



# EB

## Paths for parents (Wege für Eltern)

Do you have concerns about your child's development? Is your child no longer able to be really happy? Is there stress in the family? Is your child having problems at school? We are here for you.

Conflict, defiance, disobedience, fear or problems at school put a strain on family life and make parents feel uncertain. Perhaps you and your partner or spouse are separating, or some other situation in the family is difficult for your child to handle. Many families have to deal with issues of this kind. We are here to help.

### How we can work with you

During our first conversation, we will clarify what your concerns are. In this context, we will want to hear about your experiences, your worries and your ideas for solutions. We may want to speak with your child separately as well. We will then discuss possible approaches to a solution together. In difficult situations, we follow up with you or your child over a longer period by providing advice or psycho-therapeutic support. If necessary, we may ask your permission to call in other professionals. If your child is having problems at school, we can consult with you and the teachers, and have the school take steps to address them.

### What you can rely on

The educational counselling service of Canton Bern (EB) is an independent counselling service. Our psychologists have university degrees in psychology and have completed additional training in school psychology and educational counselling; most of them also have some kind of therapy training. They are bound by confidentiality. Services for families, teenagers and schools are free of charge. The EB is responsible for children from birth until they complete their basic vocational training or secondary school education.

### Call us

Parents or teenagers can register with the regional office in their area by phone. If difficulties with school are the issue, please discuss the situation with the teacher first. With your consent, the teacher will then write to the EB to register your child with us. If you find it difficult to hold conversations in German difficult, you are welcome to bring someone along who can help with translating. If this is not an option for you, we can call in a translator.

### Finding paths

The educational counselling is a service offered by the Education Department of Canton Bern  
[www.be.ch/erziehungsberatung](http://www.be.ch/erziehungsberatung)