It teaches families appropriate use of leisure and thereby promotes primary prevention of crime.
- FC as the place where can work civic associations from neighborhood of Hořovice that also work with parents and children.
- FC as a meeting place for all generations.
- FC as a safe social environment in which the child finds the possibility of contact with their contemporaries and learns how to see its mother in a different role than at home.
- FC as a place to integrate "different people", which is opens to all races, social classes, people with disability and others.



Primary Prevention in the Family Center Kaleidoscope:

Maternity and Parental Leave

Maternity or parental leave are terms that semantically do not match the reality. Instead of the anticipated rest and relaxation awaits parents more mentally and physically challenging time. Mastering the parental responsibilities and the impact of new, often stressful situations for a young family, can significantly affect the environment, which will offers young parents when they need helping hand. Ideally, close by grandparents, relatives or acquaintances which have parenting experience and can help. Not always are closest at hand. Young families start to stand on their own feet and often move to a new environment what they don't know and where to socialize themselves. Young partners then depend on themselves to mutual support and the ability to orient themselves in a new environment. Parents on maternity leave are threat by following situations:

- Changing of life priority
- Missing contact with the outside
- Loneliness and social isolation
- Own inexperience and helplessness in the role of parents
- Economic problems
- Loss of the professional review
- Discrimination during re-entry into the workforce

Family Center as an Offered Hand

One of the way how to young families easier the time on maternity and parental leave is their involvement to the community in a city or village. Mums and dads are often lacking loyalty to the place with neighbors and other young families. The period of making new contacts may be another frustrating moment. Shyness, specific experience with rejection or discomfort that they actually haven't something to say around because their topics currently revolves around the child, may lead to the development of social isolation. Family centers may be from this point of view a place that can greatly help to young families. Openness of Family Center and meeting space for the spontaneous meetings supports the formation of informal groups, whether by sympathy, self-interests, age of their children, or actual problems and needs of clients. An offer of organized teaching or pediatric activities of the Family Center Responds to their demands. Family Centers are community places not only for informal meetings and exchanges of experiences of clients, but also educational and counseling place for parents in crisis too.



Inspiration in Switzerland

The Family Center KALEIDOSCOPE in Hořovice is created on the basis of bilateral international project. So we have the opportunity to compared options, competencies and work forms of parental and family centers in the Czech Republic with the Swiss model of working with parents and children. The work way of Swiss institutions is In many respects inspirational and helped for us to find the answers to the questions we were asking. The main question was how the family activity center actually grasp. Intuitively, we didn't want to be a "watchdog" parent center, but center open wider public. It most help to us understanding the Swiss targeting for parents and their needs. The view on the Family Center from a different angle integrated our ideas of how the activities and functioning of the center with the requirements of parents. It began to take shape form of the community center in the town, possibilities of closer cooperation with other institutions and non-governmental organizations. We clarified our capabilities and competencies. We began to look around, who can help to us with a family center from the view of ensuring a qualified individual forms of family activities center, so that the impact of family functioning centers in Hořovice in primary prevention as possible.

From the beginning, we were curious about the differences in systems of work in terms of legislative requirements and the scope of activities of family centers in the Czech Republic and Switzerland. The big difference is the actual arrangement of Switzerland, when local cantons (our region) have much greater legislative competence and autonomy than we used in our conditions. Therefore, we asked Mrs. Irene Candido from the partner organization of the Swiss Confederation counselors for motherhood and fatherhood (SVM) for to describing to us the Swiss model work with the target group. From our perspective, it is also difficult to navigate ourselves in the systems of the individual cantons, because we are accustomed to a central state systém management. Therefore, we considered important that this part of the methodology have to work out by a competent person from Switzerland in order to avoid the use of misleading or inaccurate informations.



Preventive Interventions in Switzerland

1st Parental Guidance in Switzerland

The offering parental advice in Switzerland is unique. Virtually in every village or district are for the parents of infants and toddlers available specialist advice. It is close to the parents, is voluntary, credible and generally free.

Parental guidance - now conceived as a profession - is not only concerned with physical development of the child, but also focuses on the environment and conditions in which the child lives.

Whether the child benefits, depends on balanced social ties in which grows up. Parental guidance is therefore nowadays directed to the benefit of the whole family and includes the relationships of parents and siblings. It is opened to all and don't independent of the form of family life and the cultural environment.

Parental guidance focuses on comprehensive health aspect, which includes physical, mental and social indicators of healthy child development, and thus becomes a mainstay for a medical research.

The parental advisor is an expert on the physical, mental and spiritual development of infants and toddlers, breastfeeding, nutrition, care and education. She advises in psychosocial issues, supports mothers and fathers in their parenting role and solve relationship problems within families. She knows the social network and a public offers and may determine whether it should be consulted another expert.

2nd Forms of Services

Parental counseling works on the principle of a crisis center for all parents of infants and children under five years of age. Its basic services include: home visits (the first visit, subsequent visits), telephone counseling, advice on counseling (with or without previous announcement)

Services vary depending on the region and in addition to basic services may include debating groups, courses, meetings and other activities.

Home visits account for approximately 6% of the total basic service offering. It should be mentioned here that are not carried out in all regions of Switzerland. This is especially the initial visit, which will take place shortly after the birth. Other visits are offered with regard to the situation in which the family (multiple births, premature birth, a disabled child, her mother's illness a like)



Telephone advice is available in each advisory space and account for about 12% of the base bid. The times when it is possible to use them is different in different regions. As a rule, however, works from the early morning to the noon. Occasionally it is also available in the evening. In addition to these works specified time answering, that parents have the opportunity to contact the counselor at any time and leave her a message.

Advice on counseling is the most common form of this activity and forms 83% of total services. Virtually every Swiss village or district is established advice, which is open to the public at regular intervals (weekly, fortnightly, monthly). Those interested in counseling is available with or without prior notice. On average, parents visit the advice nine times of one child born.

Thanks to intensive cooperation between our offices with local authorities guardianship is growing number of visits to our employees in high-risk families. The regulation is usually delivered in writing form. The regulation specifically mentioned the required forms of counseling (home visits, counseling in counseling centre), its frequency (weekly, monthly) and the main points, which are a concern (child protection, hygiene, interaction, habits, etc.)

Parents are notified of regulation, as well as about the fact, that the advisor in case of non-cooperation or non-mandated action is required to report this to the guardianship authority.

3rd Contacting

This aspect is different from region to region. Usually, the mother in the hospital signed a statement agreeing to provide the information about the birth of the child to the Consulting Association. In areas, where reporting of birth doesn't go through the hospital, the association receives informations from the Association's register of local municipal office.

After the advisor receives reports of child birth, establishes telephone contact with parents. She offers to parents the visit at their home or informs them about the possibilities of counseling, as well as the opening hours of counseling.

4rd The Focus of Consultancy

The main task of parenting counselors is advising persons who educate child. Topics covered by the guidance touches are varied and always focused on the individual needs of a particular client.



Care

- Tips for parents, how to care for the child adequately its age and development
- Advice on specific care issues
- Advice on health issues
- Support for the care of sick and disabled children

Nutrition

- Tips for parents on how to feed the child properly for its age and development
- Assistance with dietary measures

Breast-feeding

- Sensitization and motivation for breastfeeding
- Mediation of information
- Adequate support, guidance and counseling
- Assistance in normal and aggravated breastfeeding

Development

- Support and sensitization of parents in understanding child behavior at its various stages of development
- Assisting parents in understanding the interaction of relational behavior and needs of the child
- Compression parental intuitive handling with infants and toddlers
- Checks developments in counseling

Education

- Sensitization of parents for physical, mental and spiritual needs of the child
- Support in coping with everyday situations
- Advice on common and simple problems with education

Psychosocial Aspects

- Assistance in overcoming the "normal crises" in the transition to parenthood
- Assist in the process of finding roles
- Identifies relational ability of the family
- Support in understanding and dealing with the needs of families



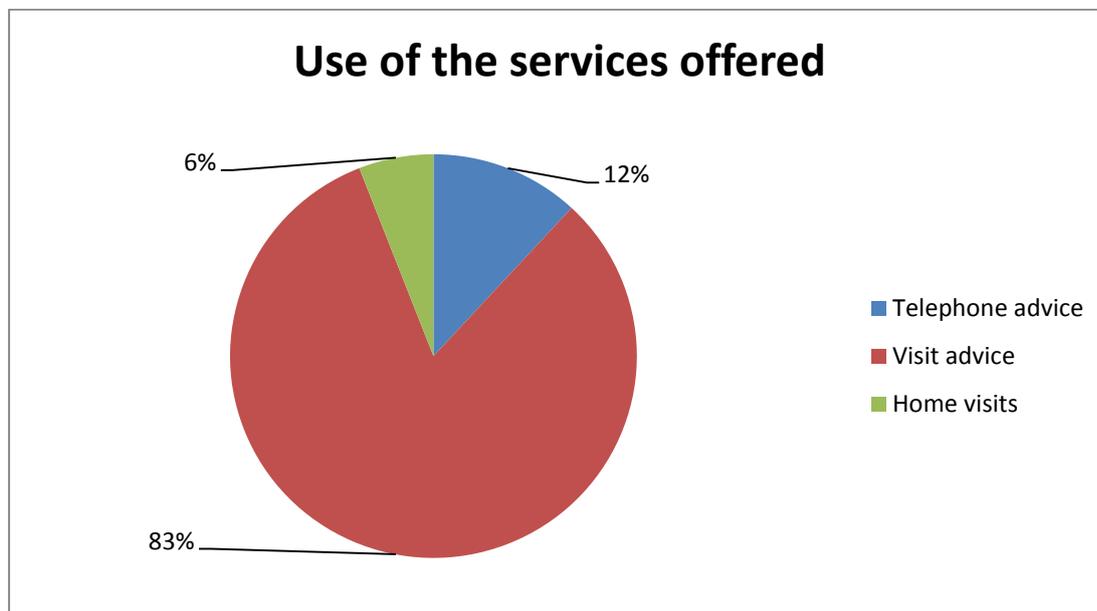
5th Use of the Services Offered (Pro Juventute 2007)

Use the menu

In 2007, the Organisation for Juventute evaluated in the context of far-reaching research a question the use of parent counseling. Pro Juventute is a foundation that has existed in Switzerland since 1912, there has permanent residency and has won quality awards ZEWO.

