



Parent Group in English Autumn 2026 at Mama Mia Klara Lund

Day: Mondays

Time: 10-11

Location: BVC group room with Doula Beatriz Facio

September 28 - Breastfeeding common questions & challenges

October 12 - Open discussion

October 13 Parenting tips (Pernilla)

October 26 - Feeding is more than nutrition

November 9 - Becoming parents: Identity changes and coping mechanisms

November 23 - Starting solids with confidence

November 30 - Development without comparison

December 7 - Understanding infant sleep

December 14 - Closing session - holiday gathering / open discussion

