



God Start på Livet

"Talking to her has given me some peace of mind (...). She was very good at normalising it by saying 'I experienced the same when I had my kids' and reassuring me that there was nothing wrong with my feelings" – Parent – God start på livet

"It's just talking to another human being. And one who has children themselves and who can give advice without making it seem like criticism. We don't always have to talk much. Often, it's just about being together" Parent – God start på livet

A GOOD START TO FAMILY LIFE

Are you pregnant or a family with young children (youngest child under 2 years) and do you need someone to share your thoughts and feelings about it all with? The Danish Red Cross offers your family support from a volunteer.

Voluntary parental support

God start på livet is a free program for all expectant parents and new families with young children who need support. Maybe you feel alone in your parental role and need inspiration for your daily routines? Or maybe you miss talking to someone about parenthood?

In God start på livet, you'll meet with a volunteer who is willing and able to support and advise you on everyday challenges and finding your place in life as a new parent. You are the one who knows what your family needs. The Danish Red Cross helps you find a volunteer who matches your needs and with whom the chemistry is right.

The offer is for all expectant parents and new families with young children (youngest child under 2 years) who need support. The program is free and can be discontinued or extended if needed.

Focus on trust and peace of mind

- You will typically meet with your volunteer a few hours every week (at your place or somewhere else).
- They will listen and give advice if needed.
- They will help create stability and structure in your daily life.
- They will come up with ideas for games and activities with your child.
- You can do practical tasks together, such as 'nest-building', grocery shopping etc.
- You can visit the daycare or the library or find new communities together.
- You can go on nature walks or to the local playground or engage in local activities.
- They can tell you about the Danish Red Cross' other family activities and financial support.

Want to know more? Call/write the Danish Red Cross:

- godstartpaalivet@rodekors.dk or
- call/text: +45 21 38 37 45

Read more here: [God start på livet | Red Cross \(rodekors.dk\)](https://rodekors.dk/god-start-paa-livet)

The volunteers have experience with children and look forward to getting to know your family:

- The Danish Red Cross makes sure that you and the volunteer meet each other before the programme begins.
- The Danish Red Cross prepares and supports the volunteers so they can in turn support you.
- The volunteers have a duty of confidentiality, and a child protection certificate is obtained from all.
- The volunteers are open to different languages and communication via Google Translate, but do not necessarily speak your native language.

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