# ABC-Föräldraträffar



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# ABC – föräldraträffar

How do we create harmony around the dining table?
How do we avoid stressful situations?
How can we prevent conflicts?
How do we get more time for greatsocializing with our children?

Few things are more important than the relationship with our children. Today we know that strong bonds between children and parents are the best basis for a harmonious upbringing to safe and independent individuals. Everyone knows that, but it is not as obvious how we achieve it.

ABC parent meetings are for anyone who is a parent or other important adult to children between the ages of 3 and 12.

The meetings are held in the evening time at the Family Centre Fyren in Hunnebostrand.

Since the meetings require the presence and commitment of you as an adult, the children can not be present at the meetings.
ABC - parental meetings are free of charge.
Most parents can recognize themselves in everyday situations where relationships are put to the test. At ABC parent meetings you

will have the opportunity to discuss and share experiences with other parents. Du get with you concrete tips to facilitate and test in your everyday life at home.

The program consists of four group meetings of 2.5 hours each, around each theme.

Hit 1 - Show Love
How do we make our close relationshipswork? We focus on what works.

Hit 2 - Join
How do we influence each other in the daily interaction? How can we prevent conflicts with our children?

Hit 3 - Show the Way
How does stress affect parenting and how can anger be managed?

Hit 4 - Selecting battles
What battles do we need to take and which ones can be opted out?

During the meetings are interspersed with information, discussions, exercises and films.

**If you/you want to participate, submit your registration to;**

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