

Grow together with your child

ABC Föräldraträffar

3-12 years

Life with young children is full of joy – and challenges. Welcome to the **ABC Parent Group for Parents of Children Aged 3-12**. 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!

A lot happens between the ages of 3 and 12, both for your child and in your relationship with them. ABC Parent Groups give you support and tips on how to grow together with your child and to strengthen your relationship.

Through conversation and exercises, you'll practise focusing on the things that are working well in your everyday life. A few weeks after our last meeting, we'll meet again to talk about how you've been able to use what you've learnt. We offer four meetings with themes like:

- » Showing love
- » Getting involved
- » Setting an example
- » Choosing your battles

“Doing things together has become a lot more fun, like vacuuming and laundry.”

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’ve become more creative in finding solutions.”

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.