

## The family centre is unique

Family centres are unique in the way that those of us who work here can more-easily collaborate together and find different solutions that meet different needs. This makes it easier for children and parents to quickly and easily receive help when they feel they need a little additional support.

All the work conducted at the family centre is aimed at supporting all that promotes the health and well-being of parents and children, and the early prevention of factors that may cause problems or ill health.

We achieve this by:

- ▶ Being accessible as nearby meeting places.
- ▶ Reinforcing the social network around children and parents.
- ▶ Creating work processes in which parents and children can actively participate.
- ▶ Offering easily-accessible support.
- ▶ Being a centre for knowledge and information.
- ▶ Developing a good service for you as a parent.

Family centres can be found throughout the entire country. If you'd like to find out more about the work of the Swedish Association to Promote Family Centres, please visit: [www.familjecentraler.se](http://www.familjecentraler.se)



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[www.familjecentraler.se](http://www.familjecentraler.se)

## Welcome to your family centre



**A meeting place for all  
future parents and  
families with children.**

# The family with young children is at the centre of everything we do!

Here we have gathered together most of the services that children, parents or future parents might need. You have access to the maternity clinic, the centre for children's health, an open kindergarten, advice and support from social services and, last but not least, other parents and children.

Everything is brought together in the same building. It is a voluntary service which is open to all families, regardless of their situation, and attendance is free of charge.

Professionals in a variety of occupations work here in order to provide the best service for you and your child, including midwives, specialist nurses, kindergarten teachers and social workers. You also have access to doctors and psychologists, as well as providers of other services such as family advisers. We are here to provide you and your child with support, and our flexibility enables us to meet your particular needs. You can come to us for help with almost anything, from worries about your child's health and development, to the various day-to-day problems that you encounter as a parent.

## Our core services

**The maternity clinic.** (Female healthcare, Maternity healthcare). Here you can meet with the midwife throughout your entire pregnancy, discuss health issues and participate in parents' groups. Pregnancy often arouses many thoughts and concerns that you can discuss in the parents' group, with your midwife or, if necessary, with a psychologist. Once your child has been born, you can come here for follow-up checks and can also receive advice about contraception.

**The centre for children's health.** Here we provide various kinds of health consultation – sometimes at your home – until your child begins school. You will usually meet with a specialist nurse but you also have access to a doctor and, if necessary, a psychologist. Through these visits, we follow your child's development, provide vaccinations and discuss different aspects of your child's health – for example, diet, sleep and other needs. We offer parental support, both individually and in groups.



**Social advice and support.** The social services' advisers or counsellors are usually qualified social workers and can help you with any questions or concerns you may have about your child, your family situation or about being a parent. You can also receive help to contact other government organisations or to obtain additional public information.

**Open kindergarten.** The open kindergarten is the heart and focal point of the family centre. You can come here with your child to play, learn, receive support in parenting issues and get to know other families in the area. You can come and go as you please during opening hours – you don't need to sign up in advance. It is staffed by kindergarten teachers and activities follow a planned course, including cooking, singsongs and painting. Participation is voluntary and you remain responsible for your child when you are here.

Here you will often also meet the other people who work here at the family centre; this gives you the opportunity to ask something that you perhaps forgot to ask at your last arranged meeting.