



Cycle: HAVING A BABY IN BARCELONA

Parenting &
work-life balance



Having a baby in Barcelona: Parenting & Work-life balance

PROGRAMME:

PRESENTATIONS

Municipal educational services for families with children aged 0 to 3 in Barcelona

The employment and entrepreneurship support services of Barcelona Activa

ROUNDTABLE DISCUSSION

Work-life balance

MOBILITY EXERCICES

Back to your body: exercise to reconnect with your body and improve your posture

SESSIONS CONCLUDES



PRESENTATION:

Municipal educational services for families with children aged 0 to 3





Municipal educational services for children aged 0 to 3

Barcelona City Council offers two main services aimed at families :

1. *Escoles Bressol*

Nursery schools

2. *Espais Familiars de CriANÇA*

Family Child-Rearing Spaces





1. Escoles Bressol municipals **Municipal Nursery schools**





1. *Escoles Bressol*: What they are?

They are a **state nurseries schools**, managed by the Municipal Institute of Education.

They provide the **first cycle of non-compulsory preschool education**.

Children can enter a nursery school when they are **4 months old** at the start of the school year.

In the *escoles bressol*, children find:

- a **safe and welcoming environment**, adjusted to their moment and needs
- a **set of educational experiences** that promote their development and learning.





1. *Escoles Bressol*: Main pillars

The **child** is the protagonist and develops in a educational environment.



The **educational team** supports the child taking into account their abilities, and strengthening their bonds and autonomy.

Families share in child-rearing and education of children in a context of mutual trust and recognition.

The **community** and the **neighbourhood** provide the setting for nursery schools and build networks with other local services and facilities.

Guiding principles: **Equity, Diversity** and **Children's rights**.