Under the supervision of the Convention Rights of the Child, the United Nations Pro Juventute committed to meeting the needs of children and youth and enforcement of their rights.

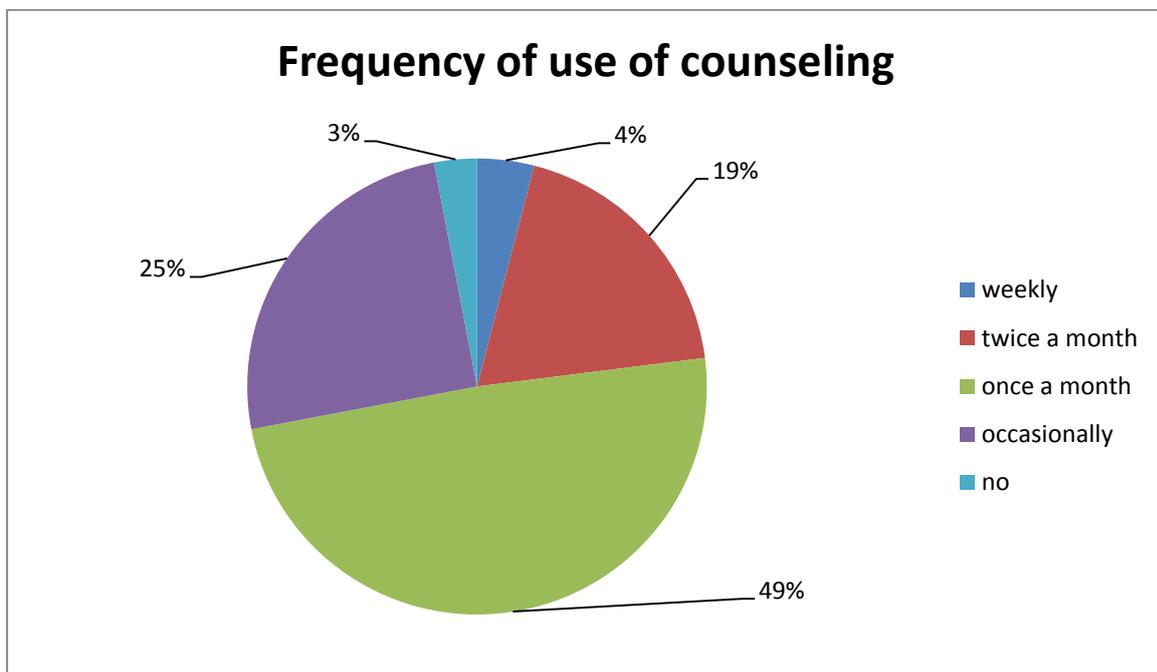
The results of the research showed that parents rely heavily on advice especially in counseling. Depending on the different regional conditions are not all offered home visits, so their share is in the total volume of relatively insignificant. In our region are home visits offered to all parents and about 90% of them are interested. 12% of parents are addressing their requirements through telephone counseling.



Frequency of use of counseling

96% of parent use the advisory services in the first year of child life. At the age of 2-6 years it is still 50% of parents.

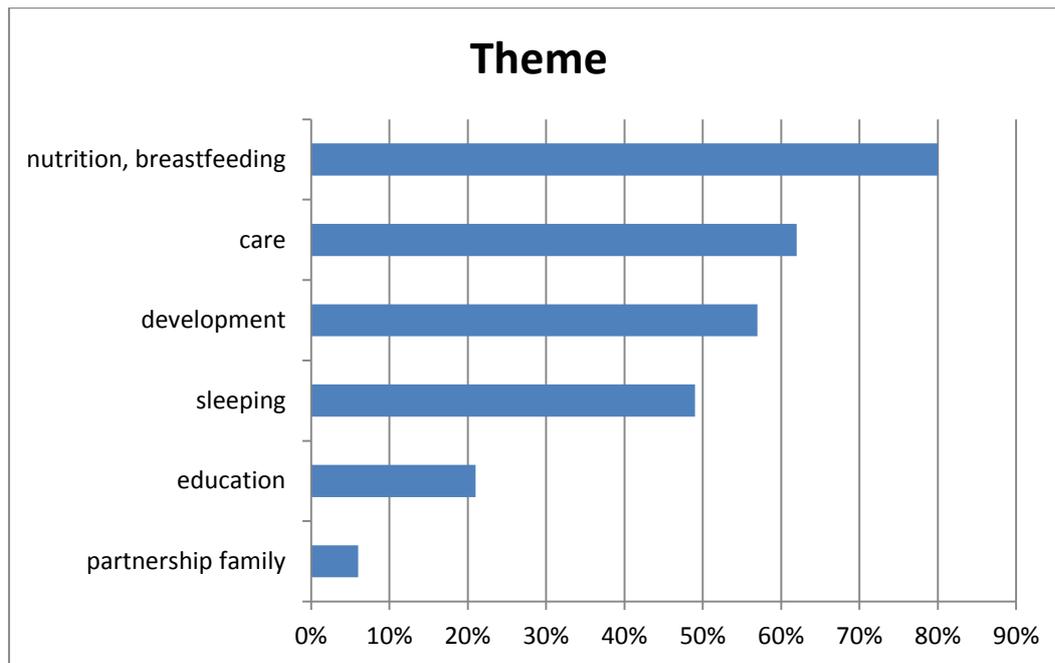
Most of parents show that they usually (in 83% of cases) are a consultancy in counseling.



Parents then appointed the following topics consult with advisors:

- Shouting
- Period of defiance
- Sibling conflicts
- Behavior when children are playing
- Vaccination
- Family planning
- Child custody strangers - return to work
- Diseases of the child / parent illness
- Personal relationships, contacts, housing situation





6th Forms of Organization

Legal status of counseling varies depending on the canton. Consulting works as private legal organizations such as associations, as well as public organizations, which act as the employer community, associations of municipalities or cantons.

7th Financing

Counseling is in most places financed by municipalities in the form of a contribution to his head. Any such contribution is individual and highly dependent on the inclusion of institutions in the health system of a particular canton. In some cantons registration fee is levied at different rates (generally 20 francs).

In many cases, accessing additional subsidy or reimbursement of costs paid by the canton. Other organizations funded through contracts canton of work done.

The salary parenting counselors determined that the employer. In many places in Switzerland, wages are graded according to cantonal wage policy. The tighter the performance consultancy linked to the health system of the canton, the clearer the differentiation of wages, depending on the function.

8th Training

Original name of our profession was nursing infants a nurse and then today we call parenting counselor. Name changes in the range of about one century of history



of female occupations show how over the years, gradually changed the role and concept of the profession. They changed the same time with the family forms and a conceptualization of maternal and paternal role. But this is not changed - parents of infants and toddlers require professional advice tailored to their specific requirements.

Diploma of Higher Vocational Studies in field of parental advisor panel mounting can be obtained by studying the job. To exercise this profession is permitted basic education in health and hospital care DN II, focusing on children's health care or other adequate education. Extension education includes 900 lessons divided into thirteen modules of 60 lessons and a final 120 hours module. Education focuses on how best to prepare future counselors to get through the appropriate tools for practice. It specializes in various areas in basic medical education aren't represented at all, or only partially, and provides the ability to train graduates staged knowledge in practice. At this time ongoing national approval process, allowing close the study of higher professional examination. First steps completed studies are expected in 2018.

9th Association SVM / ASISP (Association of Swiss Fathers and Mothers)

Parental advisors in Switzerland are organized in professional associations parental advisory SVM, which has about 450 members and is attached to the Swiss professional association of nurses SBK. Partner SVM is a Swiss professional association of parental guidance, whose members include employers.



Our Experience with the Swiss System

The unique opportunity to draw inspiration was a visit to Switzerland in the framework of the Partnership Fund in September 2013. Because we were preparing the family center at the very beginning, we have made use of this possibility. Based on the cooperation with the partner organizations of the project ASSOCIATION ADVISOR MOTHERS AND FATHERS (SVM), we carried out a study trip to Zurich.

During the five days we were moving mainly in Zurich and Basel. We visited not only the specific family centers, as well as organizations that are dedicated to staff training centers, social workers and civil servants.

The social system of the Canton of Zürich - City:

Kanton Zürich - the city has its own support structure of families.

Canton has 11 districts and in each is the **CENTRAL OFFICE FOR YOUTH.**

Central Office for Youth

This organization aims to provide social services through their own social isolation and facilitate activities for the family that implemented by local organizations.

SOCIAL DEPARTMENT PROVIDES:

1st Consultancy work

2nd Scholarships

3rd Counseling Center for children 0-5 years

- Parent and student counseling
- Regional guidance (advice to municipalities)

4th Parental education

- Facilitating contacts educational organization

5th Counseling for Youth and Family

- Provides legal protection for children

6th Counseling for Youth and Family

7th School social care (at each school representative offices)

8th Refunds eighth child support (alimony payment for defaulters and subsequent recovery)

9th Adoption of Children



MEDIATED OFFERS ACTIVITIES FOR FAMILIES (for the kind of organization):

1st PREGNANCY AND BIRTH

- Interest Group childbirth
- Variants of birth
- Midwives
- Gynecologist - tours
- Training courses - exercise before and after childbirth
- Advice for pregnant women - intervention in crisis (abortion)

2nd SUPPORTING OFFER FOR FAMILY

- Help the family with cleaning (crisis situations)
- Courses care of the baby
- Advice for fathers and mothers
- Letters to parents - material that comes in the mail to families
- Education of parents
- Association to support families of children in a hospital
- Groups for families with babies
- Neighborhood groups
- A places for meetings
- Hotline for parents and children
- Weekly mothers - child care during working days
- First aid courses for mothers with young children

3rd PROPERTY OF EXPERTS

- Advice for mothers and fathers
- Pedagogic-psychology clinic
- Pediatrician
- Hospitals
- Advisory place for small children
- Children and youth psychological services
- Speech therapy
- Ergo therapy - Physical therapy



4th SERVICES FOR SMALL CHILDREN

- Contact Group
- Infant group
- Monitoring Services
- P + CH swimming and physical activity
- Group Player
- Music and art groups

5th ADDITIONAL SERVICES FOR FAMILIES

- Weekly mothers
- Babysitting
- Nannies standardized rate from the Red Cross
- Nursery

Visited Organizations:

Due to the busy schedule we were given an insight into the possibilities of the Swiss system of working with families. We could compare what enables us to our system and legislation and what can inspire to us. Visits to local organizations and centers provided valuable initial comparison of our ideas about the forthcoming center with the functioning organizations in Switzerland. We appreciated the openness of representatives of each organization. We saw not only a successful and efficient activities and projects, but we had the opportunity to discuss about the problems with financing of centers, depending on the local and cantonal social policy, or specific situation of the organization. We could do so quite a fair idea that in Switzerland the impact of financing and state and local policies for activities in the field of socio-pedagogical significant.

