## WELCOME TO PARENTHOOD

SUPPORT FOR PARENTS AND EXPECTING PARENTS



## INFORMATION

Read more about pregnancy, childbirth and parenthood on 1177.se. You can also find information and advice on children's health, development, rights, diseases and care.

Scan the QR code or go to 1177.se/jonkpings-lan/barn





## COME MEET OTHER PARENTS!

All parents and expecting parents can attend parent meetings at the local familjecentral (family centre). At familjecentralen, you can meet with other parents as well as staff. The aim of these meetings is to share your experiences and discuss what it is like being a parent.

The sessions cover a range of topics from pregnancy and childbirth to the child up to age three.

Parent meetings are free of charge. Parental insurance entitles both parents to paid leave when attending parent meetings.

The staff at your familjecentral can tell you more.

## THE SESSIONS

