



Caption: GET DOWN RIGHT NOW

Caption: BE CAREFUL!

- Great to share experiences with each other about how to manage stress. **Mother of twins, 34**
- It's easier to compromise and agree now. **Father of two, 44**
- Good to find out how you can change behavior to resolve certain situations. **Mother, 36**
- I think we have begun to communicate more clearly at home. **Mother of three, 39**
- waxaasuurtagal ii noqotay in aad ugu fekero muhimada noqoshada qof lagu daysado. **Stepfather, 41**



ABC was developed by the City of Stockholm in partnership with municipalities, boroughs, and Karolinska Institutet. www.allbarnicentrum.se

We want to give our children the best parents they could ever have!

Your most important encounter

How do you want your child to remember you in 20 years?

Group parenthood sessions for parents of children aged 3-12.

Few things are more important than the relationship with our children. Today we know that strong bonds between children and parents are the best foundation for a peaceful childhood and for growing up to be independent individuals as adults. This is what ABC group sessions are all about.

We are all experts at parenthood

Actually, we don't need research to convince us that good relationships with our children are important. We already know that. What is not always so obvious is how to achieve them. Everyday situations in which relationships are put to the test are probably familiar to most parents. How do we create peace and harmony around the dinner table? How do we avoid stressful situations? How can we prevent conflicts? How do we gain more time for joyful interaction with our children? One thing is for sure. These questions are not unique to any parent.

Worthwhile hours

ABC consists of four group sessions, each with a unique theme. The group sessions are led by trained group leaders and each group has a maximum of 10 participants. All of them are parents of children aged 3-12. At the sessions, we share each other's experiences and discover what research has to say. We take away the lessons we learn and the insights we gain and practice at home, between the session.

This is ABC - for All Beloved Children

ABC is a program of group sessions for all parents of children aged 3-12. The program was developed at the request of the Swedish National Public Health Agency and is aimed at strengthening relationships between children and their parents. The contents are based on research into parenthood and child development and the UN Convention on the Rights of the Child.

ABC is being evaluated by Karolinska Institutet. The results are expected in 2014.



Contents

Session 1 - SHOW LOVE

What can we do to make our close relationships work? Discussions and simple exercise related to keeping focus on what works.

Session 2 - BE THERE

How do we affect each other in our daily interactions? How can we prevent conflicts with our children? Discussions and simple exercise related to how parents and children can spend time together.

Session 3 - LEAD THE WAY

How can we apply the principles of calm parenthood? How does stress affect parenthood and how can we manage anger? Discussions and simple exercises related to being a role model for your child.

Session 4 - PICK YOUR BATTLES

How can nagging and yelling in the family be reduced? Which battles are essential and which can we choose to let go? Planning ahead with focus on how ABC can be used in everyday life.