Association of Counselors for Mothers and Fathers (SVM)

- Partner organization of the project.
- Umbrella organization of counseling for mothers and fathers.
- Professional organization, the umbrella activity counseling in Switzerland, individual differences counseling based on the government (cantons). From 500 counseling 450 counseling is organized in the framework of SVM.
 - Introduction of consultancy and follow-up on the social system.
 - Explanation of SMV place in the education system, comparing and naming differences between Domeček Hořovice and SMV.
- Comparison of education workers' organizations and their resulting competence (in the Czech Republic more teacher in Sch social worker with more pediatric education)



Marie Meierhofer Institute (MMI)

- It is the respected professional organization with a great tradition, backed behalf of known child psychologist who has worked in the MMI and was the organization for a long time driving. It deals mainly with the preparation workers (state organizations and associations) who work directly with children or work with children under their control (public administration, social workers, etc.)
- It include among organizations that sponsors, or guarantee a specific project or materials relating to work with parents and children.
- Explanation of work with parents and pre-school children in Switzerland, a practical demonstration of diagnosing a child using video recordings.

Elternbildung in der Schweiz

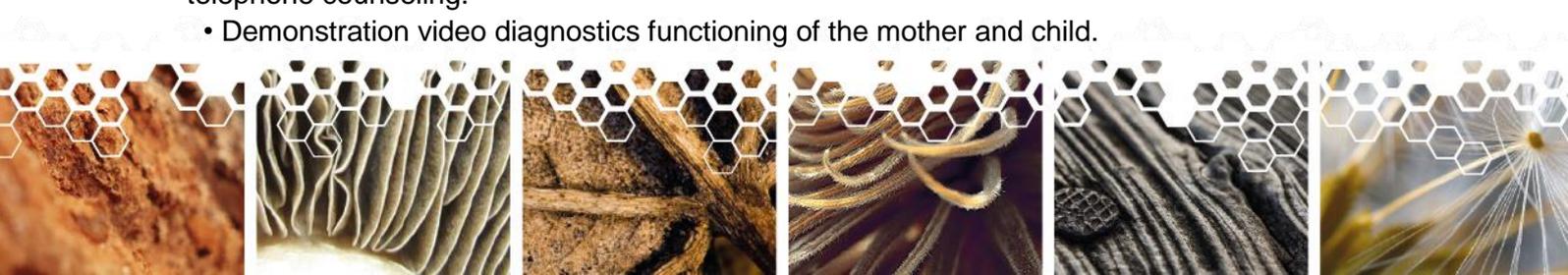
- Professional organizations what is dealing with education of parents and teachers.
- Demonstration of practical projects and educational and methodological materials for specific projects.
- Bilingualism projects and their usability in the Czech environment.
- Contact the Czech side project STRONG PARENTS, STRONG CHILDREN.
- Clarification of the difference in the view of the objective of education - rather than focusing on the children, but the parents.

Center for the mothers and fathers

- The organization in one of the neighborhoods of Basel, where there is the playing group(preschool)
- Demonstration of operation of the organization - morning program 2-3time a week as part of the preschool, consulting, Treffpunkt (meeting place for parents and children).
- Playing groups (preschool) - Activity are participating children on that this day will come. The combination of regular activity (it is known when preschool regularly opens) and spontaneous activity (come one who wants no entries or applications without prior reservation).

Umbrella Centers for Mothers and Fathers in Basel

- Organization in the heart of Basel, which is home to a network of centers in the canton of Basel city.
- Office space, a place for consulting services - counseling for parents and children and counseling for parents - social activities. It is the social work in families.
- Ones a week works the playing group (preschool)
- Demonstration of operation of the organization - clinic for mothers with children, the telephone counseling.
- Demonstration video diagnostics functioning of the mother and child.



Lola Center

- The organizations in other districts of Basel
- First floor - preschool and clinic for mothers with children.
- Ground floor - Treffpunkt (meeting place).
- Understand the functioning of meeting places - a natural meeting place for neighborhood residents, parents spontaneous activities, relaxing place with food, rents, lecture.

Visit the citycenter Riesbach

- Organizations in Riesbach district, which is a natural and traditional center of the district.
- Broad focus - clinic for mothers and children, preschool, activities for school children, youth and adults. This activity is regular and spontaneous. (similar than Domeček Hořovice)
- Inspection of places and organization - new spaces: Small bazaar children's clothes, the meeting place serves as a restaurant for families with children.

Family Center ELCH

- The organization in the northern part of Zurich, which was opened in 2012.
- Focus - clinic for mothers and children, preschool, lending of games and toys, a place for meetings.
- Inspection of places and organization - new spaces, ideal architectural solution leisure organization with a closed yard, hall for physical activities, clubs for different types of activities, meeting place.
- Discussions with head of the center and head of the organizations Elternbildung in der Schweiz.

Organisation PRO JUVENTUTE

- National Foundation Pro Juventute was founded in the year 1912.
- Currently has its headquarters in Zurich, has 26 cantonal branches.
- The best-known activity is **Letters to parents**.

LETTERS TO PARENTS

- Presentation of the activity Letters to parents - regular updates of information (manuals) for first birth women about the progress of their child and situations in the current period is coming of age. The project has a 40-years tradition and is implemented throughout Switzerland.
- It is divided into three parts - for children up to one year, for children 2-3 years old and children 4-6 years. It is accompanied by a special edition (e.g. single guide for grandparents, parents with mental health problems, etc.).
- Given the scope of activities and the fact that local organizations move more in the social and pediatric this project exceeds competences of Domeček Hořovice.
- Its individual parts are a good basis for the creation of a methodology for the specific activity of the parent center.



The Main Differences in Two Countries:

Already, during the first few days, we realized the basic system differences between Switzerland and the Czech Republic.

1st State organization

A main difference is the state organization in Switzerland, where the individual cantons (regions) haven't the same law or social system. We can't generalize the model works in Switzerland and describe the whole of Switzerland, it is necessary to take into account the differences between individual cantons. We moved mainly in the canton of Zürich - City, one day we spent in the canton of Basel.

2nd Education of workers

Another specific difference against the Czech Republic is itself education of family centers workers, their competencies and mission in the family center. In the Czech Republic, the emphasis is on the teaching education staff with children in Switzerland is more focused on the content of education and pediatric advisory area. Compared to the Czech Republic in addition the family center worker must work to satisfy graduate studies and long-term practice in a particular center. Logically, Swiss colleagues are more focused on health and child development, we are more focused on training and mentoring.

3rd Preoccupation with Parents

Understanding Swiss view of the target group has fundamentally changed our view of the possible function of the family center. Proper targeting of activities to parents and cooperation between state and non-state organizations in turn will strengthen the contribution of the family to the town center of Hořovice. Our teaching more focused on child and primary activities targeting children would not bring the necessary development of parenting skills, the importance of family or community center for residents of the city or need a casual environment where they can work together representatives of the community, government and non-governmental organizations in the public and civic initiative. On the contrary, we left to tie the school looking for leisure facilities and use of the possibility that a family center with its openness, flexibility and relative informality of the community can view the town Hořovice bring.

4th Parental Leave

The next big difference is the parental leave. This term does not exist in Switzerland. In Switzerland, they only have the maternity leave, which lasts 14 to 16 weeks. As the title implies, it refers only to mothers. After the expiry of maternity leave they again picked to work.



Determining the Needs of Parents

For find out the real needs of parents in Hořovice, we conducted a questionnaire survey. Launch research took place on 19 October 2013. Survey was completed on 17 November 2013. Questionnaire was available in printed form in SVČ – Domeček Hořovice. Virtually it has been placed on www.survio.cz and published on www.domecekhorovice.cz, www.horovickemaminky.cz and on facebook of both organizations. Total questionnaire was attended by 282 respondents. The questionnaire was completed by 68 respondents, which is 24.11% of the respondents.

CONTENT OF THE QUESTIONNAIRE:

QUESTIONNAIRE

Parental Center in Hořovice

Dear moms, dads, grandmothers, grandfathers, basically everyone who got into the hands of this questionnaire.

The Domeček Hořovice with commission by town Hořovice started work on setting up a family center in Hořovice. We would like to give an open family center, which will serve not only to families with children, but to offer the space and cooperation in Hořovice for civic associations and their activities. Our goal is to create not only a safe place for children, but also the inspiring space for adults who want to participate in the development of positive relationships in Hořovice.

We will be grateful if you fill or you fill more ideas, suggestions or comments. Every thought is important because it helps us to tailor a program of family center for Hořovice citizens at peace.

1st TIME USE FAMILY CENTRE

Due to the length of the parental leave is to offer you a family center on current:

for 2 years

for 3 years

for 4 years



OPENING HOURS

We will try to be adjusted to the maximum number of people.

1st Optimal for me is to open center:

Once a week

More than once a week

Otherwise:

2nd What days of the week you prefer: (can tick more than one answer)

Monday

Tuesday

Wednesday

Thursday

Friday

3rd Rather suits me:

Morning

Afternoon

4th Preferred length of one activity:

1 hour

2 hours

3 hours

4 hours or more

ACTIVITY OF CENTER (range 1-10 - ten most) Which activities would you prefer in the center.

1st I just want to sit and chat without any organization

2nd I prefer regular organized activities for my child (e.g. clubs)

3rd I prefer regular organized activity for me and my child (clubs)

4th I prefer occasional organized activities for my child (single action)

5th I prefer occasional organized activities for me and my child (single action)

6th I prefer short-term activities for adults with childcare

7th I prefer educational series for adults with childcare

8th I welcome subsistence activities for parents and children

9th I would welcome a separate playroom for children

10th I welcome the action to order (children's parties, etc.).



