



Children in Focus for Parents (BIFF)

A parenting course for separated parents in a conflict

Children in Focus for Parents

How do you successfully co-parent after a separation? Do you need support or information about what children go through when they have experienced, or are currently experiencing parental conflicts?

The starting point of the course is the question:

”What can I do as a parent to make it easier for my child?”

Focus on the children

Children living with separated parents in a conflict often have thoughts and feelings about their own situation. This can range from the child taking the blame for the parents' separation, to them feeling responsible for comforting their parents and mediating in their conflicts.

This course will help you as a parent to understand your child's situation and their needs. We start from a child's perspective, where we talk about children's rights, information and research, and discuss approaches that can make the situation more manageable and understandable for your child.

- Three or four meetings that build on each other.
- Parents with children together join separate groups.
- The course is free of charge and we offer coffee and refreshments.