1. *Escoles Bressol*: 105 centres in Barcelona



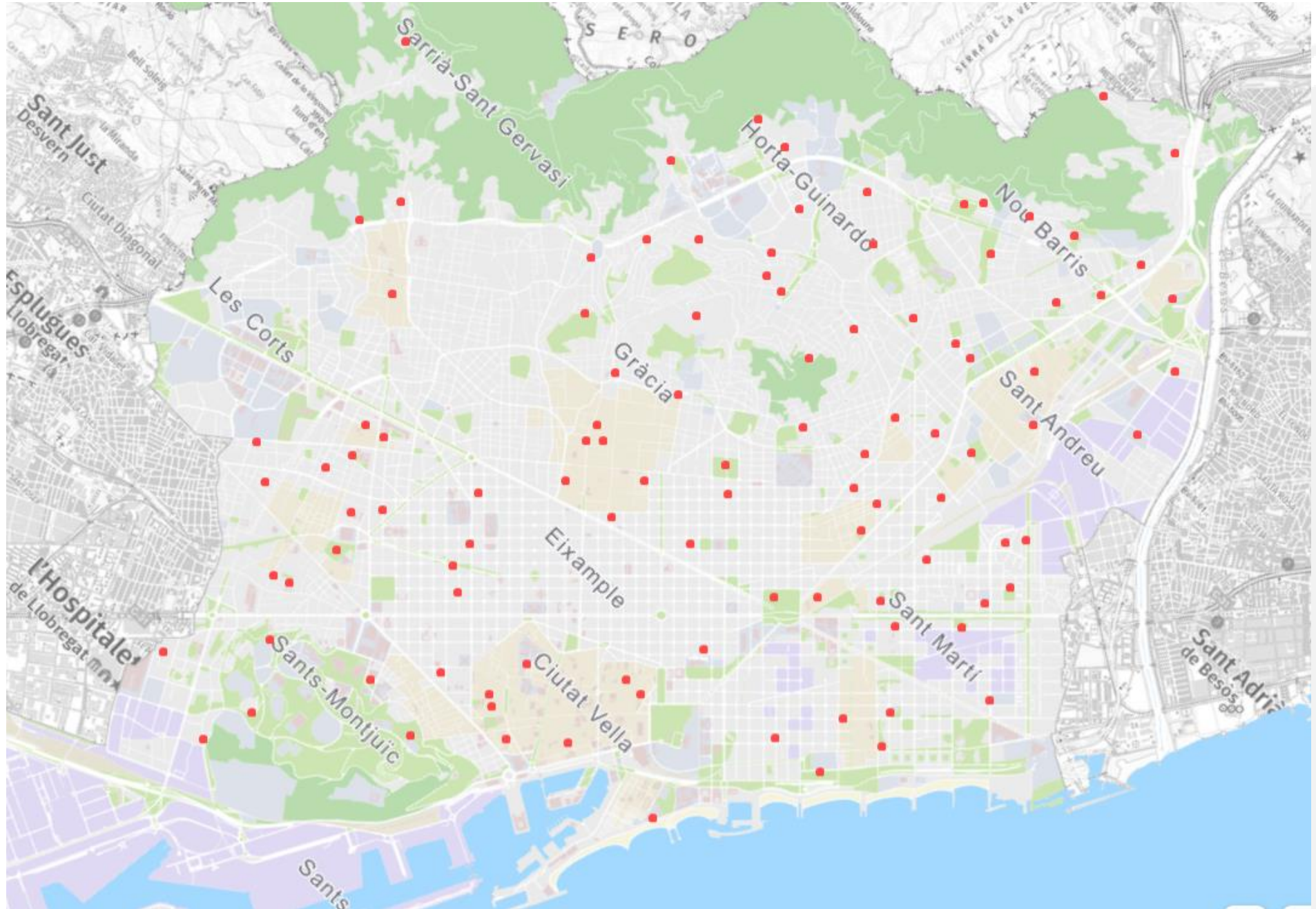
105
escoles bressol



8.844
places



1. *Escoles Bressol*: 105 located in all districts





1. *Escoles Bressol*: How do they work?



Three year groups:

- I0: 4 months up to 1 year old → 8 kids per group
- I1: 1 up to 2 years old → 13 kids per group
- I2: 2 up to 3 years old → 19 kids per group

School calendar

- The course starts at the beginning of September and ends in mid July.



Schedule:

- From Monday to Friday from 9am to 5pm (including free welcome service from 8am to 9pm),
- September and July: from 8am to 3pm.

Meal service:

- All have their own kitchen, where meals are prepared daily.

Fees:

- Calculated according to a social pricing system based on family income and other criteria.





1. *Escoles Bressol*: Enrolment process

Enrolment cannot be done before the child is born.

There are **open days** in April.

The **demand for places is often greater than the number available.**

Places are allocated through an **annual application process** that takes place each **May/June.**

Places are allocated through a **points system** following various **priority criteria** such as: catchment area, family income and other circumstances



Further info on enrolment : barcelona.cat/internationalwelcome (Procedures)



2. Espais Familiars de Criança Municipals **Municipal Family Child-Rearing Spaces**





2. Family Child-Rearing Space: What it is?

A Municipal Family Child-Rearing Space (EFCM in Catalan) is an education service for families with young children up to the age of 3, offering professional support in a meeting place for families and children, helping with education, forming ties and creating a community in local facilities.

community



ties

child-rearing



[Espais de criança](#)