11th I welcome lectures on child care (lecture baby doctor, psychologist, of speech therapy counseling, lactation counseling, preparation for school, etc.)

Other topic:

I am interested in the role of the teacher in:

12th I am interested in organizing activity, course, seminar:

13th Other suggestions that attack me now:

FINANCIAL PARTICIPATES OF PARENTS:

Your idea about the amount of any financial participates in specific types of activities:

- Unorganized activities: CZK - / events
- Interest Groups: CZK - / meeting
- Events for parents and children: CZK - / events
- Lecture expert: CZK - / events
- Tourist events: CZK, - /a day (food, accommodation, program)
- Babysitting: CZK - / 1 hour
- Rental Centre: CZK - / 1 hour (children's parties, etc.).
- Commercial rental center: CZK, - / 1 hour (your sales presentations, etc.).

SPACE CENTER EQUIPMENT: Describe your idea

MATERIAL EQUIPMENT CENTRE: Describe your idea

FAMILY CENTRE I WOULD ATTENDED: select an answer

I and one child I and 2 children one child two children 4 or more persons

Thank you for your time and willingness to assist in the creation of a family center in Hořovice. We look forward to your visit. Your questionnaire can be anonymous. If you can fill in your contact details in case we with you some idea to consult.

Name:

Phone or e - mail:



Evaluation of the Questionnaire:

TIME OF USE THE FAMILY CENTRE

Due to the length of maternity leave is for you to offer family center on current:

Respondents had the option to choose from possible answers from 1 year to 4 years. That question was to determine how long a family offer benefit breast center. As we expected, the most frequently were chosen answers 3 and 2 years, which corresponds to the trend of maternity and parental leave in the country.

RESULT:

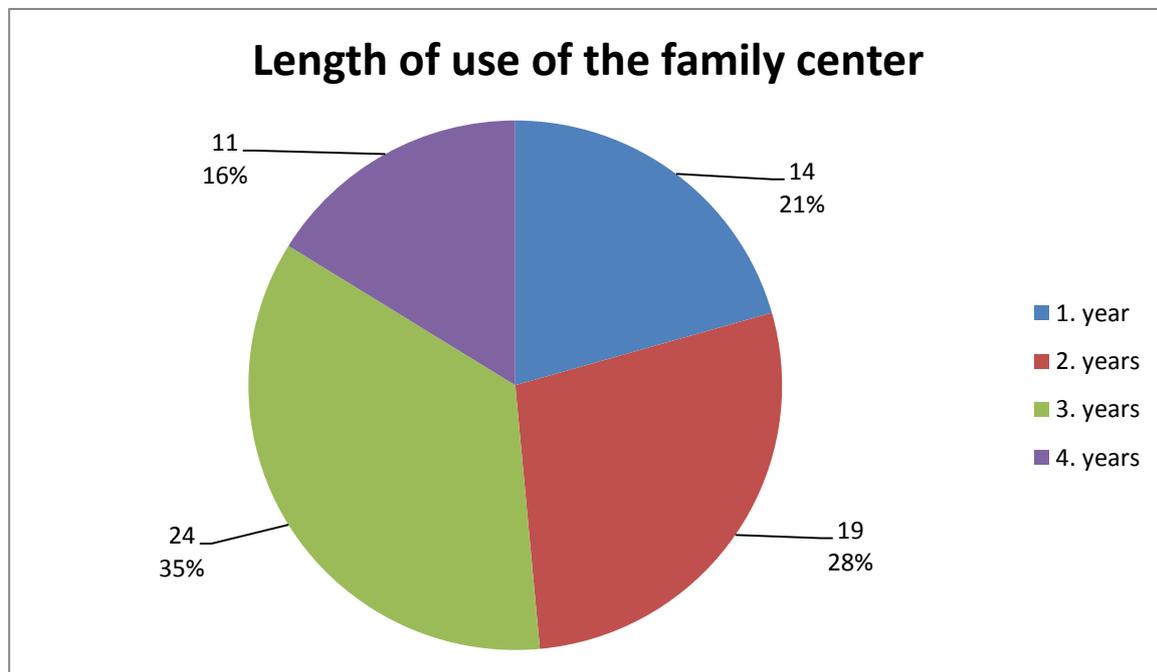
35.29% of respondents (24) prefer to use the center for three years.

27.94% of respondents (19) prefer to use the center for two years.

20.59% of respondents (14) prefer to use the center for one year.

16.18% of respondents (11) prefer to use the center for four years.

GRAPHICAL REPRESENTATION:



PERFECT FOR ME ARE CENTER OPENING HOURS:

Respondents had the option to choose from possible answers from once a week, 3 times a week or they could provide another option.

The aim of the question was to find out how many times per week respondents expect to use the offer family center.

RESULT:

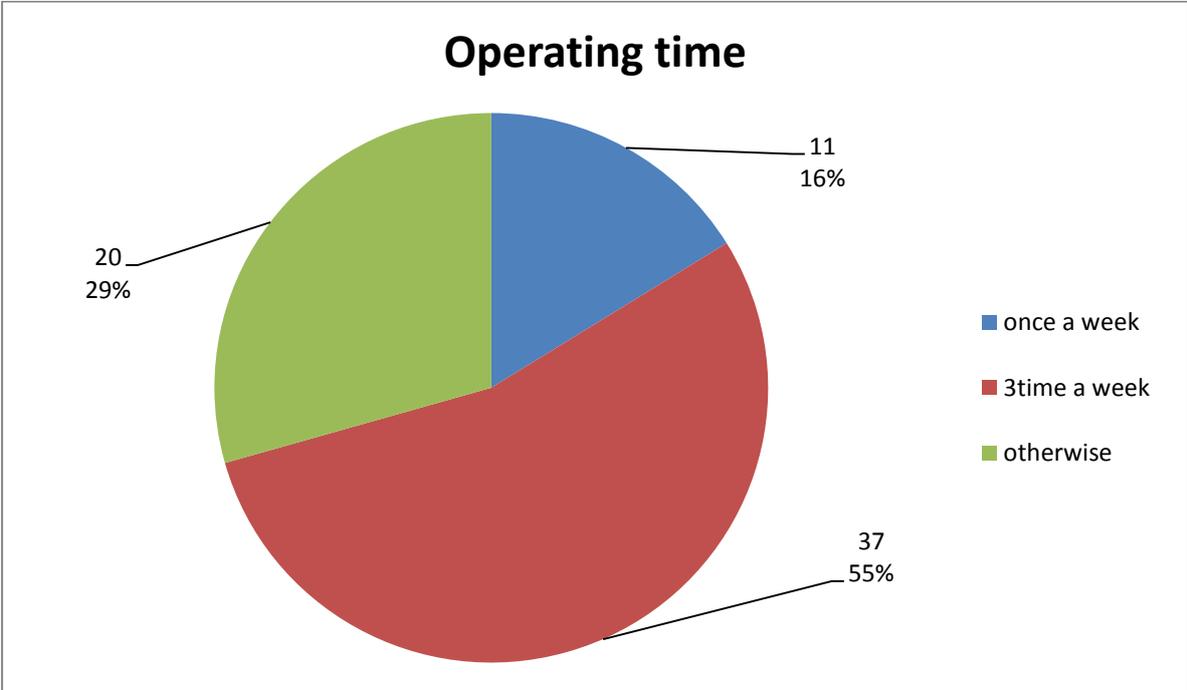
54.41% of respondents (37) prefer to use the center 3 times a week.

29.41% of respondents (20) prefer to use the city otherwise.

16.18% of respondents (11) prefer to use center once a week.

Within the answers "other choice" respondents mentioned most often use center 5 times a week, twice a week, including weekends, irregularly etc.

GRAPHICAL REPRESENTATION:



WHICH DAYS A WEEK I PREFER:

Respondents had the option to choose from possible answers from Monday to Friday and they had the opportunity to select multiple answers.

The aim of the question was to find out which days are best suited to offer family activities center.

RESULT:

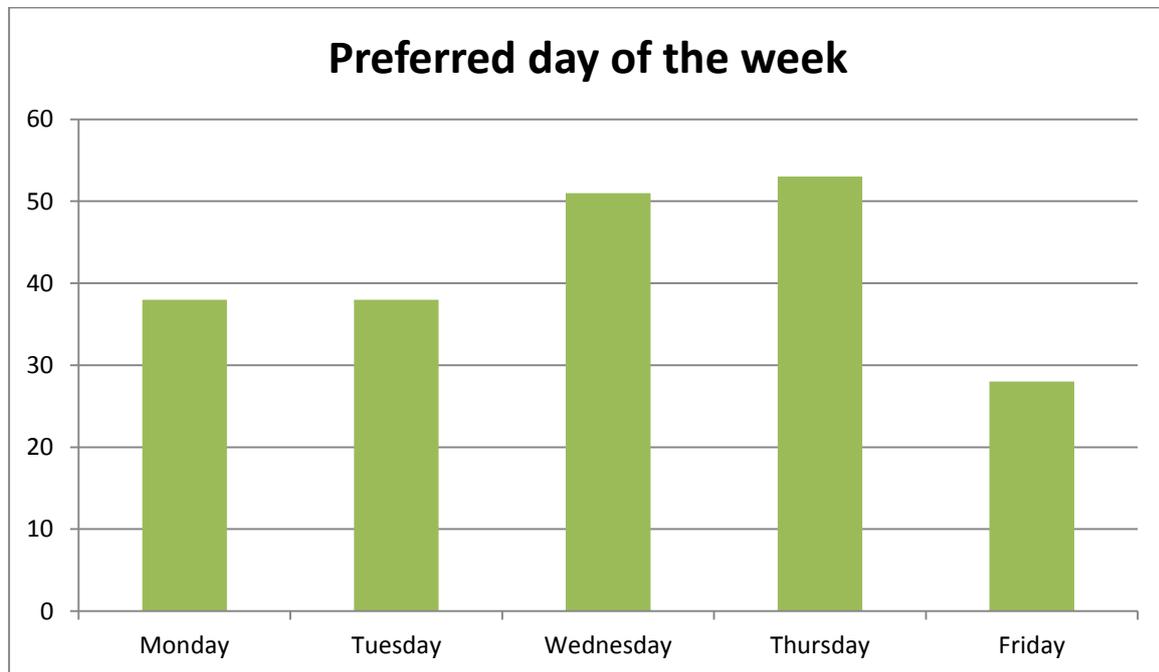
77.94% of respondents (53) prefer Thursday.

