

Parental Support

Advice and guidance for parents and carers of children aged 0–18



Being a parent can be difficult, and sometimes we need support to deal with the challenges we face. Parental Support offers people with children aged 0–18 advice and guidance on parenting, either individually or in groups. Everyone is welcome, regardless of their family constellation. We are bound by a duty of confidentiality, we do not keep records, and the support is free of charge. There are no “stupid” questions!

Parental Support

For example, we can help you to

- strengthen the relationship between you and your child
- gain a better understanding of your child's behaviour
- manage conflicts with your child and between siblings
- deal with your own strong emotions, which parents may experience in challenging situations
- establish routines that work
- find common ground with your co-parent regarding your approach to parenting
- implement strategies to tackle your child's school resistance
- get advice and support about what children need when their parents separate.

How do we work?

We aim to ensure that parents or close relatives can quickly get in touch with us for support and guidance. We offer support individually or in groups.

Contact

Parental Support is part of Umeå Municipality's social services. Our services are provided by knowledgeable social workers experienced in working with children and families and providing support for families with children.

For more information, please contact us:

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You can also contact us via our e-service

Read more at:

www.umea.se/foraldrasupporten

