

## **"There's so much more to parenting..."**

Paulo Garcia comes from New Zealand. He attended the International Federation for Family Development (IFFD) Congress in October last year and summarised his experience thus: "I learnt that there was so much more to parenting than just what I got from my parents and my personal experience."

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The International Federation for Family Development(IFFD) is a non-

governmental, independent, and non-profit federation, whose primary mission is to support families through training.

Through participative methodology, their programmes aim to help parents to improve their relationships with their spouses and develop their child-rearing skills, in order to confront the daily challenges faced by families with confidence, flexibility and good humour.

Their extensive collaboration with numerous entities and more than 7,000 volunteers around the world means that IFFD programs are currently offered in 66 countries on five continents, including here in Kenya courtesy of Programme for Family Development in collaboration with Strathmore Business School.

Here's a short video on what Paulo Garcia and other couples from

around the world had to say about the IFFD courses.

<https://www.youtube.com/watch?v=kLouC2cjVJM>

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