75.00% of respondents (51) prefer Wednesday.

55.88% of respondents (38) prefer Monday and Tuesday.

41,18% of the respondents (28) prefer Friday.

GRAPHICAL REPRESENTATION:



PREFERRED LENGTH OF ONE ACTIVITY:

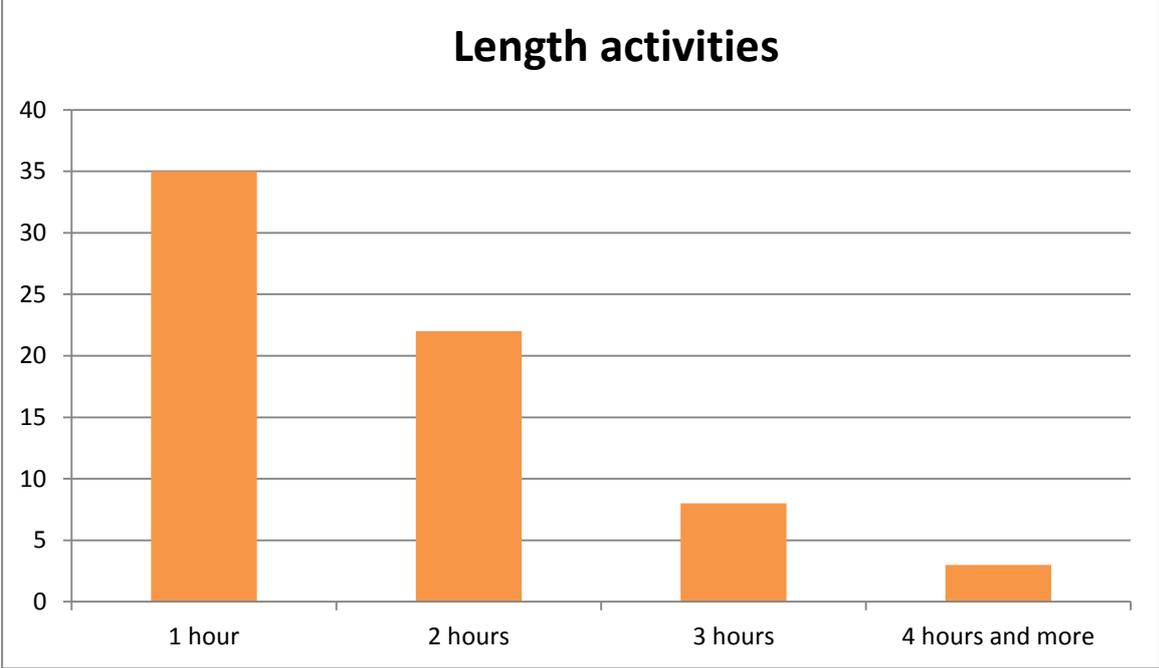
Respondents had the option to choose from possible answers 1, 2, 3 and 4 or more hours.

The aim of the questions was to determine the optimal length of family activities center.

RESULT:

- 51.47% of respondents (35) prefer 1 hour.
- 32.35% of respondents (22) prefer 2 hours.
- 11.46% of respondents (8) prefer 3 hours
- 4.41% of respondents (3) prefer 4 hours or more.

GRAPHICAL REPRESENTATION:



PREFERRED TYPE OF THE ACTIVITY:

Respondents had the opportunity to assess the range of 1-10 points (ten most) of the following 12 options for each type of activity and add their own design or lack of activity:

The aim of the question was to find out what type of activities would be interested parents, or whether they would be willing to lecture or organize an activity.

RESULT:

ORDER	REGION	DIAMETER
1	I would welcome a separate playroom for children	8,358
2	I prefer regular organized activities for my child (e.g. clubs)	8,029
3	I prefer occasional organized activities for me and my child (single action)	7,805
4	I prefer occasional organized activities for my child (single action)	7,462
5	I prefer regular organized activity for me and my child (clubs)	7,432
6	I will welcome lectures on child care	7,164
7	I prefer short-term activities for adults with childcare	5,850
8	I prefer educational series for adults with childcare	5,656
9	I just want to sit and chat without any organization	5,567
10	I welcome subsistence activities for parents and children	5,358
11	I welcome the action to order (children's parties, etc.)	5,014
12	Next theme	0,611



INTEREST IN THE ROLE TEACHERS: 11 respondents

AREAS:

- Creative and artistic activities
- English language, German language
- Speech Therapy
- Zumba
- Babysitting
- Baby Massage
- Baking cakes to children and other celebrations

INTEREST IN THE ROLE OF ORGANIZER: 12 respondents

AREAS:

- Activities o.s. Sedmíkrásko
- Tutoring
- Speech therapy care
- Respect and be respected
- Accounting
- Trips and visits for parents and children, suburban camp
- Health of children



FINANCIAL CO-PARENTS

Your idea about the amount of any financial participates in specific types of activities:

Respondents should indicate what amount is acceptable to them as a fee for a particular type of activity.

The aim of the question was to determine the average acceptable amount of the fee for specific activities.

RESULT:

TYPE OF AKTIVITY	AVERAGE FEE
Unorganized activities	42,- CZK per action
Interest Groups	59,- CZK per meeting
Events for parents and children	71,- CZK per action
Lecture expert	75,- CZK per action
Camps (accommodation, meals, program)	291,- CZK per 1 day
Babysitting:	75,- CZK per 1 hour
Rental centers (children's parties, etc..)	154,- CZK per 1 hour
Commercial Lending Centre (sales presentations, etc.)	280,- CZK per 1 hour



VISITORS OF FAMILY CENTER

Family Center I would like to visit:

Respondents had the option to choose from possible answers

me and 1 child, me and 2 children, 1 child, 2 children, 4 or more persons

An aim of the question was to find out which actors will attend a family center.

RESULT:

41,18% of the respondents (28) choose the type I and 2 children.

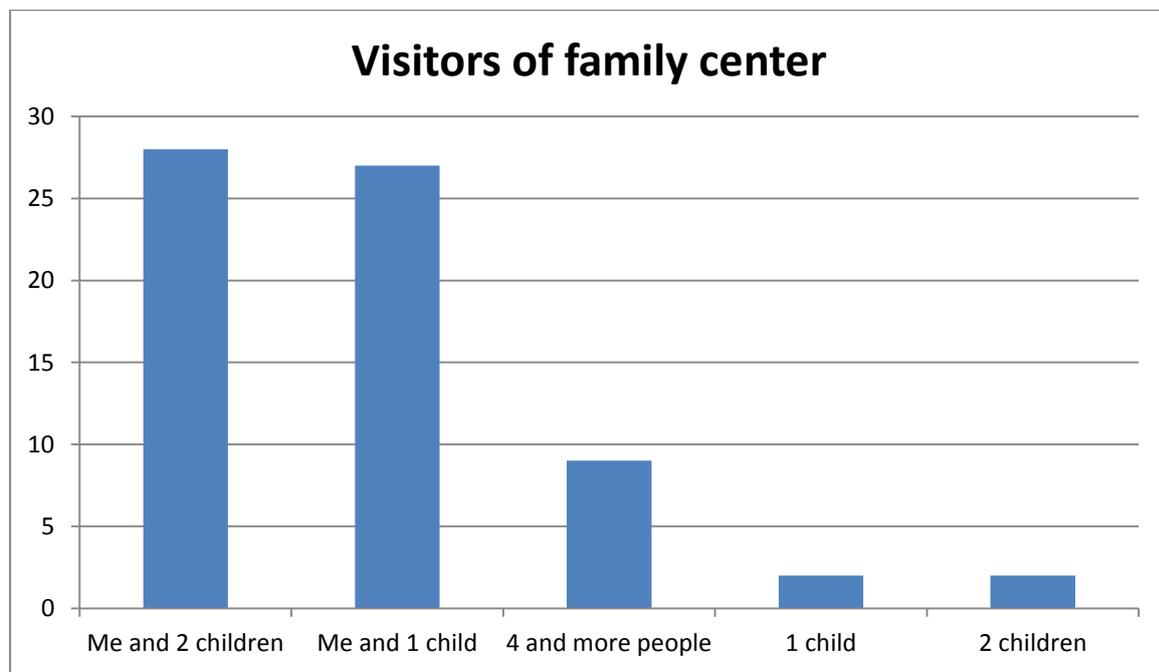
39,71% of respondents (27) choose the type 1 child.

13,24% of the respondents (9) choose the type 4 or more people.

2,94% of respondents (2) choose the type 1 child.

2,94% of respondents (2) choose the type 2 children.

GRAPHICAL REPRESENTATION:



SPACE CENTER EQUIPMENT:

Respondents were given space to express an idea in writing premises about equipment of the family center. The aim of the question was to find out what parents want to have in a space of the family center.

RESULT:

1st MULTIFUNCTIONAL ROOM:

Educational activities, casual and counseling activity, breastfeeding room

- Universally equipped room with flexible furniture
- Room equipped with lockable wardrobes
- Solve flooring
- Leave a sink

2nd PLAYROOM

Spontaneous and organized activities

- Specially equipped room for children with safe quality furniture
- Shelving for storage of toys and gadgets
- Provide toys and tools with regard to quality, rather than quantity

3rd FAMILY ROOM - Café:

Spontaneous meeting of parents, the opportunity to freshen up, contact with the family center, informal education and making contacts

- Equipped kitchen, bar, tables
- Library with Internet - the possibility of self-education
- Point of contact with the organizer of activities in the city
- Promotional materials and activities schedule, info how to operate in the city

4th LOBBY:

Dressing a place to store items

- Shoe racks, hangers



5th TOILETS:

Restrooms with toilets and changing table

- Toilets, sinks

MATERIAL EQUIPMENT OF CENTRE:

Respondents were given space to express an idea in writing the equipment of the family center.

The aim of the question was to find out what equipment the parents want to have in a family center.

RESULT:

- Tables for adults and children
- Equipping children's toilets - running boards, seats, potties
- Changing table
- PC, copier, printer
- Bookshelf
- Audio player
- Musical instruments for children
- Art supplies
- Equipped kitchen for snacks and the possibility of heating food, coffee, tea
- Refrigerator, kettle and microwave
- Quality toys and games
- Ball pool
- Slide
- Foam cubes
- High-quality, non-allergic toys
- Wooden toys
- Playpens for babies



Spatial and Material Security:

Spaces

In December 2013 the City Council of Hořovice decided the location of a family center in the old castle. A big plus of this decision is barrier-free space and quiet location.

