

# Becoming a parent 0–1 year

## Being a parent in Kungälv

As a parent or an important adult, you are an important figure in your child's life. Being a parent brings a lot of joy, but as a child grows up, every parent will face problems and challenges in their daily lives in different ways. You are able to deal with most of these yourself. But everyone may at some point need advice, support and guidance in their parenting.

Kungälv municipality provides various types of parenting support throughout your child's life.

## The baby bubble – the beginning of a journey

Becoming a parent is often an overwhelming experience. We try to prepare ourselves and think about all the new things that are coming our way. But no one can know for sure what life with a baby will look like. And then suddenly one day, the baby is here!

In your new life with your baby, it's perfectly normal to experience both positive and negative emotions. It's ok and you are not alone in feeling this way. You don't have to feel that you have to do everything yourself. Talking to others is often a good thing. They could be your partner, relatives, friends or the child health center BVC. You are also always welcome to talk to us at Kungälv municipality.

All parents are different. All children are different with different needs. What can be considered good parenting can therefore look very different. However, researchers worldwide have agreed that a good parent-child relationship is the most important protective factor for a child. The relationship with your child is shaped by being together and taking care of them.

## Children's Wellness Wheel

To help your child grow well and be happy and healthy, they first and foremost need love and warmth from you. They also need your guidance, daily routines, and clear rules or boundaries that keep them safe.



- Safe and supportive boundaries
- Guidance and routines in everyday life
- Love and warmth as a solid foundation

## Love and warmth

Your child needs to feel love and warmth and that they are important to you. This usually comes naturally to us, and we show love and warmth through gentle eye contact, soft words, cuddles, smiles and comfort.

When we have pleasant, quiet moments with our children and when we find ourselves calm, happy and relaxed, showing warmth and love comes easy. But during periods that are less harmonious, when our child cries in the middle of the night or when we have tried "everything" and our child is still upset, it can be more difficult. It's important that we, as parents, let them know that we're there for them when they are struggling. Stay calm, it will make it easier for your child to calm down.

You are the best person in your child's life. By spending time together, talking, playing, singing, playing, reading, you learn to know each other. When you are there for your child and prioritize their needs, it creates a sense of trust in them that helps your child build relationships with other people. The more time you spend with your child, the better the interaction. Feel free to put into words what your child is looking at or doing. This promotes children's understanding of the world around them and of themselves, and creates a sense of security.

## Guidance and routines in everyday life

There are many things that are obvious to us as adults but that a small child has no idea about. Having routines for eating, sleeping, changing diapers and spending time together provides security even for a young child. Routines make the world a little more predictable for your child, and gradually they will learn what's going to happen and what to expect.

Sometimes other people have opinions about how you should parent. It's in these moments that it's important that you trust yourself. You know your child best and you are the best parent for your child.

## Safe and supportive boundary setting

Parenting is very much about staying one step ahead. Sometimes we need to set physical boundaries and protect our children from getting hurt by, for example, putting a child gate on the stairs. Sometimes we need to show our children how to behave – to explain to them that it's not ok to pull someone's hair, it hurts.

It can be difficult to set boundaries if your child becomes angry or sad. How best to deal with your child is a matter of trial and error, but here are some suggestions:

Acknowledge your child's feelings. It will be easier for your child to listen to you and move on if you show them that what they're feeling is ok.

Use reason. Be calm and explain in a few words why they are not allowed to do something. "Don't play with the power socket. It's dangerous and you can get hurt."

Turn their attention by focusing on something else that interests them.

## Where to go for more support

All of the following services can book an interpreter if necessary.

### **Familjecentralen Fyren**

The family center Fyren is for families with children between 0–6 and for expecting parents. There are several different services available under the same roof: A child health center (BVC), a midwifery clinic (BMM) and an open preschool with educators and counselors offering parenting support.

Phone: 070-306 11 24

<https://familjecentralenfyren.se/>

### **Föräldragrupp Trygghetscirkeln**

Trygghetscirkeln is a parenting group course for parents and their children aged 0–6. The course focuses on the interaction between parents and children and consists of eight sessions. It helps you explore your child's needs and develop your parenting skills. You will also learn more about the important interaction between a child and their parents.

Phone: 070-306 11 24

### **Familjerådgivningen**

If you and your partner need support in your relationship, the family counselling service (Familjerådgivningen) can help you with counselling.

Phone: 0303-23 91 00

<https://www.kungalv.se/omsorg--hjalp/stod-till-familjen/familjeradgivning/>

### **Krismottagningen**

In cases of domestic violence, help is available through the crisis center Krismottagningen.

Phone: 0303-23 90 70 or 0303-23 90 71

<https://www.kungalv.se/omsorg--hjalp/stod-vid-kris/krismottagning-vald-i-nara-relation/>

### **Support groups**

Safety through support – study circles for parents with mental health problems.

BiFF - Barn i föräldrars fokus is a training course for divorced parents.

Phone 0725-77 69 01

Email: [stodgruppsverksamhet@kungalv.se](mailto:stodgruppsverksamhet@kungalv.se)

### **Central reception**

The municipality's entry point for all types of cases involving the social services for both individual and family matters (e.g. child or adult concerns).

Phone: 0303-239377

### **Familjerätt**

The family court helps to clarify your rights and obligations as a parent. The role of the family court is to work in the best interests of the child in matters such as divorce and separation.

You can reach us at the customer center on weekdays between 08:30 and 9:30 on 0303-23 80 00

<https://www.kungalv.se/omsorg--hjalp/stod-till-familjen/familjeratt/>

### **Kungälv psykologmottagning föräldraskap och små barn**

The aim of this psychology clinic is to promote mental well-being by focusing on the child's needs, and to prevent mental illness in expecting parents and in families with young children.

Phone: 010-473 38 70