

Preventive and early parenting support in Family centers

Utrecht, October 1st, 2018

Åsa Malmström

Head of Social services for families and children

Anna-Karin Nystrand Sacaneno

Pre-school teacher at Bjuv Family center

*Department of children and education,
municipality of Bjuv, Sweden*



**BJUVS
KOMMUN**

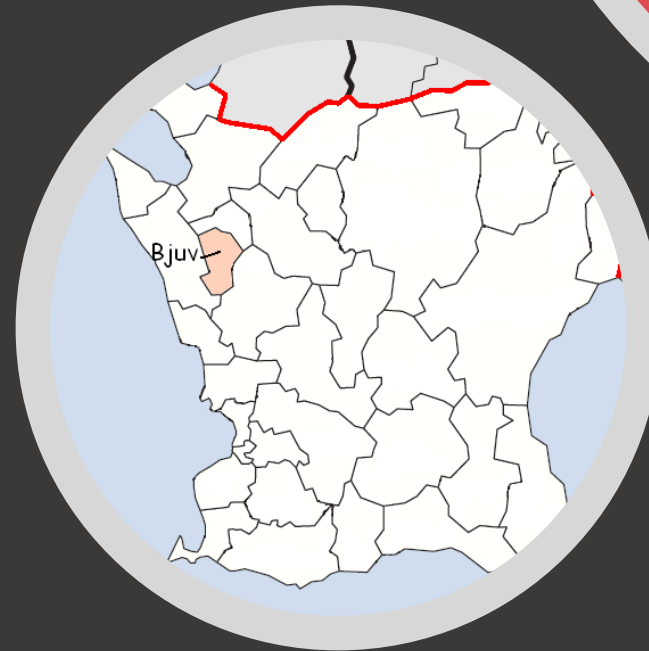
Bjuv

Former industrial society 20 km east of Helsingborg in the south of Sweden with just over 15 000 inhabitants

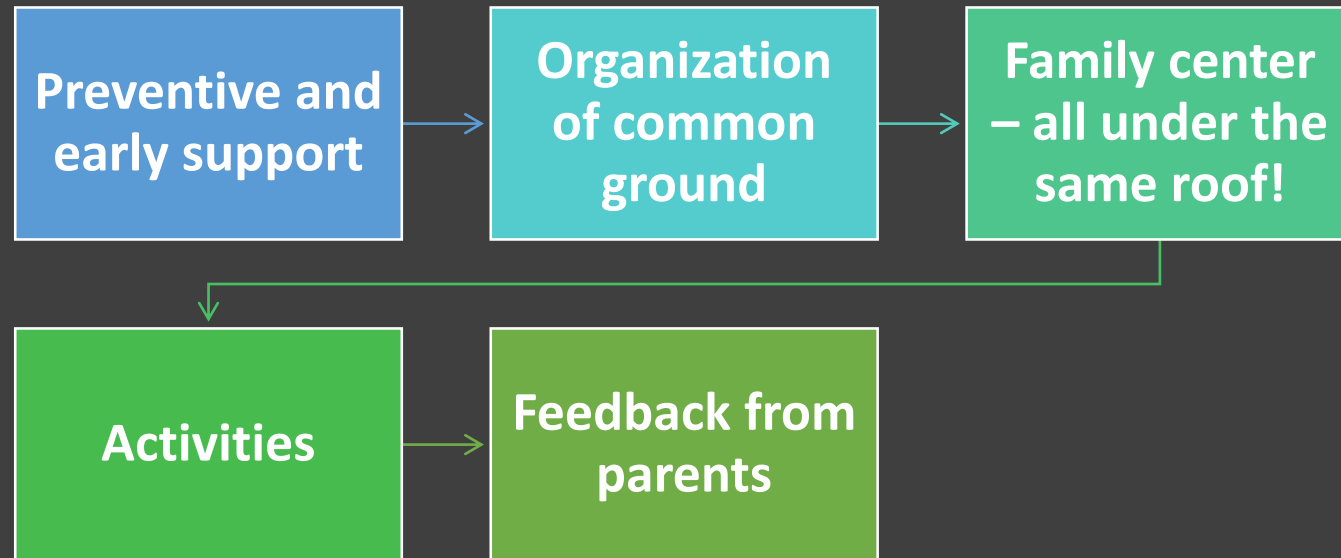
Challenges – health and education

Department of children and education organizes pre-school, school, student health and social services for children and families