In the space of the old castle we got three big rooms, lobby and restrooms. Their condition corresponded to the fact that several years have not been used and not in them heated. It was evident that they must be given construction work to meet the requirements for the operation of a family center.

Planned construction work:

- Electricity and water
- Works - toilet
- Tiling
- Stucco
- Painting
- Replacement of doors
- New floor coverings

Discussions about areas with Swiss experts

In January 2014, we welcomed in Hořovice Swiss colleague, with whom we discussed in particular about the planned program of the Family Center, usage and editing space and material equipment. In the context of labor negotiations, we appreciated their help in solving the spatial use of the center and its amenities. The specific use of the space we agreed. Due to the fact that all the rooms are interconnecting, we agreed on the spatial arrangement of the family center. From the lobby we make cloakroom with toilet, one room will be equipped as a space for spontaneous meetings and kitchen, another room will be a playroom for children, and the last room will serve as a universal classroom and nursing room. The planned reconstruction casinos we also get one more restrooms with toilets.



Recommendation:

- When painting the interior to choose colors that reflect light
- Create a public family room with refreshments
- Create a playroom for children
- Create a universal classroom
- Replacing the flooring in the playroom and classroom
- Resolve timing covers heating

Material equipment

During negotiations with the Swiss delegation of experts were solved simultaneously with space and material equipment of the center.

Recommendation:

- Insist on quality than quantity of equipment
- When selecting toys for the playroom ensure quality material, effectiveness and safety of toys
- Equipment of classroom must be variable - folding tables, stackable chairs
- Into the classrooms place nursing chair - a quiet space
- Into the rooms not to place poisonous houseplants
- Ensure safety guards of sockets
- The interior must be pleasing to both adults and children - overdo it with decorations baby

Equipment in each area:

CLASSROOM:

- Folding tables and stackable chairs
- Folding mats for exercise, exercise balls
- Room equipped with lockable wardrobes
- Nursing chair
- Leave a sink



PLAYROOM:

- Shelving for storage of toys and gadgets
- Provide toys and tools with regard to quality, rather than quantity
- Ball pool
- Gaming carpet
- Small tables and chairs

FAMILY ROOM - Café:

- Equipped kitchen, large tables and chairs, children's chairs
- Shelves - a library, small games
- Sofa
- Wi-fi
- Boards with promotional materials and activities schedule, info how to operate in the center

LOBBY:

- Shoe racks, hangers

TOILETS:

- Toilets,
- Sinks, dispensers for soap and paper towels
- Basket for towel
- Bin for used diapers
- Wall-mounted changing table



Organization of:

MEMBERS:

Member of the Family Centre Kaleidoscope can become a person 18 years or older completing the application. Membership in the center is free. By completing the application receives each member card member FC Kaleidoscope, after which the presentation will be entitled to a discounted fee of selected activities. Non-members of FC can participate after passing a fixed charge.

All participants of Kaleidoscope RF activities are insured under an insurance SVČ-DOMEČEK HOŘOVICE.

PARTICIPANTS IN THE ACTIVITY CENTER:

Participants in family centers Kaleidoscope becomes:

- the child, or legal guardian who submits an application to the department of interest or tourist event and is enrolled in a school-matrix SVČ DOMEČEK HOŘOVICE.
 - the child, or legal guardian, who will be listed in the attendance register, educational or occasional events
 - the child or guardian who visits FC spontaneously and is written in the guestbook.

FORMS OF ACTIVITIES:

- **REGULAR INTEREST ACTIVITIES** - Interest departments and regularly recurring activities for children, parents and parents with children
- **OCCASIONAL ACTIVITY** - occasional events for children, parents and parents with children
- **STAY ACTION** - weekend and camp activities for parents with children
- **EDUCATIONAL EVENTS** - courses and seminars for parents
- **SPONTANEOUS ACTIVITY** - unorganized activities in FC Kaleidoscope



APPLICATION:

The contract between SVČ - DOMEČEK HOŘOVICE (FC Kaleidoscope) and legal representative to participate in regular activities, or the stay action that will take place according to predetermined conditions. The application includes the identification data of which serve to transfer into the school register and signature, or the signature of the legal representative and the determination of fees. It based in the archives SVČ-DOMEČEK HOŘOVICE.

ATTENDANCE LIST:

A document, that serves as proof of the number of participants in the bill or reporting occasional or specific educational activities. On the attendance list is the name and surname of the participant, permanent address, amount of the payment, signature, or the signature of the legal representative.

SIGN THE GUESTBOOK:

It is used to record the number of participants and visitors of Family center in the school year. Monthly number of spontaneous participants will be included in a statement of performance RC. In the guestbook is the name and surname of the participant, permanent address, signature, respectively signature of the legal representative. After the end of the school year it will be deposited in the archives of SVČ-Domeček Hořovice.



Pattern Membership Application

KALEIDOSCOPE FAMILY CENTER

Starý Zámek 28, Hořovice, 268 01



MEMBERSHIP APPLICATION:

Name and surname:

Name and surname: Nationality:

Birth number: Health Insurance:

Home address: Postcode:

E-mail: telefon:

I agree that personal details about the participant will be used in accordance with applicable laws and regulations, in particular Law No. 101/2000 Coll. about the protection of personal data and on data management in the school matrix. I also agree with taking a photos and possible publication in advertising of Domeček Hořovice.

Member of FC KALEIDOSKOP acquainted with the rules of operation centers, is obliged to observe the Ten Commandments of FC and health and safety rules.

SIGNATURE

BANKÍ: 35-7041020237/

IČO: 75085071

www.domececkhorovice.cz



Pattern attendance list



www.domecekorovice.cz



ATTENDANCE LIST and list of payments

ACTION:

Term:

	Name and surname	Residence	Amount	Signature
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				



Ten Fragments of Kaleidoscope Family Center

The magic of a real kaleidoscope lies in the fact that the various pieces fit together to create unique shapes. Kaleidoscope Family Center wants together with you to create as unique and varied environment that will inspire us to self-development, creativity, active way of life and mutual sharing of experiences. We hope that you accept ten tidbits of Kaleidoscope as basic rules which do not restrict us, but to set jointly Family Center Kaleidoscope enjoy.

1st shard: RESPONSIBILITY

- If you do not ensure security service, responsible for each adult visitor their children

2nd shard: HEALTH

- Do not take ill or infectious children into the FC
- Every injury, incurred during a visit to the Family Center kaleidoscope please report immediately to the responsible person.

3rd shard: TOLERANCE

- Please, be tolerant of other visitors of the center, do not disturb the ongoing programs.

4th shard: MEMBERSHIP

- A member of the family center can become a person 18 years or older.
- By completing the application form to become a member - a member of the family center Kaleidoscope and get the benefit of lower admission fee.

5th shard: BEFORE ENTERING THE CENTRE

- Change your shoes, or take your sleeves and put out in the locker room. Carriages leave in the entrance hall.

6th shard: AFTER COMING TO CENTER

- After arrival to the family center write your name to the guestbook and pay initial contribution / members 10, - CZK, non-members 20, - CZK per day/ or a set fee for the event you want to attend.



- Based on your signature you will be covered by insurance during the activities. By signing you agree that you agree with taking photos or audio or video recording for the purposes of FC Kaleidoscope.

7th shard: ORDER

- All borrowed equipment and toys check back in its place, don't carry them between rooms.
- Don't include the used nappies in the spaces of the Family Center.

8th shard: REFRESHMENT

- Please, use the fundamentally mini-cafe tables for refreshment, food and drinks don't take into the playroom or in the classroom.

9th shard: YOUR IDEAS

- Kaleidoscope Family Center is open to your suggestions.

10th shard: SAFE ENVIRONMENT

- If you find a broken toys and equipment, hazardous or small objects pass a responsible person.
- In the whole area Family Center kaleidoscope is forbidden to smoke and drink alcohol.



Life in the Kaleidoscope:

1st REGULAR ACTIVITIES:

Kaleidoscope Family Center will regularly at the start of the new school year to offer our customers a wide range of interests departments for children and parents (and grandmothers, grandfathers) with children. Offer of interest departments will be implemented at the end of the holidays on the website, via Czech Post on leaflets and using the local press. Regular activities will be charged a fee for the school year.

OBJECTIVES OF ACTIVITIES:

- Development of skills and knowledge of parents and child
- Cooperation between parents and children
- Development of independence of the child
- Development of motor skills of the child
- Promotion of creative thinking
- Promoting healthy child development

INTEREST UNITS FOR CHILDREN:

- **PRESCHOOLERS** - preparing preschoolers for school
- **TONGUE TWISTER** - fun practicing of pronunciation for kids
- **PLAYING WITH FLUTE** - flute for children 5-6 years
- **EXERCISE** - physical activity for children 4-6 years
- **CRAYON** - creating art for children 4-6 years
- **CERAMICS** - working with clay for children 4-6 years
- **MUSIC LITTLE THEATRE KALEIDOSCOPE** - drama education for children 6-9 years
- **PLAYFUL ENGLISH** - English language entertainment for children 5-6 years
- **TUTORING** - hobby department for the poor (in collaboration with the social department of the city Hořovice)



INTEREST SQUAD FOR PARENTS OR GRANDPARENTS AND CHILDREN:

- **NOTES** - singing and rhymes for parents and grandparents with children 2-4 years
- **EXERCISE FOR PARENTS WITH CHILDREN** - physical activity for parents and grandparents with children 3-12 months
- **EXERCISE FOR PARENTS WITH CHILDREN** - physical activity for parents and grandparents with children 2-4 years
- **PALETTE** - creating art for parents and grandparents with children 2-4 years
- **CERAMICS FOR PARENTS WITH CHILDREN** - working with clay for parents and grandparents with children 2-4 years
- **WE ARE FAMILY** - playful English for parents and grandparents with children 2-4 years
- **PLAY WITH YOUR DAD** - fun exploring the world for fathers and children 4-6 years

INTEREST SQUAD FOR PARENTS OR GRANDPARENTS:

Based on the demand of participants, we are ready to extend regular leisure services for adults with babysitting in playroom of the family center. Interest departments should be open during the school year, provided that it is filled with a minimum number of participants for a particular activity.

