

Improving the situation for children by strengthening the quality of parents couple relationship.

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og forebygging



**Norwegian Directorate for Children,
Youth and Family Affairs**

CONTENT OF THIS WORKSHOP

- Film: «The exceptional year» 10 minutes, interviews with young couples and a familytherapist



- Project 2015-2017 Cooperation Child health centers and family counselling services. Results.
- Couple workshops for first time parents. Updating, implementation, research
- Reflections in groups and plenary
- Presentation of the digital version of the couple workshops, «Godt samliv»- Communication, connections and love».



THE MISSION OF THE PROJECT

Research shows

- Conflicts in relationships can contribute to depression in pregnant mothers or mothers with new-borns

Quality of life

- A good relationship means is essential for quality of life of the parents and is also very important for children's upbringing

The health care centers meet children during the first year of life

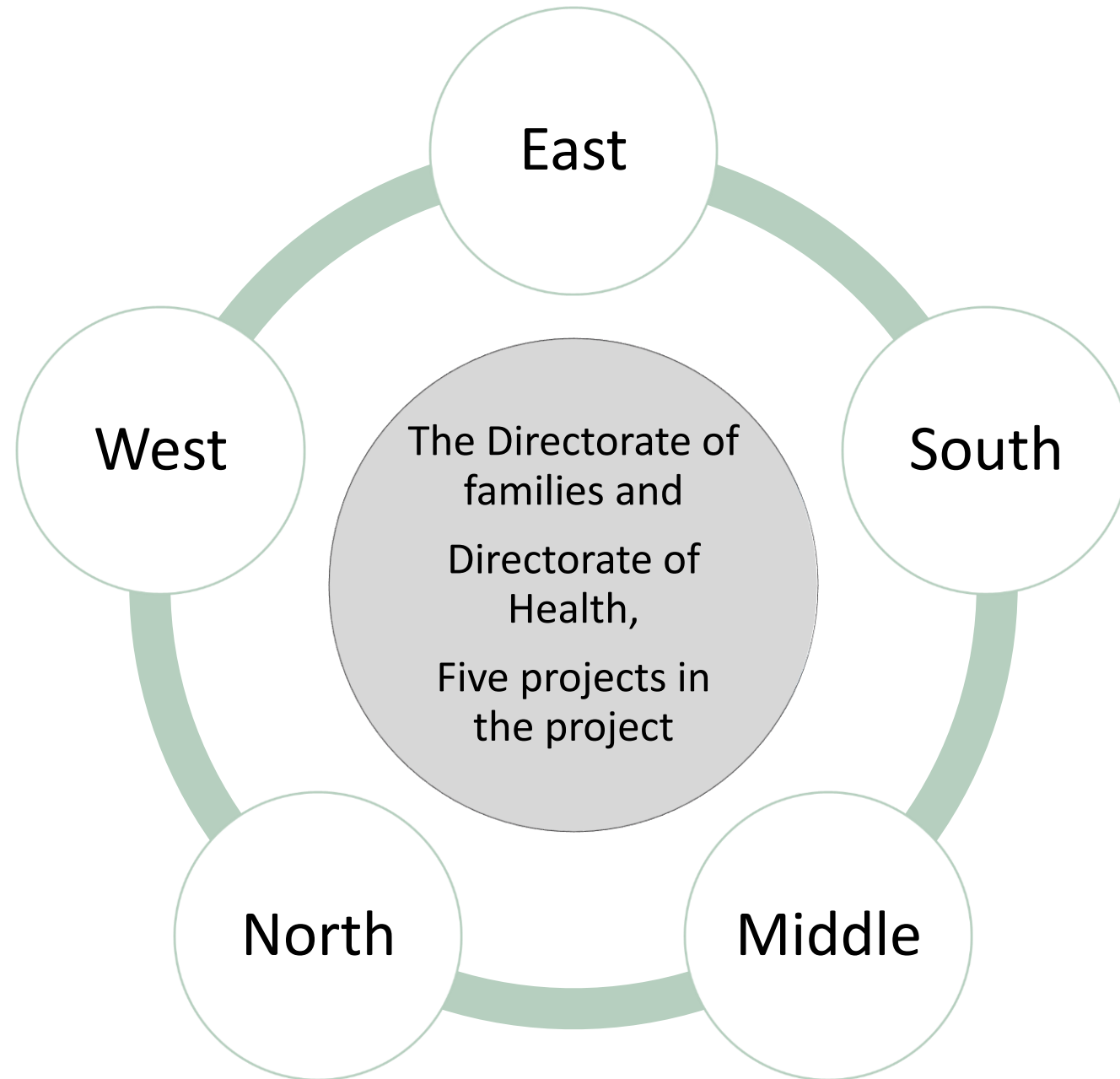
- It is a good arena for capturing children and families at risk

