

Presentation on Course on "Ready to for a child"

10th June 2009

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Prevention of violence against children

- Provide knowledge about children
- Use video clips
- Group work in pairs and men and women together
- Provide parents the chance to discuss how they react in pressure situations

Course Design

- Pregnant, in Week 20 – 25
 - Both parents
 - 3 evenings, with 1- to 2-week interval
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- 1 evening when the baby is 2-3 months old.

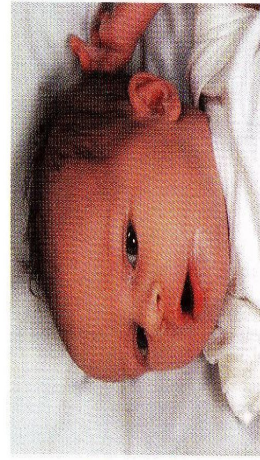
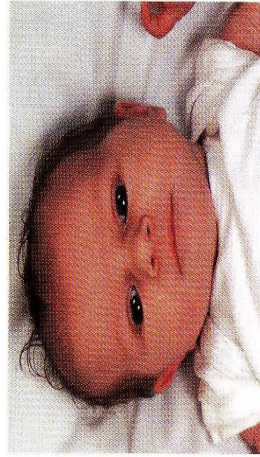
Fisrt evening

- Knowledge on the baby's skills
- Several short video clips showing how young children can interact
- Work in pairs, reactions and stress management

To go in and out of touch



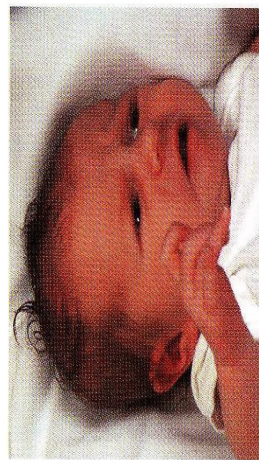
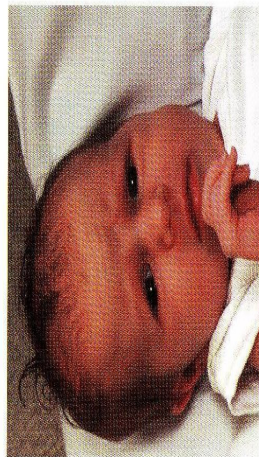
Det spæde barn har sin egen personlighed fra fødslen. Det kan være svært at forstå barnet i starten, og I må som forældre forsøge jer frem. Ved at være sammen lærer I efterhånden barnet at kende og kunne forstå dets mange forskellige udtryk.



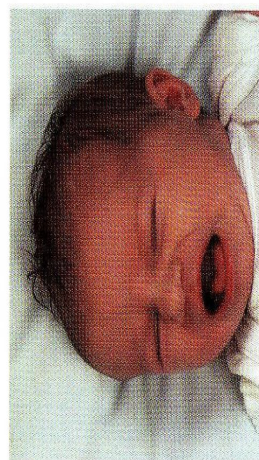
■ Laura på 17 dage er vågen og opmærksom. Hendes blik fortæller, at hun er klar til at være i kontakt og snakke



■ Laura viser de første tegn på sult ved at søge med munden og stikke tungen frem, medens hun bevæger hovedet til siden. Hun kan også lave små lyde med tunge og læber. Gråd er et sent tegn på sult



■ Laura er ikke helt tilfreds. Det kan være hun keder sig og gerne vil op, måske er der noget, som giver hende ubehag. Det er svært at vide, hvad hun vil fortælle, så man må som forældre forsøge sig frem



■ Laura gaber og viser træthedstegn ved også at begynde at græde. Hun trænger til at blive puttet.

Second evening

- Everyday life with a small child
- A lot of group work
- How can one use his/her networks
- Post natal depression
- Possibilities to get help

Third evening

- The child and good relationship/ togetherness
- Changing views on upbringing
- Children are different
- Parents are different
- Attitudes towards upbringing
- A lot of group work, separated according to gender

Fourth evening

- They come with their children
- Round table discussion on birth giving and on becoming parents
- Sleep, etc.
- What had been useful from the course
- Everyone fills in an evalaution form

The courses

- Held 22 courses in 2008
- 3 courses were held for adolescent parents
- There were 5 – 7 couples in each course
- We have received good feedback from the participants
- A recurring theme is:
- **Children are not calculating (in contrast to some adults) – they do take things as they are and do things not specifically intended to please adults.**

Have we reached the target group?

- Difficult to assess
- Immediately, not-functioning adult
- The young people are clearly within the target group
- Course for bilinguals (migrants) in Autumn
- Everyone has benefited from the course, and the knowledge they have acquired makes them better equipped to be parents