2nd LEARNING ACTIVITIES:

Educational activities Kaleidoscope Family Centre will aim to develop parental skills of future and current parents. Educational events will lead experts on the subject will have relevant qualifications and education.

Specific educational event will offer the Family center in the following categories:

- A. Pregnant women and their partners**
- B. Family and Child 0-1 years**
- C. Family and Child 1-6 years**



A. Pregnant women and their partners

- **NATURAL CHILDBIRTH** - childbirth as a natural part of a female alternative to a medical birth
- **CHOICE OF MATERNITY HOSPITAL** - familiarization with the various procedures and practices in hospitals
- **ANTENATAL PREPARATION FOR WOMEN / COUPLES** - birth process and its physiological process
- **ANTENATAL EDUCATION FOR DADS** - process delivery and support women in childbirth
- **HEALTH NUTRITION DURING PREGNANCY** - a seminar on healthy eating
- **EXERCISE IN PREGNANCY**

B. Family and child within one year

- **A BREASTFEEDING BONDING** - new trends and techniques of breastfeeding
- **CLOTH DIAPERS AND BABY CARRYING IN A SLING** - modern cloth nappy systems and carrying children in a scarf
- **HEALTH NUTRITION** - a seminar on healthy eating, feeding of, the transition to solid food
- **CLIMATE CHANGE IN THE FAMILY** - how to prevent negative changes in the family in the context of changing priorities
- **SOCIAL ISOLATION** - prevention of isolation of mothers on maternity leave

C. Family and child 1-6 years

- **DEVELOPING OF STRONG SITE KIDS** - how to develop and target child's strengths
- **DEVELOPMENTAL PSYCHOLOGY FOR PARENTS** - answers to questions of development and education of children in all areas of life
- **TIME MANAGEMENT AND PROCRASTINATION** - body time management and procrastination
- **PARTNERSHIP AND CONFLICT RESOLUTION** - not only how to effectively build relationships
- **HOW DO YOU COPE WITH STRESS** - introduction to the psychology of stress
- **RHYMES AND EXERCISES** - a practical workshop for parents and children
- **BEFORE THE ARRIVE OF TEETH FAIRY** - how to take care of baby teeth
- **MUSIC THERAPY** - a series of seminars evolving musical sensibilities



- **PARENTS AND VACCINATION** - vaccinate yes or no?
- **HEALTH NUTRITION** - a common diet for children and adults
- **FIRST AID COURSE** - quick assistance in case of accident

3rd OCCASIONAL EVENTS:

Occasional activities include activities for family events, which are based on the annual plan of family center. Occasional events will be planned with regard to the current season and the traditions and customs that bind to a given period. Specific activities will be offered to participants at least one month prior before the event. Promotion actions will be carried out in the family center, on the website and through local periodicals. The casual event will be levied charge.

4th ADVICE IN A FAMILY CENTER:

Advisory activities will take place according to the needs of clients in the areas of family centers Kaleidoscope once a month.

Areas of advice:

- **PROPER CHILD DEVELOPMENT** - Individual consultation with a pediatric nurse a baby
- **CHILD PSYCHOLOGY** - individual or family consultation with a psychologist
- **NUTRITIONAL COUNSELING** - individual counseling for adults and children

5th SPONTANEOUS ACTIVITIES:

Within the unorganized spontaneous activity of a family center provides to parents with children free access to the playroom at the time will not take place in the playroom organized activities (such as babysitting). Free admission will be also to the mini café of the family center. Spontaneous activity will be charged for the payment of the allowance for entrance into the family center. Coffee and snacks aren't included in the entry fee.

6th SERVICES:

We offer the possibility of renting places of family center in free terms by a predetermined price list. In cooperation with the civic association Daisy we offer the babysitting.



A YEAR PLAN OF THE FAMILY CENTRE KALEIDOSKOP:

Autumn

- Welcome in our center, we learn to be getting used.
- Autumn in the garden - painting fruit, discovering fruit to taste.
- Autumn in nature - Collecting and exploring leaves, making from leaves, figurines from chestnut.
- Production and flying kites. Production lantern lights on St. Martin.
- Visit the castle Hořovice.
- Autumn rhymes and songs.

Winter

- St. Nicholas day.
- Christmas creation.
- Christmas carols and Christmas Eve singing carols in the center.
- Winter outdoor games, walking and building snowmen.
- Fairy-tale Carnival – production of masks, dancing and acting.
- Drawing fairy-tale characters and reading stories.
- Winter rhymes and songs.

Spring

- Animals and their cubs.
- A visit to the ranch.
- Walk through the spring countryside.
- Easter carols.
- Easter in the center - coloring eggs and other folk customs.
- Spring flowers in nature, betting flowers to boxes.
- Mother's Day - Party and greetings for Mother's Day.
- Children's Day - a fun morning at the center.
- Father's Day - grilling sausages and geocaching.

Summer

- Spontaneous meetings in the family center, free playroom.



A WEEKLY PLAN OF THE FAMILY CENTRE KALEIDOSKOP:

In order to facilitate menu navigation occasional family activities center and nonviolent settings for a specific regularity in the schedule of activities, we will program each day of the work week thematically motivated by basic areas.

Monday	Singing and dancing
Tuesday	Exercise and Sport Games
Wednesday	Art creation
Thursday	Activities o.s. Daisy
Friday	Rhymes and fairy tales



EXAMPLES OF SPECIFIC PLANS OF INTEREST STAFF



PLAN OF ACTION

Title:	Special interest Formation exercise for children 3 - 12měs.		
Project location:	FC Kaleidoscope	min. number of participants	max. number of participants
Duration of action:	45-60min	5	10
Who should use:	mothers with children under 1 year		
Goal of Action:	The objective is meeting moms with children the same age, common-playing exercises with the children, accompanied by rhymes and songs. After a short block dedicated to babies lightweight about 20 min exercise to improve fitness of mothers, during which they will have their child in sight. The last part of the lesson dedicated chat, exchange tips and feeding children.		
Description of Action:	Slight shake of children in chat poems, over time, the children themselves involved Short block fitness for moms Exercise with a baby on the ball Farewell of a tutor and about 20 min mothers talk to each other		
Equipment, tools:	mats, musical instruments, exercise balls, if possible small balls		





PLAN OF ACTION

Title:	Special interest Little musical theatre Kaleidoscope		
Project location:	FC Kaleidoscope	min. number of participants	max. number of participants
Duration of action:	1 hour a week	5	10
Who should use:	Children (6-9 year)		
Goal of Action:	The aim of special interest is to give children a playful and simple way, the basics of musical drama and motivate himself with short, simple fairy tale with extra performances.		
Description of Action:	<p>Hobbyists department will be organized SVČ Domeček Hořovice</p> <p>Participants will receive a certificate of completion</p> <p>Date: Summer 2014</p>		
Equipment, tools:	Props and costumes according to the theme; easy to use rhythm instruments		





PLAN OF ACTION

Title:	Musical little theatre Kaleidoscope		
Project location:	FC Kaleidoscope	min. number of participants	max. number of participants
Duration of action:	1 hour a week	5	10
Who should use:	children (6-9 years)		
Goal of Action:	The aim of special interest is to give children a playful and simple way, the basics of musical drama and motivate himself with short, simple fairy tale with extra performances		
Description of Action:	The course will be organized by Domeček Hořovice Participants will receive a certificate of completion		
Equipment, tools:	Props and costumes according to the theme; easy to use rhythm instruments		



Example an educational programs for pregnant women and their partners:



PLAN OF ACTION

Title:	Selection of hospital		
Project location:	FC Kaleidoscope	min. number of participants	max. number of participants
Duration of action:	2 hours	3	12
Who should use:	pregnant women and their partners		
Goal of Action:	The aim of the workshop is to familiarize participants with different procedures and practices in different hospitals. Based on this information and clarify their priorities may expectant parents responsibly decide where to bring their baby into the world.		
Description of Action:	<p>Seminar responds to differences in approaches in different hospitals and wants to give opportunity to the participants most responsible choices as their place of birth.</p> <p>Quality of action guarantees certified doula trainer ČAD, Mgr. Adele Lančová</p> <p>The seminar is conducted by the interactive form and responds to the needs and wishes of participants</p> <p>Deadline: regular 1x 2 months (?)</p>		
Equipment, tools:	as required		





PLAN OF ACTION

Title:	Natural childbirth		
Project location:	FC Kaleidoskop	min. number of participants	max. number of participants
Duration of action:	2 hours	3	12
Who should use:	pregnant women and their partners		
Goal of Action:	The aim of the seminar is to familiarize to participants, at least briefly with the process of childbirth. Elucidate its advantages over medically led birth. Seminar strengthens the inner strength of women and their self-confidence in their own ability to give birth to a child.		
Description of Action:	Seminar presents childbirth as a natural part of a woman's life. The seminar is conducted by the interactive form and responds to the needs and wishes of participants. Deadline: regular 1x 2 months		
Equipment, tools:	as required		





PLAN OF ACTION

Title:	Antenatal preparation for dads		
Project location:	FC Kaleidoscope	min. number of participants	max. number of participants
Duration of action:	3 hours	4	12
Who should use:	men whose women are waiting for a baby		
Goal of Action:	The aim of the seminar is to introduce men to the process of birth, and give them "instructions" how best to support a woman in labor. Seminar promotes men in active support of his wife in childbirth.		
Description of Action:	<p>Action familiarize participants with the possibilities of non-pharmacological methods comfort measures, relaxation facilities, etc.</p> <p>Quality of action guarantees Certified doula trainer ČAD, Mgr. Adele Lančová</p> <p>The seminar is a combination of theoretical lectures with demonstrations and practical exercises.</p>		
Equipment, tools:	as required		





