



**SUPPORT FOR PARENTS-TO-BE
AND PARENTS OF CHILDREN
0-6 YEARS OLD**

WE WILL SUPPORT YOU AND YOUR CHILD

For you who might need support for a functioning everyday-life, we offer help tailored to your situation. It can be for example parental support, family counseling, individual treatments or support created specifically for your needs. We then follow up and discuss the progress with you to make sure that things are improving.

Many families need extra support for a functioning everyday-life. For example there might be problems at daycare, or there can be difficult situations in the home that affects the child.

Children show us in different ways when something is wrong. Sometimes it's through anger and sadness, sometimes there can be stomach aches, head aches, stress or anxiety.

As a parent it's easy to feel despair and frustration when something is affecting your child in this way.

It's common for families to experience this. Parents often think that they should be able to handle the situation by themselves, and find it difficult to ask for help from people outside of the family.

We know by experience that the earlier families get help, the faster we can see positive changes. Through the HLT-team there is the possibility to get support tailored for your exact situation.





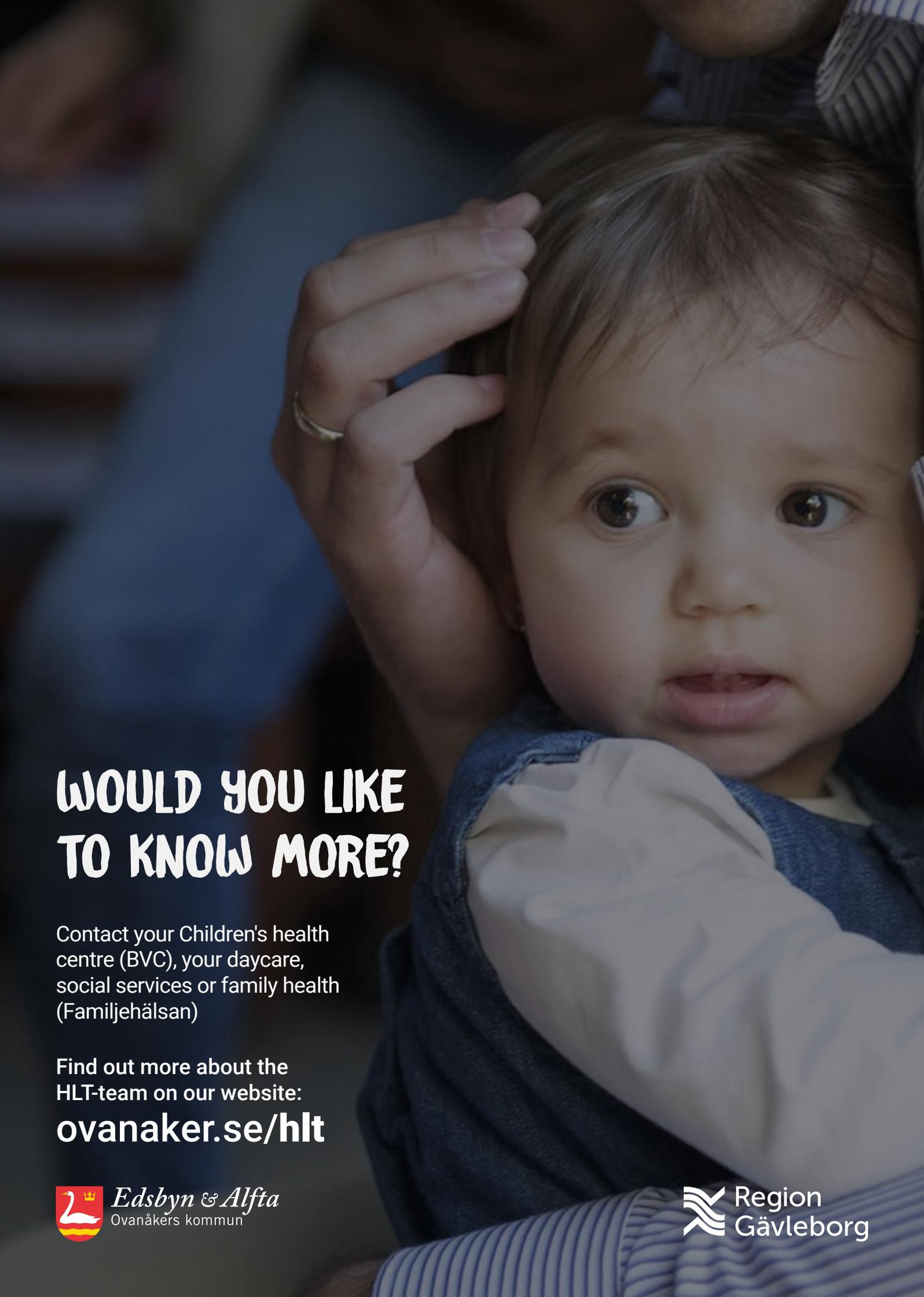
TOGETHER WE'RE A TEAM

HLT is short for "Hälsa, Lärande och Trygghet" (Health, learning and safety), it is a collaboration between Alfta & Edsbyn general health practice (Din Hälsocentral) Family health (Familjehälsan), the public daycares, social services and your family.

You can feel safe sharing your family's situation, because everything that is being said within the HLT-team stays

between you and the team. After a meeting with you (the parent or caretaker,) we can begin our support-work.

The HLT-team works closely with you to understand how we can give you support in the best way. An important part is that you as a family is part of the planning. The goal is to create positive change for you and your family.



WOULD YOU LIKE TO KNOW MORE?

Contact your Children's health centre (BVC), your daycare, social services or family health (Familjehälsan)

Find out more about the HLT-team on our website:
ovanaker.se/hlt



Edsbyn & Alfta
Ovanåkers kommun

 Region
Gävleborg