

# Soon to become a parent



Family and other important people



First time at home with baby



Becoming a parent



# Welcome



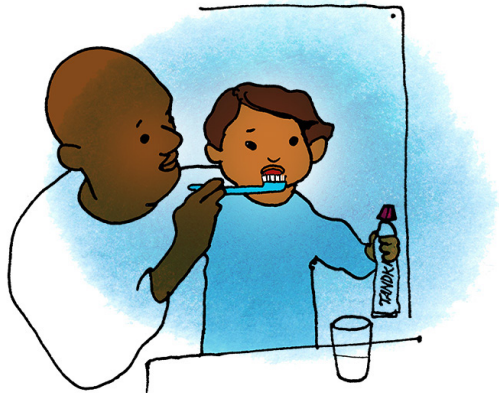
My family



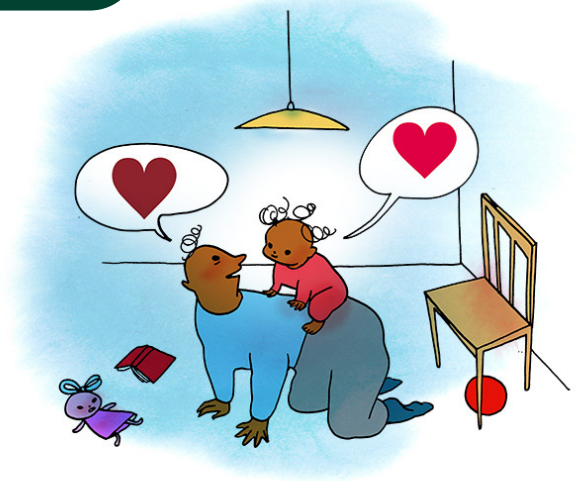
Medical history



Preschool



Family centre



# Newborn

## Getting to know your child

Sleeping on their back

Comforting your child

Child safety

Getting to know your child

Your family's health and lifestyle habits

Being a family

Meeting your child's needs

Food

Pregnancy and delivery

Tummy time



# 2 months



Food and sleep



Being a family



Stimulation



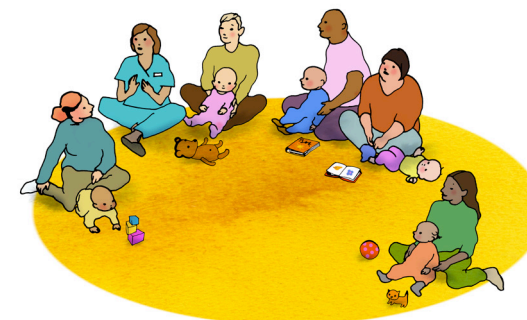
Activities for children and parents



Your child's signals

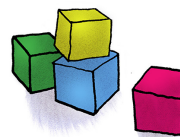


Your child's personality



# 4 months

Being together



Child safety

Food and sleep



Stimulation and development



The family, time together



Activities for children and parents

Being a parent

Interaction

Everyday routines



# 8 månader



Food, sleep and teeth

Child safety

Potty training

Playing together

