

VAXHOLMS
STAD



Information for parents in the City of Vaxholm



Parents are the most important people in every child's life and can affect their child's physical and mental health.

Research shows that a good relationship with their parent(s) is one of the main protective factors for children's health.

If you need support in your parenting, there is free help available from the City of Vaxholm.

Safe parents make safe children. This municipality supports parents in our community by offering knowledge about children's health and development, providing tools and support to deal with everyday challenges, and strengthening parents' social networks.

The City of Vaxholm has a number of organisations that offer help and information, and which can guide you to the right source for the best support.



What the City of Vaxholm offers free of charge

Family Centre

The centre has parent, father, and sibling groups that aim to promote children's development by strengthening the relationship between parents and children. It also offers free lectures for parents.

More information: www.vaxholm.se.

Parent Support Courses

ABC – Alla barn i centrum (All Children in Focus)

Meetings for parents with children aged 3–12

Each semester, at least one series of four group meetings are offered. These include discussions, films, and exercises on the role of parents. The topics discussed at the meetings include how you can:

- Improve your child's self-esteem
- Foster relationships inside and outside the family
- Prevent conflicts
- Deal with difficult situations

More information: www.vaxholm.se.

Älskade förbannade tonåring (Dear and Damnable Teenager)

Meetings for parents with children aged 12–18

Each semester, a series of four group meetings are offered. They include discussions, a review of how teenagers' brains work, and concrete tools for parents who want to learn how to interact better with their teens. The aim is to reinforce the protective factors in families and prevent problems.

The meetings include discussions about:

- Adolescence, a new phase of development and connection
- Risk and protective factors
- Peer pressure and "I statements"
- Difficulties and challenges
- Tough topics of conversation and self-awareness

More information: www.vaxholm.se.



Child Health Centre/ Family Doctors

- Health monitoring and counselling
- Provides parenting support and advice
- Detects and prevents mental and physical illness in children
- Draws attention to and prevents risks to children in the local environment and society

More information: 08-541 718 20
or 08-541 718 22.

www.famlak.se/vaxholm.

The Municipal Social Services Administration Office

The Municipal Social Services Administration for the City of Vaxholm works with change initiatives and the prevention of ill health. Its services include:

- Family counselling
- Mediation
- Youth Guidance Centre
- Advice and supportive counselling
- Support for victims and witnesses of crimes, as well as offenders
- Budget and debt counselling

More information: 08-541 708 00;
select the option that connects you
to the Municipal Social Services
Administration [*socialförvaltningen*].

Youth Support

This support service is part of the City of Vaxholm's outpatient care activities. There are two social workers trained in motivational interviewing (MI), aggression replacement training (ART), a cannabis cessation programme (CCP), and a youth cannabis prevention programme (YCPP).

Young people can be offered up to five supportive counselling sessions via outpatient care, which means that no contact with the social services is needed. Youth Support also offers advisory counselling sessions to parents on teen-related issues. At the group level, the organisation offers the health-promoting initiatives Dance for Health and DISA (*Din inre styrka aktiveras*) [Activating Your Inner Strength].

More information: 08-541 708 00; select the option that connects you to Youth Support [*ungdomsstödet*].



School and Family Support

This support service is part of the City of Vaxholm's outpatient care activities. There are two family therapists with both family therapy and CBT expertise, both with extensive experience in helping children and parents with family- and school-related issues. They work according to a systems approach. This means that the various family members are seen as parts of a whole, in which each of them affects and is affected by the family's situation. They have no reporting obligation and are bound by the legal rules on confidentiality. No contact with the social services is needed to access the organisation's support services.

More information: 08-541 708 00; select the option that connects you to School and Family Support [*skol-och familjestödet*].

Open Preschool

The City of Vaxholm's Open Preschool:

- Offers gatherings focused on song, play, and creativity
- Encourages parents to take their own initiative
- Supports and listens to children and parents in individual conversations
- Encourages interaction between families and informs participants about the municipality's preschool offerings
- First aid/CPR for children

More information about locations and opening hours: www.vaxholm.se.

The Church of Sweden's Open Preschool

The Church of Sweden offers parents and other adults with children aged 0–6 the opportunity to play, do crafts, sing, socialise, and get to know each other and the church. There are also opportunities for individual conversations and baby massage.

More information:
www.svenskakyrkan.se/vaxholm.



www.vaxholm.se

