It Starts with Me

Positive training for parents and caregivers

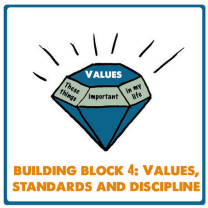
It Starts with Me helps people build more self-confidence and understand each other better. This makes it possible to break patterns that are often passed down from generation to generation.
During the sessions, participants work on what matters most to them, for themselves, their family, or their surroundings.


BUILDING BLOCK 1: ROLES AND RESPONSIBILITIES


BUILDING BLOCK 2: SELF-ESTEEM AND AFFIRMATION



BUILDING BLOCK 3: EFFECTIVE COMMUNICATION



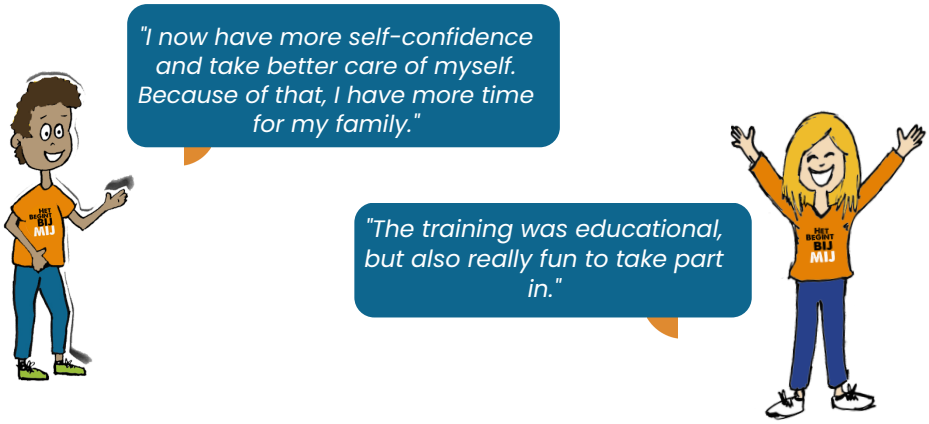
BUILDING BLOCK 4: VALUES, STANDARDS AND DISCIPLINE

Everyone is welcome: people from all backgrounds and cultures feel at home at t Starts with Me. The parent training is given in several languages, such as Dutch, Arabic, Turkish, English, and Portuguese. The sessions can be led by both professionals and parents with their own experience.



Our basic principles:

- We can all be a positive example for the children around us.
- You choose what you want to change.
- We focus on what is possible, stay positive, and look ahead.
- Everyone is responsible for their own choices and behavior.
- Taking care of yourself and recharging sometimes is important so you can be there for others.
- And: if something works out, you can be proud of it!



Together, we build a positive place for children to grow up in!

More information:
Scan the QR codes or send your question to: info@peer3.nl.

Personal stories

Information