



Göteborgs
Stad



Fewer conflicts in everyday life?

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Less fuss, more play?

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Discussion, advice and support

During the four meetings and at a follow-up meeting you will have an opportunity to talk to and share your experiences with other parents. You will receive tips and support to help you in your role as a parent.

Show love

The first meeting is about making close relationships work. Through discussions and simple exercises, you can practice how to focus on what works in your relationship with your child.

Spend time together

The second meeting is about the daily interaction between you and your child. Can conflicts be prevented? Through discussions and simple exercises, you practice ways in which you and your child can spend your time together.

Show the way

The third meeting is about applying calm parenting. How does stress affect parenting and how can we deal with anger? Through discussions and simple exercises, you practice being a role model for your child.

Choose your battles

The fourth meeting is about reducing bickering and fighting in the family. Which battles are worth fighting and which can be avoided? This meeting is about how ABC can be applied in everyday life.

Reunion

At some point after the course we will meet up again. We will then talk about how the course has contributed to a daily life with fewer conflicts. We will also have a brief in-depth discussion on a current theme.

“ *It's good to learn how you can change your behaviour to solve certain situations.* ”
36-year-old mother

“ *It's easier now to agree and compromise.* ”
44-year-old father of two children

“ *It's great to share experiences with one another on how to handle stress.* ”
34-year-old mother of twins

“ *It made me really think about the importance of being a good role model.* ”
41-year old step-dad

“ *I think we communicate more clearly at home.* ”
39-year-old mother of a three-year-old

ABC means putting all children firmly in focus, and comprises group meetings for all parents with children aged 3-12 years old.

The content is based on research on parenting, children's development and the UN Convention on the Rights of the Child. ABC has been evaluated by the Karolinska Institute – a research-led medical university in Solna. The results show that ABC has positive effects on perceived parental competence and on parents' experience of children's development and health.

Would you like to learn more about ABC or join a group?

The ABC courses start several times per term. If you need an interpreter, it is usually possible to arrange. The courses are free of charge and we provide refreshments!

More information and course starting dates can be found at:
goteborg.se/foraldrastod

In association with:



ABC has been developed by the City of Stockholm in collaboration with municipalities, urban districts, and the Karolinska Institute.

www.allabarnicentrum.se