



**STRUER  
KOMMUNE**



Expecting your first baby?

In the council of Struer we are now offering a birth and parenting course for families expecting their first baby. It is called Familieiværksætterne. Many other cities in Denmark also work with this modern and successful parent education for both mother and father.

Having your first baby is an amazing experience that might turn your life upside down. Becoming a parent brings you a lot of joy and fun, but also brings you worries and expectations about the baby, your own role as a parent and the future.

When you join Familieiværksætterne you will meet other first time parents and you get to meet a large group of professionals, with whom you can discuss your baby's well-being and develop your own parenting role.

Your midwife will tell you how to sign up for this course and the health visitors will thereafter contact you with more information.

Familieiværksætterne starts before your baby is born and ends when your baby is about 16 months old. It consists of 12 meetings; each with a relevant topic that concerns your baby or your parenting role. Meetings are placed in the late afternoon, so both parents will have a good possibility to participate.

We speak Danish – but if you don't – we will bring an interpreter.

We hope to see you at Familieiværksætterne.

Health Visitors in Struer.

For further information please contact:

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