

FEEL FREE TO CONTACT US!

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The background of this section is a red field with a repeating pattern of white stars. In the upper right, there is a white star icon. The text 'BARNENS BÄSTA' is written in large white letters, with 'Central Child and Student Health' in smaller white letters below it. At the bottom right, the website 'www.tingsryd.se' is written in white. In the center, there is a photograph of two young children, a boy and a girl, lying on a white surface surrounded by colorful blocks. The boy is wearing a striped shirt and the girl is wearing a red shirt. Both are smiling and looking up at the camera.

## The Team

As a part of the Central Child and Student Health Agency i Tingsryd municipality, the team works as a complement to the resources provided by the preschool. This means that we have

a close tie to pedagogic personnel out in the schools.

Our function is to provide advice and support for you as a guardian to achieve what's best for your child. The goal of the agency is to work in a preventative, beneficial and consulting manner.



### Who we are here for:

- Guardians with children in the ages 0-6 years.
- Personnel within municipal preschools, as well as other organisations.

If you as a guardian have questions regarding your child or your role as a parent you can contact the team directly. Contacting us is free of charge and easy to do. We work under professional secrecy and take no notes of meetings.

### We can offer:

- Supportive talks about your role as a parent
- Support and guidance via phone or e-mail
- Open preschool (learn more at [www.tingsryd.se](http://www.tingsryd.se))
- ABC - Alla barn i centrum (All children in the centre)
- Cooperation with other organisations if needed



ABC has been developed by the City of Stockholm together with municipalities, city districts and the Karolinska Institute

[www.allabarnicentrum.se](http://www.allabarnicentrum.se)

ABC is for parents of children of ages 3-12 years and consists of four group-meetings on different topics. When we meet we share both our own experience as well as scientific research. We then take those lessons and insights home with us to practice in between meetings.

*The purpose of ABC is to encourage your child's positive development by strengthening the relationship between you as a parent and your child.*

Few things are more important than our relationships with our children. Today, we know that a strong bond between children and parents is the best foundation for raising a child to be confident and independent individuals as adults. This is what ABC's group meetings are about.

The course is free of charge and you are very welcome to let us know you are interested in taking the course at:

[barnensbasta@tingsryd.se](mailto:barnensbasta@tingsryd.se)



Dates and times can be found at [www.tingsryd.se](http://www.tingsryd.se)