



# A Good Family Beginning

**A Good Family Beginning** is a guidance programme free of charge for parents of children from 0 to 2 years of age in need of support to build confidence and skills in parenting.

# The guidance programme is for both parents

You can expect to...

- ... meet with 1-2 family counsellors who are experienced in guiding parents in how to strengthen the relationship with their child
- ... meet 8-10 times either at your home or in a group with other parents
- ... the duration is 4-6 months and takes place during office hours Monday-Friday
- ... the starting point for the guidance is your need as a family for support in developing your relationship with your child.

During the programme, you will become more aware of your resources and strengths and will become more confident in parenting.

The programme can be started during pregnancy.

## Are you interested?

The person who gave you this folder will be able to refer you to the program, and then a family counsellor from the programme will contact you.

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Read more  
about A  
Good Family  
Beginning

