



Parenting is a team effort

Tips for team parenting

What is it about?

The 'Tips for team parenting' project offers research-based information to parents. It encourages parents to engage in discussions and find everyday support networks.

What does the project offer to parents?

- **Tips** for a fair division of labour, supporting each other, and how to be on the same page
- **Sample questions** for discussion and finding peer support
- **Exercises** as well as other parents' experiences
- **Support** in a situation where cooperation is not yet working

Where?

- family centres, clinics and other family services
- libraries

"A team is really necessary in parenting"

-A parent of an infant family

