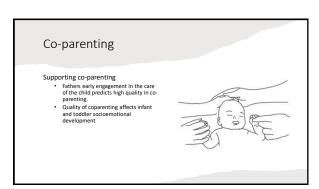
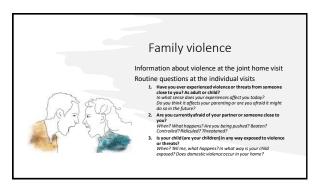
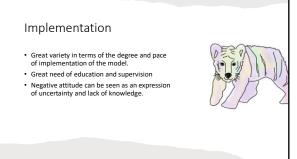


## National model for early parental support 1. Home visit within one week after the delivery. Joint visit for both parents. 2. Joint visit for both parents at the well-baby clinic (2-4 weeks) 3. Individual visit for the mother (6-8 weeks post partum). Screening of new mothers' mental health with FPDS 4. Individual visit for the father/nonbirthing parent (3-5 months). Whooley or EPDS on indication.

# The father/non birthing parent visit The child Parenting Family life Co-parenting Mental health







## Implementation – need for reflection

- Different expectations of parents depending on gender or social background
- Fathers' participation is dependent on the commitment of the nurse.
- Nurses' commitment give results even though challenges remain.



## What did work?

- A visit for all parents
- Including the visit in the model for parental support
- The conversation guide
- Continued education and supervision in small groups
- Child focus



### Results

The father visit

- is percived as natural and positive
- clearly conveys values and expectations of equal parenting
- confirms fathers as primary caregivers
- enable an increased understanding of the family that facilitates adequate support

Fathers participate to a higher extent in the well-baby program and recive more parental support.