2. Family Child-Rearing Spaces: Four key factors

1. Stable groups of families and children



2. Places with a wealth of possibilities for free play and discovery



3. Group support provided by professionals



4. Time for conversation among families





2. Family Child-Rearing Spaces: condition



Safety

**Ventilation
and lighting**

**Access and
circulation for
people with
reduced
mobility**



**Large play
room**

**Conversation
area**

**Materials
and toys for
play and
discovery**



2. Family Child-Rearing Spaces: Professional profiles



Two professionals, working simultaneously with the same group

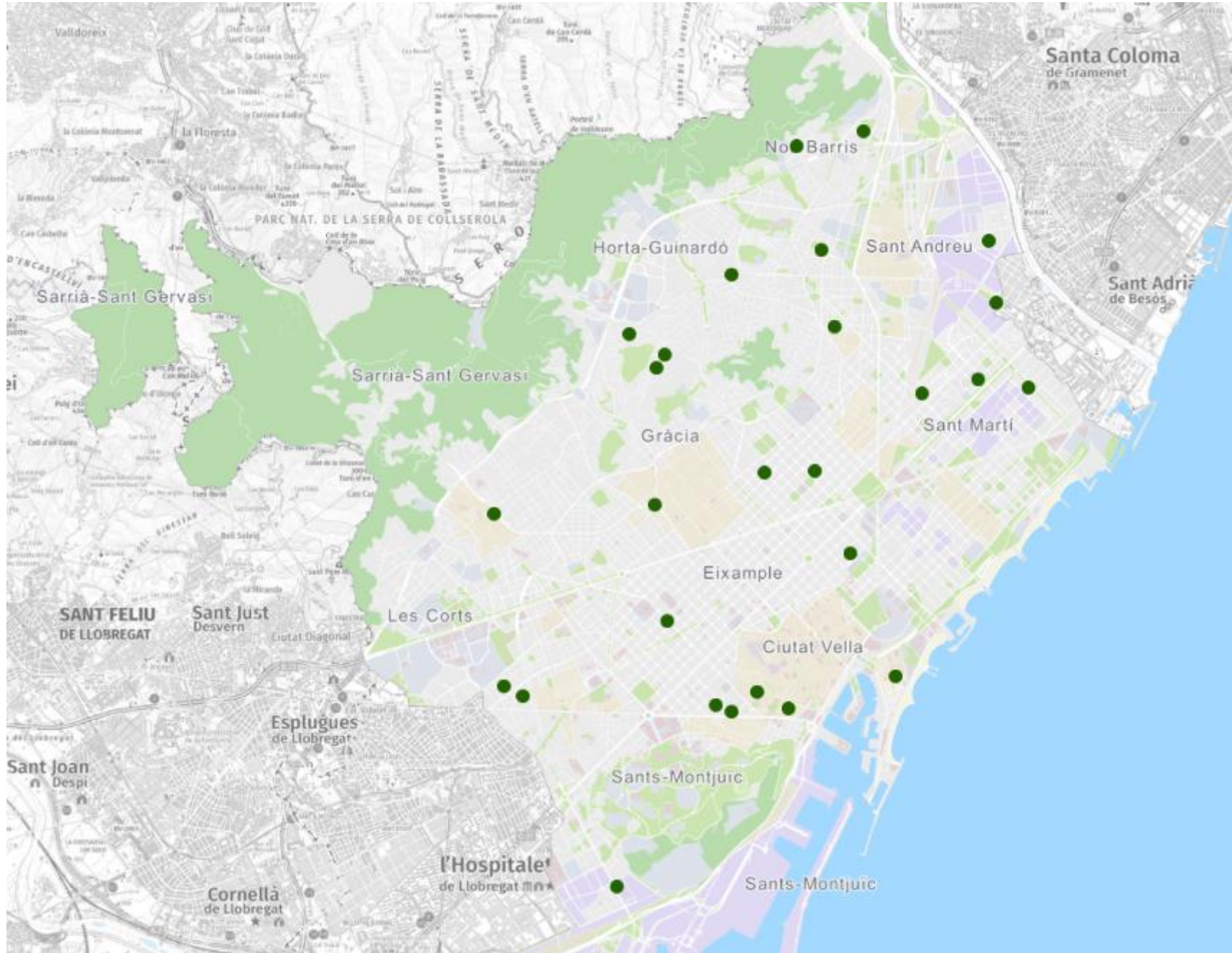
Professionals in the field of education and/or social services:

- Teaching degree in children's education, social educator, etc.
- Advanced vocational qualification (CFGS): child education specialist, socio-cultural stimulation.





2. Family Child-Rearing Spaces: 26 in all the city





2. Family Child-Rearing Spaces: How do they work?



Sessions lasting 2 to 2.5 hours, once or twice a week,
with stable groups of around 15 families

Structure of the sessions

Welcome
on arrival

Free play,
which allows
a more
individual
welcome

**Social mixing or
conversation**
among families and
the professionals
that accompany
them

**Saying
goodbye** and
closing
the session



Any questions?



Thanks to :

- **Martina Marittu**, mother and user of a Espai de Criança
- **Esther Pedrol**, coordinator of the network of Espais de Criança. Barcelona City Council



PRESENTATION:

The employment and entrepreneurship support services of Barcelona Activa



Support in your professional life in Barcelona?

