

Family Centre Fyren

A meeting place for children and parents



Welcome in!

Family centre Fyren

A meeting place for children and parents in Sotenäs

At the family centre there are;

- » paediatric care
- » open preschool
- » family preschool
- » parental support
- » mother/child health

psychologist

We have a close collaboration with the midwife clinic in Kungshamn.

The purpose of the family centre is to promote good health in children and their families based on the whole family`s life situation. The family centre`s goal is to be a stable, safe and social meeting place for families with children aged 0 – 6.

The family centre is for parents-to-be, new parents and children. The family centre gives parents and children an opportunity to meet and get to know each other. It is easy to get advice, information and support from the staff on site.

BVC nurse, preschool teacher, a family support worker and a MBVH psychologist, are working here.

Open Preschool

All children aged 0 – 6 are welcome to open preschool, together with a parent or other adult. In the activities of the open preschool, children get the opportunity to play and develop their social skills together with other children, but above all have fun. You can also buy “fika”.

Our opening hours are:

Monday13:00 – 16:00
Thursday, 0-2 years...9:00 – 12:00
Friday 9:00 – 12:00

Family preschool - Little Fyren

Little Fyrens fixed group is for you who feel that you could need a little extra support in your parenting role or lacks support in your network. Up to six families with children between 0-6 years participate in the group. The group meets every Monday morning and we talk, play, cook, eat together, etc. Participation is free of charge. If you want to join the group, contact Anette at the family center.

Support for Parents

We offer parental support around children's development, parenting and relationships within the family.

Infant massage

We offer parenting courses in infant massage. The course is aimed at parents with children between 0-1 years and is free. If you want to participate, contact Anette at the family center.

Child Health Care – BVC

We work with:

- » health examinations children aged 0–6 years
- » home visits
- » vaccinations
- » parent groups
- » advice and support

Midwife Clinic

The midwife clinic is located at the health care centre in Kungshamn.

We work with:

- » groups for expectant parents
- » health care for you who are pregnant
- » advice and contraception
- » follow-up about 2 months after delivery

Maternal and child health care psychologist - MBVH

Available for you who feel that you need additional support and advice in your parenting in addition to what you get at the midwife clinic and the childcare center.

You can contact us with questions about:

- » worries about becoming a parent
- » how you feel about becoming a parent
- » when you have troubles in your parenting
- » your child's behaviour and development
- » family events that affect you and your child

We meet expectant parents, children 0-5 years and their parents individually and in groups.



FAMILJECENTRALEN
FYREN



Följ oss på
Instagram



Följ & gilla oss
på Facebook

List of Contacts

BVC Närhälsan Kungshamn- Paediatric Health Care Kungshamn

Monday – Friday: by appointment

BVC nurse: 010-441 66 50

BVC Sotenäs Vårdcentral – Sotenäs Paediatric Health Care

Tuesday, Thursday and Friday: by appointment

BVC nurse: 0523- 199 76

Psychologist - MBVH

Mother & child health care psychologist 073- 595 25 34

Open Preschool

Anette Ekström, preschool teacher 0523- 66 47 55 or 070- 564 56 66

Please leave a message, and we will get back to you as soon as we can.

Midwife clinic Sotenäs – Women`s healthcare service, maternity care

Midwife (in Kungshamn) 010- 441 67 20

Welcome to the Family Centre

Skolgatan 1d

456 61 Hunnebostrand