PLAN OF ACTION

Title:	Antenatal preparation women/couples		
Project location:	FC Kaleidoscope	min. number of participants	max. number of participants
Duration of action:	5 hours	3	12
Who should use:	pregnant women and their partners		
Goal of Action:	<p>The aim of the seminar is to familiarize women and their partners with the natural process of childbirth and its physiological course. Childbirth is the notion of a positive and significant experience in a woman's life and the whole pair. Participants will learn information: - the physiology of childbirth - support Physiology childbirth - non-pharmacological rescue funds - the hormones in birth and their functioning - preparation birthing plan / wishes and its application - escort role in childbirth - accompanied by various options in childbirth, - The situation in neighboring hospitals - Breast-feeding - bonding</p>		
Description of Action:	<p>The seminar aims to approach and explain prospective parents the birth process, its importance in the lives of women, men and child. Trying to what most parents navigate the situation contemporary obstetrics. Seminar promotes childbirth as a natural part of life, promotes women in a positive approach for the birth and strengthening their own parenting skills. The seminar is a combination of theoretical lectures with demonstrations and practical exercises.</p> <p>Quality of action guarantees Certified doula trainer ČAD, Mgr. Adele Lančová</p> <p>Date: 1x regular monthly</p>		
Equipment, tools:	as required		



**EXAMPLE OF EDUCATIONAL EVENTS FOR FAMILIES AND CHILDREN UNDER
1 YEAR:**



PLAN OF ACTION

Title:	Cloth diapers and carrying children in a scarf		
Project location:	FC Kaleidoscope	min. number of participants	max. number of participants
Duration of action:	2 hours	3	12
Who should use:	pregnant women and their partners		
Goal of Action:	The aim of the seminar is to acquaint expectant parents with modern fabric diapers systems as carrying children in a sling. Cloth diapers and to wear scarves will be available to try.		
Description of Action:	<p>The workshop will introduce to participants how to use the current clothes diapers, it is an environmental and health non-toxic option of changing children. Wearing children in a scarf will be virtually practise, women and their partners will be able to try different bindings. They introduced different bindings for different age babies and their needs.</p> <p>Quality of action guarantees Certified doula trainer ČAD, Mgr. Adele Lančová</p> <p>The seminar is a combination of theoretical lectures with demonstrations and practical exercises.</p>		
Equipment, tools:	as required		





PLAN OF ACTION

Title:	Breastfeeding and bonding		
Project location:	FC Kaleidoskop	min. number of participants	max. number of participants
Duration of action:	2 hours	3	12
Who should use:	pregnant women and their partners		
Goal of Action:	The aim of the seminar is to familiarize women and their partners with the latest recommendations about breastfeeding and early on creating links between the child and the mother. The workshop introduces women how best to promote good breastfeeding, how to respond to possible complications, etc.		
Description of Action:	<p>Seminar presented by the current recommendations for breastfeeding, regarding continuous contact between the child and the mother immediately after birth. Breastfeeding technique will be shown and virtually all participants can have a try themselves. The seminar is a combination of theoretical lectures with demonstrations and practical exercises.</p> <p>Quality of action guarantees Certified doula trainer ČAD, Mgr. Adele Lančová</p> <p>Deadline: regular 1x 2 months</p>		
Equipment, tools:	as required		

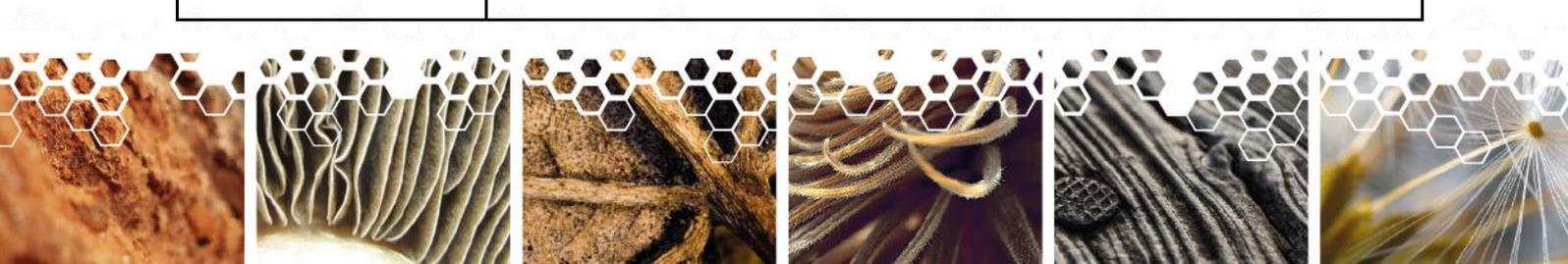


EXAMPLES OF PLANS TRAINING EVENTS FOR FAMILIES AND CHILDREN 1-6 YEARS:



PLAN OF ACTION

Title:	Seminar on Developing strengths of children		
Project location:	FC Kaleidoscope	min. number of participants	max. number of participants
Duration of action:	4 hours	5	10
Who should use:	parents of children between kindergarten and primary school		
Goal of Action:	<p>The aim of the seminar is to introduce parents how they can discover what their child is good, and especially how to work with it. Czech educational system is based on the detection of deficiencies and their remedies. Foreign experience shows that with greater emphasis on the strengths of children and their targeted development, children can achieve better results. The seminar will focus on the concept of performance strengths and its application in the education of their children.</p>		
Description of Action:	<p>Action will organize training company SCIO in cooperation with a network of maternity centers.</p> <p>SCIO will supply teacher and will guarantee the quality of educational events.</p> <p>Participants will receive a Certificate of completion.</p>		
Equipment, tools:	as required		





PLAN OF ACTION

Title:	Musictherapy		
Project location:	FC Kaleidoskop	min. number of participants	max. number of participants
Duration of action:	4time 1 hour	5	10
Who should use:	mothers with children (5-6 years)		
Goal of Action:	The aim of the courses is to develop the children and parents feeling for music and music-related such as through experiential therapy based on the use of rhythm, sound and movement		
Description of Action:	<p>The courses will support and develop your child in those areas that need to be developed, which will be easier for the active participation of parents. We will try to facilitate and develop momentum, spatial orientation, interpersonal communication, relationships, promote learning and facilitate self-expression. It all happens with the help of music therapy techniques.</p> <p>1st Familiarization with existing musical experience of children and mothers; rhythmic sensibility - a play on the body and easy-to-use tools; declamation rhymes; rhythmic improvisation</p> <p>2nd Listening Therapy - Relaxation / expression motion a simple dance; work with different types of music</p> <p>3rd Working with the voice - inducing proper breathing - diaphragmatic breath; the mood / feeling voice / motion</p> <p>4th Practicing songs with using all techniques of music therapy</p>		
Equipment, tools:	foam pads easy to use rhythm instruments, colored scarves, music listening, relaxing, suitable for movement and dance		





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PLAN OF ACTION

Title:	How to cope with stress		
Project location:	FC Kaleidoscope	min. number of participants	max. number of participants
Duration of action:	2,5 hours	3	12
Who should use:	parents		
Goal of Action:	<p>The aim of the seminar is to familiarize parents with the psychology of stress. Knowing what stress is and how to prevent stresses, respectively deal with stressful situations. What impact stress has on our lives mentally, but also physical.</p>		
Description of Action:	<p>The seminar will focus on the naming of the concept of stress and awareness of own stress. Following are different theories, techniques, and instructions on how to cope with stress and how to prevent it. We discuss the stress on your real-world examples from your life.</p> <p>Lecturer: Mgr. Pavel Rampas (trainer, coach and psychotherapist)</p> <p>The workshop is based on experiential methodology, supplemented by short theoretical inputs, or psychological tests.</p>		
Equipment, tools:	stationery		





PLAN OF ACTION

Title:	Partner Relations and Conflict Resolution		
Project location:	FC Kaleidoscope	min. number of participants	max. number of participants
Duration of action:	2,5 hours	3	12
Who should use:	parents		
Goal of Action:	<p>The aim of the seminar is to familiarize parents with the basic aspects of a relationship, the development of a turning point and mutual understanding of male and female approach to the relationship. At the same time let's go over the most important principles of effective conflict resolution not only in the relationship with the partner.</p>		
Description of Action:	<p>The seminar will mainly focus on developing and maintaining a relationship with a partner. Its positive aspects and moments of crisis. Options crisis period. A approach to the conflict as part of our life and art of different solutions to conflict situations. We can respond to your specific situation.</p> <p>Lecturer: Mgr. Pavel Rampas (trainer, coach and psychotherapist)</p> <p>The workshop is based on experiential methodology, supplemented by short theoretical inputs, or psychological tests.</p>		
Equipment, tools:	stationery		



Final Thanks

Thanks to all who helped to us in getting information about the running of family centers, their equipment and content of specific educational activities.

A big thanks to Swiss colleagues, and especially to president Mrs. Irene Candido, Profesional Swiss Association of Health Visitors Organization, for helping to rethink our ideas of how individual actions. They taught us to look at the family center from a different perspective - activities target primarily at adults. A great contribution was to transfer the experience of the Swiss centers on the creation of facilities and refreshments at the center for parents. Without this experience we came to this need gradually during operation.





Důležitá telefonní čísla

150	HASIČI
155	ZÁCHRANNÁ SLUŽBA
158	POLICIE ČR
112	TÍSŇOVÁ LINKA - INTEGROVANÝ ZÁCHRANNÝ SYSTÉM (HASIČI, ZÁCHRANNÁ SLUŽBA, POLICIE ČR)

Městská policie

800 156 166	BEZPLATNÁ ZELENÁ LINKA - TÍSŇOVÉ VOLÁNÍ
311 545 383	SLUŽEBNA
778 468 362	TÍSŇOVÁ LINKA PRO NESLYŠÍCÍ (SMS)

Odbor sociálních věcí a zdravotnictví

311 545 339	VEDOUcí ODBORU SOCIÁLNÍCH VĚCÍ A ZDRAVOTNICTVÍ
311 545 343	SOCIÁLNĚ-PRÁVNÍ OCHRANA DĚTÍ
311 545 344	KURÁTOR PRO DĚTI A MLÁDEŽ
311 545 357	KURÁTOR PRO DOSPĚLÉ, SOCIÁLNÍ PÉČE
311 545 358	VEŘEJNÝ OPATROVNÍK, SOCIÁLNÍ PÉČE

Telefonní kontakty Úřadu práce

950 102 414	STÁTNI SOCIÁLNÍ PODPORA
950 102 412	HMOTNÁ NOUZE
950 102 423	PŘÍSPĚVEK NA PÉČI
950 102 410	PŘÍSPĚVEK NA MOBILITU A MIMOŘÁDNÉ VÝHODY
311 512 223	DOMEČEK HOŘOVICE