Three Family centers



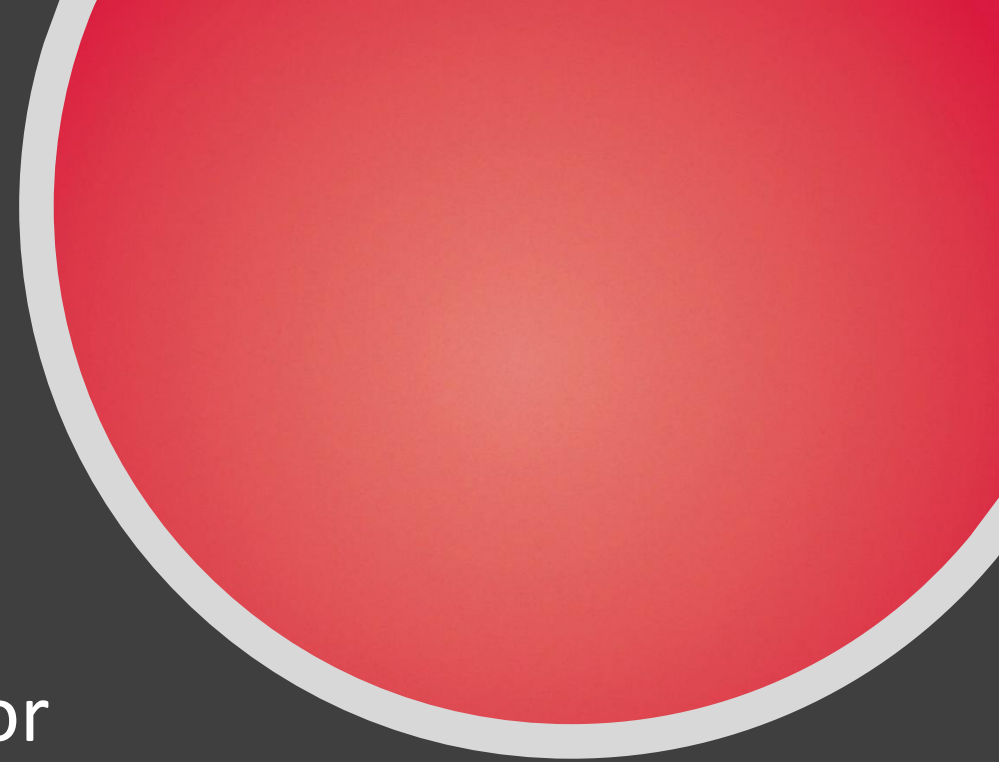
On the agenda today



Preventive and early support to parents

Children's health services responsible for

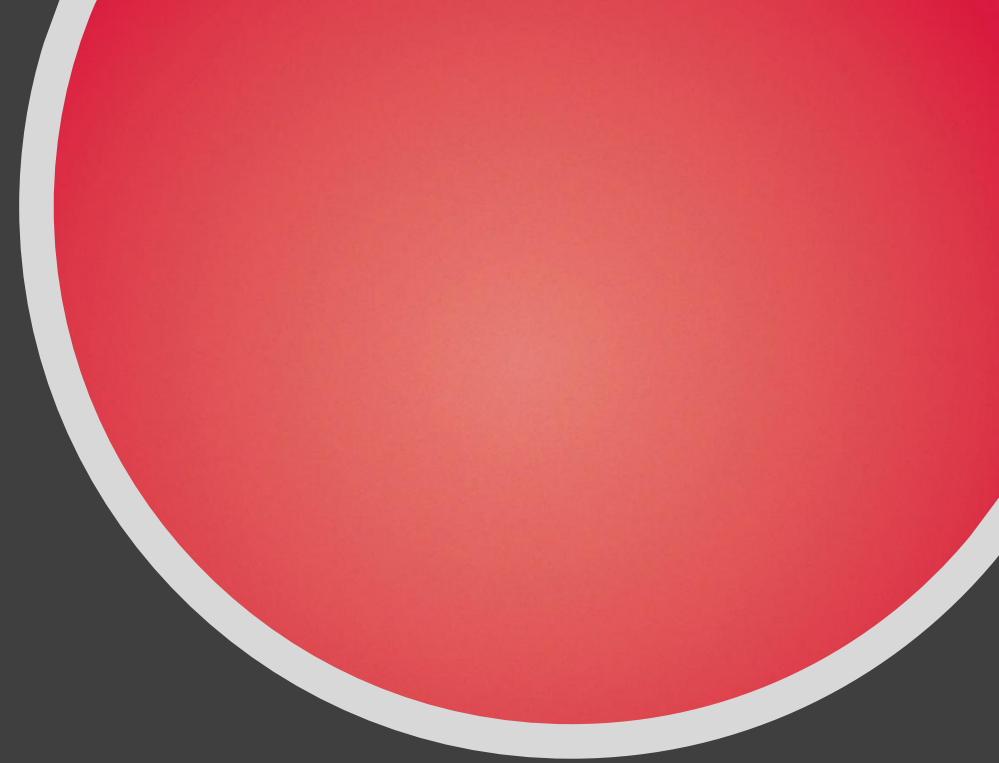
- health enhancing (increasing health factors)
- preventing poor mental health for children 0-5 years (reducing risk factors)
 - general activities
 - indicated activities
- initiate action when children are at risk or has some developmental or health problem



