

Parent Group in English Autumn 2026 at Mama Mia Klara Lund



Day: Tuesdays

Time: 10-11

Location: BVC group room with Doula Beatriz Facio

18 Aug – Is this normal? Understanding what to expect the first months of life.

25 Aug – Learning to read your baby Understanding hunger cues, tiredness, overstimulation and discomfort.

1 Sep – Postnatal Exercise (with Physiotherapist Åsa Rippe)

8 Sep – When should I worry? How to recognise warning signs, when to contact the BVC or 1177, and when urgent assessment is needed.

15 Sep – Everyone gives different advice. How to navigate conflicting information.

22 Sep – There isn't always one perfect answer. Understanding that many parenting decisions involve weighing benefits and drawbacks.

29 Sep – Trusting yourself while using evidence.

6 Oct – Does breastfeeding have to hurt? Understanding what is expected.

13 Oct – Parenting tips (Pernilla)

20 Oct – Am I making enough milk? How milk production works etc.

27 Oct – Feeding is more than nutrition. Breastfeeding, bottle feeding, comfort, regulation, connection and responsive feeding.

3 Nov – Becoming parents. Identity changes, emotional adjustment, expectations and the realities of early parenthood.

10 Nov – Why is this so hard? Normalising the emotional and physical challenges of the first months while discussing coping strategies and support.

17 Nov – Caring for the caregivers. Parental wellbeing, relationships, sharing responsibilities, asking for help and preventing burnout.

24 Nov – Starting solids with confidence. Readiness signs, responsive feeding, allergens, gagging versus choking and reducing anxiety around complementary feeding.

1 Dec – Development without comparison. Understanding developmental variation.

8 Dec – Understanding infant sleep. Normal sleep development, realistic expectations.

15 Dec – Closing Session – Holiday Gathering / Open discussion:
A flexible session dedicated entirely to parents' questions and current concerns.