A three-year trial project in five municipalities

- The agreement is rooted in the municipal management

The family Counselling services enters into a systematic collaboration with health care centers

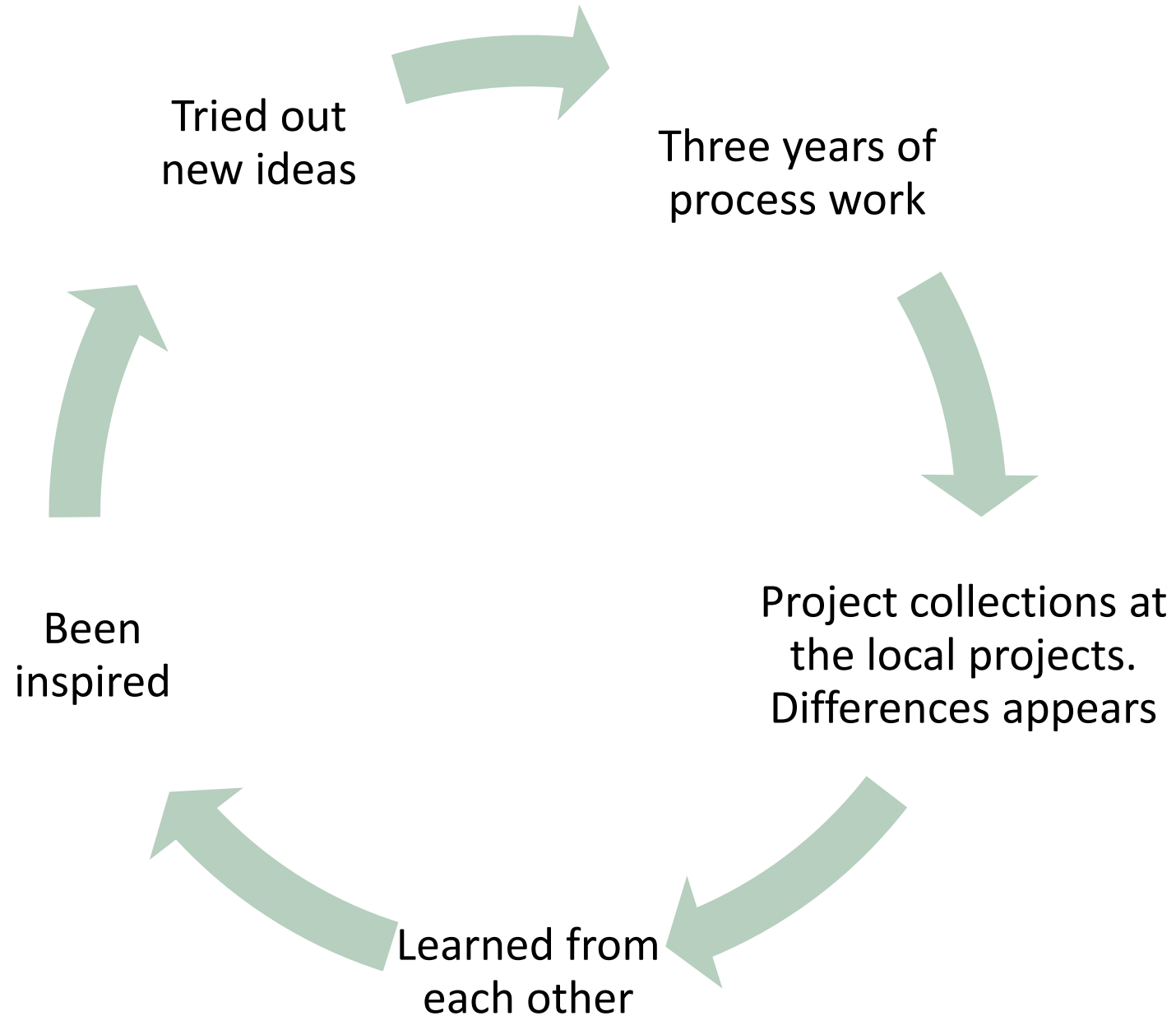
- The cooperation is laid down in a binding agreement