Preventive and early support to parents

Social services responsible for

- children growing up under safe and healthy conditions
- promoting good and healthy development for children in close collaboration with parents
- outreach programs and other preventive work to stop children from being at risk or in harm



Organization of common ground in Family centers

Family centers – health promoting, general, early preventive and supportive for parents and children

Steering group – managers representing the four legs of the Family center, together with the Family center coordinator

Setting joint goals for the collaborative work – based on identified needs, professional tasks and political priorities and goals, f ex

- Health
- Language

Evaluation and follow up → revised goals





Family Centre

A place for
parenthood and
family support



What is a Family Centre?

- Prenatal care
- Childcare Centre (healthcare)
- Social Advisor
- Open Preschool/nursery

- All under the same roof

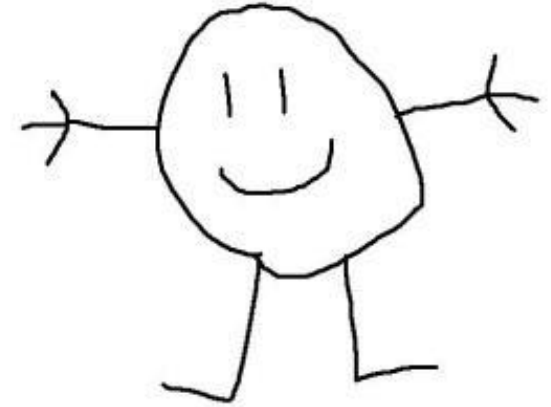
The purpose of a Family Centre

- To offer a arena and a passing/meeting place, for children, parents and families.
- To offer a place, where all the support that could be needed, are gathered in on place
- To offer a place where a child's best and interest, is in focus
- A family should always feel that they have come to the right place with their questions and that they can get easy access to the support needed



The Family Centre works preventively and with a child's health and best interest in focus by:

- To be available and offer a meetingplace for everybody
- To create trust and build up relations
- To strengthen the social net around a child and its parents
- To create ways of working, that involves children and parents
- To offer accessible support
- To be a arena for knowledge and a centre of information
- To provide and offer good service



What do we offer our visitors?

- A place where you can meet other parents and children
- A place where you are welcome, regardless of who you are
- A place where you have the expertise, out of different perspectives
- A place where its easy to "reach out", just by being surrounded by the different actors



What can the support look like?

Active Parenting course

A program and a course built up around how to build up the relationship with your child.

Involves helping your children to learn survival and life skills.

Self esteem

Self confidence

Courage

Responsibility

Cooperation



Circle of security course

Secure parent-child relationship program

Understand your child's emotional world by learning to read emotional needs

Support your child's ability to successfully manage emotions

Enhance the development of your child's self esteem

Honor the innate wisdom and desire for your child to be secure



Lectures

- Built on what is in focus amongst our parents or what is happening in the society, we offer lectures, breakfast lectures, evening courses or dialog cafés in the open preschool.
- A way to create a dialog and to find a natural way of preventing.

A Group of 5-8 parents meet up around every six weeks.

- All the actors work together!**
- Health care**
- Social advisor**
- Midwife**
- Preschool teacher**

Parents Groups

”For everybody, regardless to if you think that you need help and support, or not”

Baby Massage

Secure parent-child relationship

Cherish your relationship

Baby Food cooking

Visit the library

Childrens rights

Preparing/visiting preschools

Twice a year we ask the parents to evaluate our work and activities
Here is what they say:

- We always feel welcome.

- Good to have everyone, under the same roof.

- Here is always something for everyone.

- Here I can come to meet new people.

- My children loves coming here, and so do I.

- A lovely atmosphere.

- I get answers to all my questions.

- I felt welcome from day one.













Thank you!