**Are you
looking for a
job?**

**Have you got a
business idea?**

**Do you want
to boost your
business**

**Are you
looking for
training?**





Barcelona Activa

The local development agency of Barcelona City Council

Non profit company (100% public)
All the services are free of charge



Ajuntament de
Barcelona



Barcelona Activa offers advice, training, support and networking for:

- Professionals
- Entrepreneurs
- Companies



barcelonactiva.cat



Job search

Barcelona Activa offers support in job seeking and professional development processes

**EMPLOYMENT
INFORMATION
SERVICE**

**INFORMATION,
ADVICE AND
PERSONALISED
GUIDANCE**

**ONLINE TOOLS
AND
RESOURCES**

**TECHNICAL-
PROFESSIONAL
TRAINING**

**RECRUITMENT
AND SECTOR
NETWORKING
ACTIVITIES**

**JOB
COACHING,
MENTORING**





Entrepreneurship

Information, expert advice, training classrooms, multimedia and content for starting a business

**BUSINESS
ADVICE**

**TRAINING
ACTIVITIES**

**CONNECTION TO
THE LOCAL
ENTREPRENEURIAL
ECOSYSTEM**

**ONLINE
BUSINESS
PLAN TOOL**

**COWORKING
AND BUSINESS
INCUBATION
SPACES**

**ACCESS TO
FINANCE NEEDED
TO DEVELOP
INNOVATIVE
BUSINESSES &
START UPS**





Business Support Office

The **Business Support Office** offers **personalised coaching** in all the strategic areas of business management and growth



Business Incorporation

Municipal licencing
procedures

Business transmission

Business Funding

Staff search

Internationalization
& export-import
procedures

Innovation

Business Growth

Business premises search

Business landing

“Espai Barcelona” hall



Training

Find the training you need to stay up to date, improve your professional skills and expand your knowledge



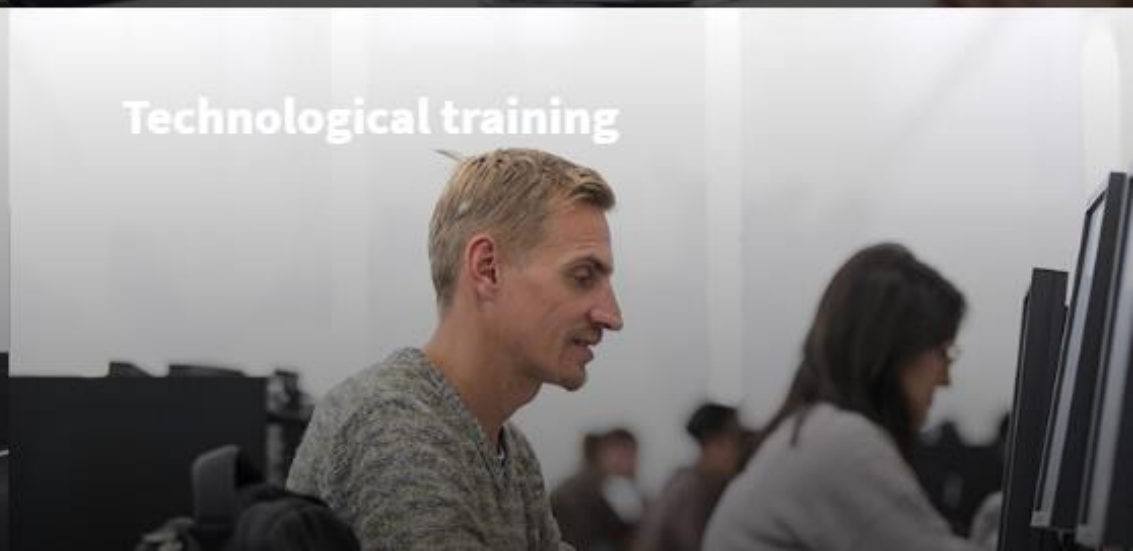
Training for employment



Training for entrepreneurs



Training for companies



Technological training



ROUNDTABLE DISCUSSION:

Work-life balance





Work-life balance

ROUNDTABLE DISCUSSION:

- **Lu Méndez**, maternity and work-life balance [consultant](#)
- **Leigh Matthews**, psychologist, founder and director of [Therapy in Barcelona](#)
- **Alejandro Gómez**, specialist from [PLURAL Masculinities Centre](#)



MOBILITY EXERCISES:

Back to your body: exercise to reconnect with your body and improve your posture



Back to your body

MOBILITY EXERCISES:

- **Julia Loeffler**, FitnessForMamis



**Ajuntament
de Barcelona**