Project participants , workshop in South



PROJECT AND PROCESS WORK



“Feel free to leave me here while parents
take off / put on shoes and jackets”

LEGG MEG GJERNE HER



MENS DERE FORESATTE
TAR AV/PÅ
SKO OG JAKKER



RESULTS

Easy to get
appointment

- Parents meet the family therapist at the health center
- Fast track for parents of young children

Communicates
contact

- Every children health care center gets its contact person at the family centers
- Health care nurses and midwives recruit for conversation with therapist

Cohabitation as a
theme

- Family counseling offers day at birth preparation courses
- "We are parents", group-offers a ten-week control, family care and health center



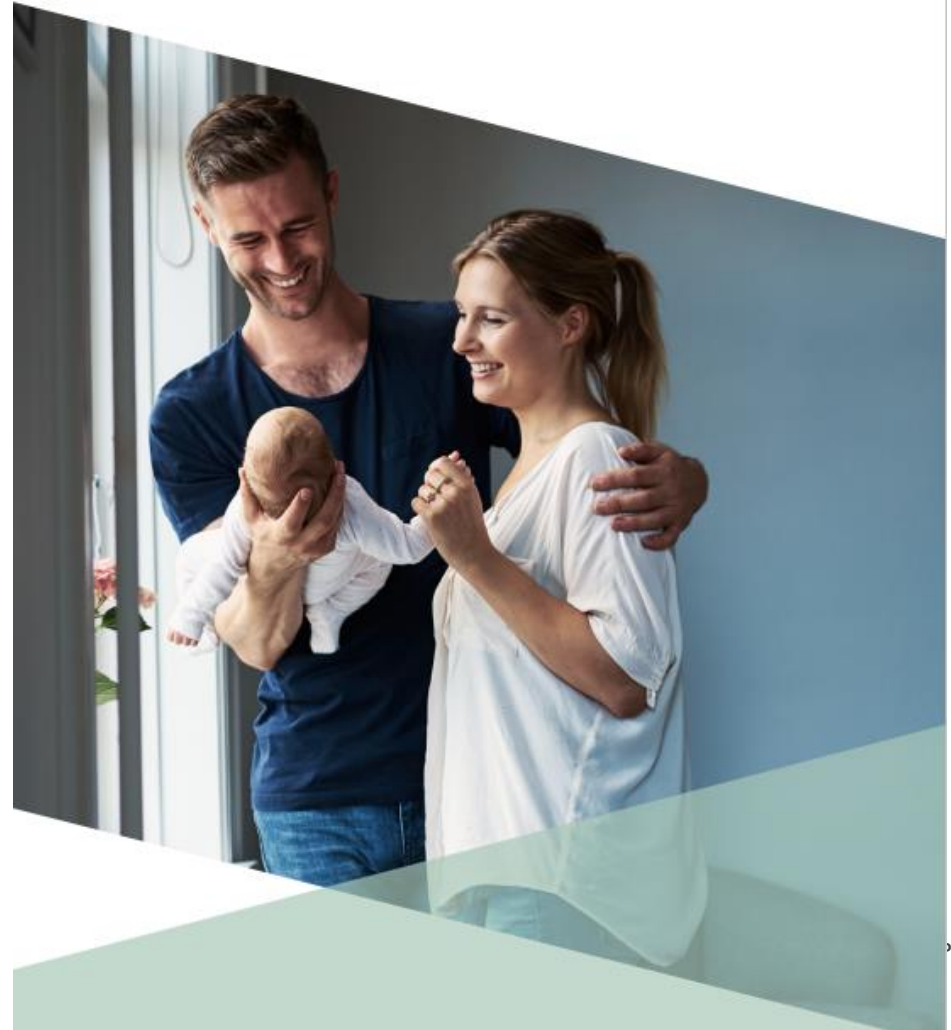
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The Report has an abstract in English

Couple workshop for first time parents

- > Godt samliv-
- > Communication, connections and love
- > Eight hours

- > 1. Our couple relationship
- > 2. Communication- to keep connection
- > 3. How to handel Quarelling and conflikt
- > 4. The transition, from couple to family



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https://www.bufdir.no/en/English_start_page/



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