Being a parent

Stimulation and development



Preschool

Your family's health and lifestyle habits

Following and guiding



Family finances



Everyday routines



# 15 months

## Home visits



Child safety

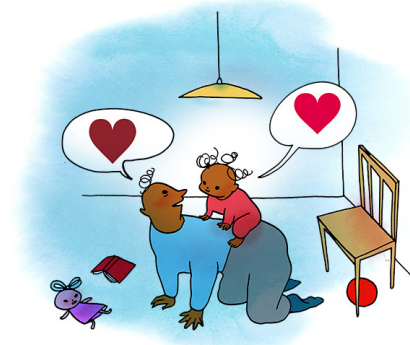
Food and teeth



Being a family



Play and exercise



Language

Life situation

Preschool



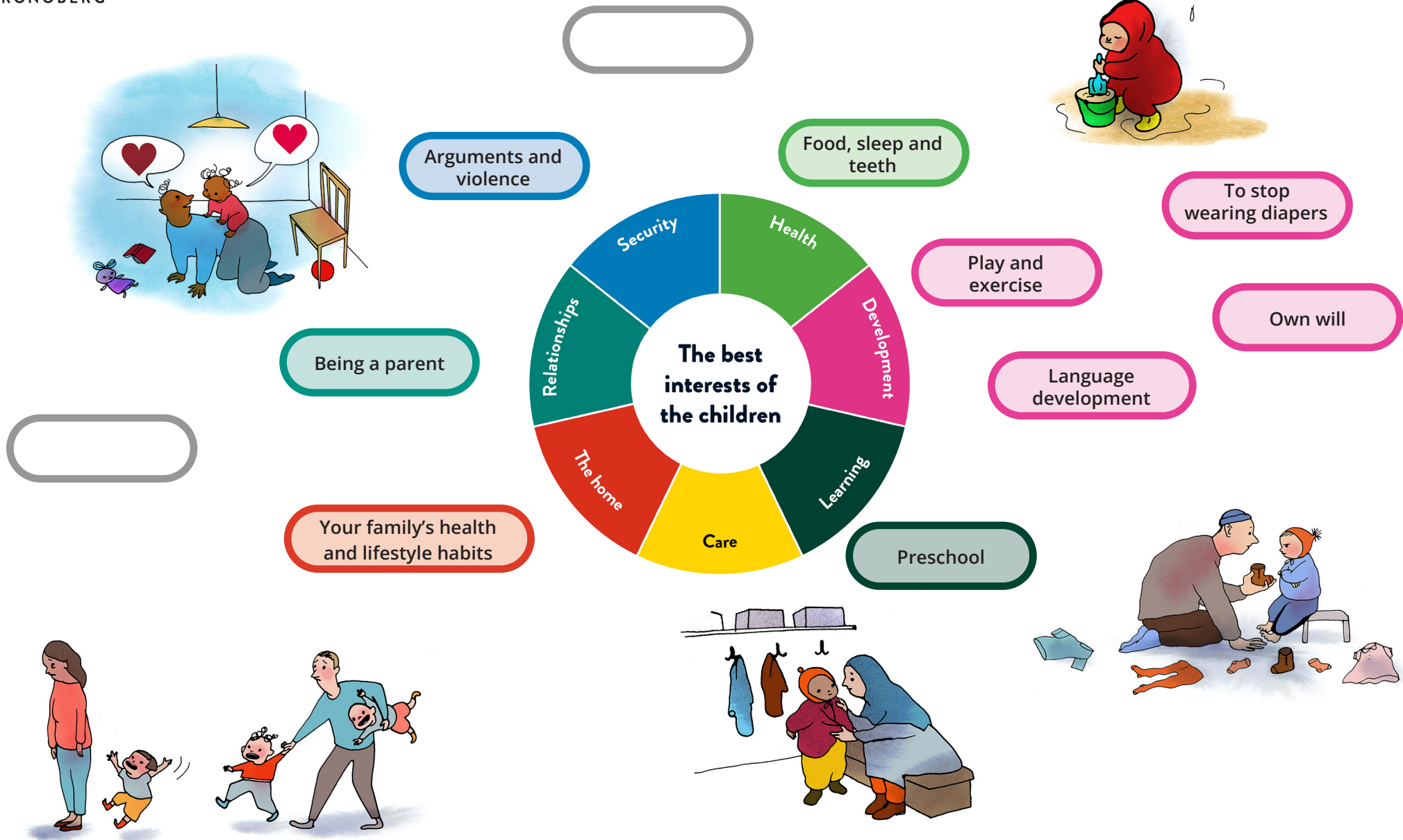
Following and guiding



Closeness and security



# 18 months



# Preschool

The first stage of your child's education



Safe and secure environment

Healthy meals



Play and exercise

Language

Equal value of all people, empathy and respect

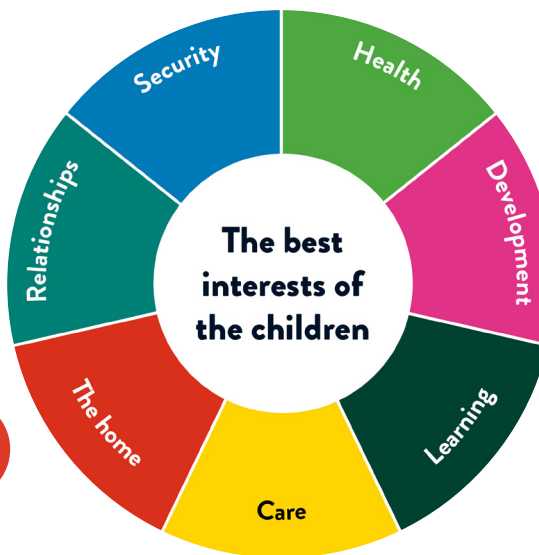
Exercise and balance

Participation and influence

Play as a basis for learning



Care-oriented learning

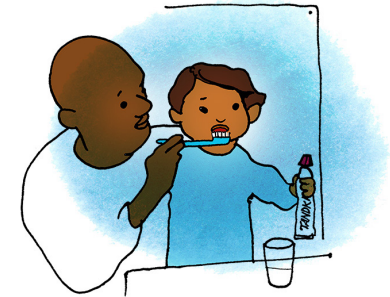


# 5 years old

## Transition to school



Food, sleep and teeth



Language

Being a parent

Playing with other children

Joy of exercise



Preschool

Transition to student health service

Listening to and respecting your child

