



LYNGBY-TAARBÆK
KOMMUNE



The Family in Focus

Pregnancy visit

The Health Visitor offers pregnancy visit after 20th week of pregnancy.

It is of great importance that pregnancy, birth and maternity will be a meaningful and coherent period. The Health Visitor will therefore offer all pregnant women a visit with focus on parenthood and the bond between the baby and parents.

During the pregnancy an emotional development starts with the child as well as the parents. Already in the fetal period the very important bond between the baby and parents develops through emotions and thoughts that the parents have to their expected baby. This early process is the foundation for a mutual relationship after the baby is born.

During the visit the health visitor uses the “The Family Wheel” – please look at the following page.

“The Family Wheel” focuses on topics which are essential for your well-being and mental state.

We use “The Family Wheel” to talk about the thoughts and emotions you may have and together we will uncover recourses and challenges in relation to having a baby.

It is possible for another visit if that should be necessary.

The health visitor will call you to arrange the pregnancy visit.

It will be a good idea if both parents attend the visit.

The visit takes about 1 hour.



The Family Wheel



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A project in
Lyngby-Taarbæk Municipality
From pregnancy to the child turns 1 ½ years



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