

What is Marte Meo®? How can Marte Meo® support you as a parent?

Let's start with a simple question:
What kind of future do you want for your child?



Do you hope that your child will be healthy? Do well in school? Have a happy and satisfying life overall? Enjoy work? Be surrounded by friends and family?

When you think about these questions, how do you feel? Insecure or lost at times? Do you doubt your parenting skills every so often?

Every child is different. Additionally, we are not at our best every single day. Maria Aarts, the founder of the Marte Meo® method, says, "Everyone has a gold mine within them..." It's a matter of discovering this gold within our children and ourselves to experience more ease in everyday life.

Building on this insight, we can support our children with by ensuring that they will develop all the skills and competencies to succeed in tomorrow's world.

According to child development experts, self-efficacy, resilience, creativity, and focus are critical abilities our children need to thrive.

Marte Meo® supports you on this journey. The method is now used in over 50 countries, and its effectiveness is scientifically confirmed. So how does it work?



Brief situations from everyday life are recorded in short (maximum of five minutes) videos—at home, daycare, or school. Subsequently, a trained Marte Meo® specialist carefully analyzes the videos.

Parents or professionals are shown, using visual images, how they can best support the child's development. It's often small actions we take in everyday life that have the greatest impact. Marte Meo® helps you identify these moments and situations to support your child's needs.

Marte Meo® professionals use simple, concrete language and images to convey information quickly and clearly. After all, as the saying goes, "A picture is worth a thousand words." This ensures that everyone involved knows what specific actions need to be implemented in everyday life.

We highlight skills your child has already developed and point out new ways to continuously support your child's natural development.

Areas where you and the professionals can provide your child with additional support include:

- Expressing needs, including verbalization of emotions and interests
- Dealing with negative emotions such as anger, frustration, or disappointment
- Discovering the beauty of sharing pleasant emotions with other people

- Recognizing when they need to listen to adults and when they must respect boundaries at home, daycare, or school
- Developing more independence
- Learning how to keep themselves occupied productively
- Engaging in activities with others and building positive relationships (including with their siblings)
- Continuously developing all building blocks needed for a satisfying future

Every child needs to be surrounded by people—parents, grandparents, siblings, educators, teachers, etc.—who pay close attention and support them step-by-step in their natural development:

In other words, they need people who discover and put to work their own, and the child's, inner gold mine.

When we learn to deal with everyday stress, our children benefit too because they learn to how to manage their own stress by following our example. This is the power of Marte Meo®! In fact, the name Marte Meo® comes from Latin and simply means "from your inner strength"...

More information is available from:

