Visits in Growing up safely

1. At 1–2 weeks with a child health centre nurse and a midwife.
2. At 3–4 weeks with a child health centre nurse and a parent.
3. At 4 months with a child health centre nurse and a parent counsellor.
4. At 8 months with a child health centre nurse and a parent counsellor/pedagogue.
5. At 10 months with a child health centre nurse and a parent counsellor.
6. At 15 months with a child health centre nurse and a parent counsellor

Growing up safely

Collaborative support for parents



Illustrator: Veronica Carlström

Growing up safely – collaborative support for parents is an expanded home visit programme offered by some child health centres around Skåne.
This means that some of the visits that usually take place at the child health centre will instead take place in your home. The visits are made by a nurse from the child health centre together with midwife, parent suppport and pedagogue; people who are all important to the child and the parents during the first year as a new family. During the visits, the questions and thoughts that you would like to dis- cuss are important to us. We also have topics that we would like to talk to you about, such as getting to know your child, being a family and building an everyday life together.

By meeting all together, we create good relationships while gaining an understanding of you and your family in particular. We can then offer the advice and support that your family may need.

Just relax!
We are not expecting any refresh- ments or a newly cleaned home – we know that you are new parents.



Do you have any questions or concerns? Contact:

Midwife _____

Child health centre nurse _____

Parent counsellor _____

Pedagogue _____

If possible, it is good for all the parents of the child to attend the visits.

