



FREDRIKSTAD  
KOMMUNE

# Compass



Parents have to address a broad range of issues as their children grow up. Additional knowledge and support from others can be of good help. Compass is here for you!

Children need secure, clear and supportive parents.

- **Secure parents** meet children with open arms. They tolerate the child's varying emotions and think about how they themselves are experienced by the child.
- **Clear parents** take leadership and show the way. They set limits in a caring way and know that decisions can sometimes be unpopular yet good at the same time.
- **Supportive parents** try to understand the child's experiences and emotions, and offer both comfort and encouragement. They allow the child to try out new things and provide support when required.

Parents will eventually be introduced to Compass by the health clinic and throughout year 10. In 2022, the programme will be introduced in several areas.

#### **Compass at the health clinic:**

Through follow-up at the health clinic, prospective and new parents will be invited to both individual consultations and various group sessions. Compass will feature particularly in group sessions, where staff will share relevant knowledge with parents and encourage conversation and reflection between the parents.

#### **Compass in kindergartens and schools:**

At one or several parent meetings during the year, Compass will be implemented in the kindergarten and through primary school. Parents will be given a short presentation on a relevant theme (e.g. sleeping, screen time or general development). This is followed up with conversation and reflection between the parents.

Many private kindergartens are also taking part in the initiative.