What other parents say about Practical Parenthood…

- *"I was at my wits' end, I had no idea where to start. The discussions with the district nurse really opened my eyes"*
- *"Supportive Parenting was something like stabiliser wheels. I no longer need it"*



- *"The discussions mainly served as a sounding board, to identify the problems, get to the core and find solutions"*
- *"A big 'thank you' for this support and getting me on the right track to take certain steps. You are subjected to an objective analysis. It is good to hear you are making progress, even if this is not obvious to you"*
- *"I wish my mother could have had this when I was little"*

Do you have any questions? Please feel free to contact the child health centre or visit www.stevigouderschap.nl for further information.

Stevig Ouderschap

Stevig Ouderschap

Dear parent, congratulations with the birth of your son or daughter!



Parenthood can be daunting at times. You will discover new things about yourself, your partner, life, but most of all about your child. Like everyone else, you would like to have some tips and advice. You can often consult other parents you know, or your friends and family. Oh, and the child health centre of course.

Yet sometimes this does not suffice. This can be due to your personal circumstances, or indeed your own youth. It is good to know additional support is available. And that is why Supportive Parenting is here: an opportunity to explore and develop your role as a father or mother. Research among parents that went before you shows that it really works.

What is Supportive Parenting?

Supportive Parenting is based on personal strength, personal needs and a personal approach. If you sign up for Supportive Parenting you will receive six home visits from a specially trained district nurse from the child health centre. She will visit you at home to listen, talk to you and help you think. During that time, she is completely devoted to you. Home visits last approximately an hour and a half. It is entirely up to you what you discuss with her in that time. After all, this is about you and your needs.

What is generally discussed during the home visits?

The discussions are often about:

- *questions you have about your child (development, stimulation and upbringing);*
- *understanding your child (recognising signals, talking to children, developmental phases);*
- *what it means to be a parent and how this impacts on the relationship with your partner, friends and family and the combination with work;*
- *your own upbringing;*
- *what parenting style best suits you and your child;*
- *information on official support and assistance and the range on offer that may be of use to you.*

Whatever you discuss with the district nurse remains between you and her. If information ever needs to be shared (e.g. with the child health centre), she will discuss this with you first.

How to register?

Every parent is given a questionnaire. You will be asked to complete this questionnaire and return it to the child health centre. Your answers decide whether or not you qualify for home visits. If you do, the district nurse will call you and discuss your needs. You can indicate to her whether you would like to participate in Supportive Parenting or not.

If you are not called and you nevertheless would want to have home visits, please discuss this at the child health centre.





Why the questions?

You may find some questions in this questionnaire rather personal or even upsetting. Hence an explanation below as to why these questions are asked. A few examples:

- *If you, as a child, were underprivileged, you can still excel as a parent, yet this past can also act as a restraint. This could, for instance, make you insecure.*
  Hence some questions are about your youth.
- *Sometimes the group of people that can help you (family, neighbours, friends) is very small, as a result of which raising a child can be a handful.*
  This explains the questions about the people close to you.
- *Sometimes parents can be under quite some pressure. This can be due to complications with the baby (early birth, disability, illness) or personal problems. As tension rises, looking after the baby can become a burden, making additional support a huge relief.*
  Hence the questions enquiring after any pressure you may be under.

Is it mandatory?

Participation in Supportive Parenting is voluntary. You decide whether to participate or not. But if you do, it is not without obligations. What we mean by this is that we expect you to honour any agreements made.

How much does it cost?

Participation in Supportive Parenting is free of charge. It is paid for by the local authorities.

What happens with the completed questionnaire?

The questionnaire is used to decide whether the child health centre will offer you participation in Supportive Parenting. If you do not receive an offer, the list is destroyed. The answers will not be filed in the digital dossier of your child. If you do qualify for home visits, the questionnaire will be filed until the home visits have been concluded.

Thank you very much for completing the questionnaire.