

Build a strong relationship with your child

ABC Föräldraträffar

0-2 years

Life with young children is full of joy – and challenges. Welcome to the **ABC Parent Group for Parents of Children Aged 0-2**. Here, you'll learn simple and practical tools to make everyday life a little easier. These tools also support your child's learning and development. The ABC sessions are group meetings where you can meet other parents, share experiences, and get new ideas about parenting.



Dear parents!

Am I doing things right? What does my child need? How can I understand my child better? These are some common questions asked by parents with young kids. ABC Parent Groups 0-2 years gives you the tools to create more happy moments with your child.

ABC Parent Groups are about family life and how you as a parent can support your child's development and handle challenges. We offer four meetings with themes like:

- » Important adults
- » Spending time together
- » Challenging situations
- » Peaceful parenting

“My partner and I praise each other's parenting more now, and we can discuss things in a different way.”

Comments from parents who attended ABC



Scan the QR code to find an ABC Parent Group near you. Get more information on support services for parents here: goteborg.se/foraldrastod

“I feel more relaxed and confident in my parenting now that I have practical tools I can use.”

Alla Barn i Centrum (ABC) is a support programme for parents. It aims to strengthen parents' relationships with their kids through group-based meetings that focus on interaction, communication and daily routines. ABC Parent Groups are free and are open to parents with kids in the following age groups: 0-2 years, 3-12 years, teenagers.