

Welcome to the TEGRA Parenting Course

For parents with a multicultural background



Are you a foreigner in Norway and have recently become a parent? We would like to offer you an exciting parenting course.

We invite you to the inTEGRAsjon parenting course. The course is designed for those with a multicultural background who have recently become parents. It provides useful information, support, and the opportunity to share experiences with other parents in a similar situation.

In the course, we will cover important topics such as:

- Maternal health
- Interaction with your baby
- Dental health
- Information about kindergarten
- Physical development in children
- Municipal services
- ICDP course
- Information about the library and Red Cross in Bærum

Who will you meet?

You will meet a midwife, public health nurse, physiotherapist, dental hygienist, librarian, and kindergarten teacher, who will share their knowledge and experiences.

Need an interpreter?

All participants who need an interpreter will be provided with an interpreter. The course is free, and it runs four times with new topics each time. If you are unable to attend, please inform us 24 hours in advance so we can cancel the interpreter.

We look forward to meeting you and hope you will participate!



Time and dates :

Contact your local health station for information.

Location:

Bekkestua Library, Gamle Ringeriksvei 44,
1357 Bekkestua

Welcome to an enjoyable and informative course experience!

Kind regards,

The Health Station in Bærum Municipality

