



Information about individual sessions for new parents



All visits to the Child Welfare Centre (BVC) are for the child and its parents.

In addition, each parent is offered an individual session.

Individual session for the person who has given birth to the baby

Emotional changes can occur after childbirth and are good to be aware of. Two common emotional states are “baby blues” and sadness, which may turn into depression for some.

What is “baby blues”?

It is known that shortly after childbirth, almost half of all those who have given birth go through a period where they may feel sad and depressed. Emotions run from high to low and this is completely normal and usually only lasts for a few days.

What is postpartum depression?

For some, the first period of sadness and depression does not pass, which may mean that you continue to experience one or more of the following symptoms:

- difficulty feeling joy
- difficulty coping with everyday tasks
- feeling guilty
- feeling worthless
- feeling tired or lacking energy
- having trouble sleeping

How do you recognise postpartum depression?

It may be you, your partner or someone else close to you who first notice changes in your mood. Since it is common to feel depressed after childbirth, everyone who has given birth is offered an individual session with the child health nurse at BVC when the child is 6 to 8 weeks old. Some of the session is spent filling out a questionnaire about your mental well-being. The aim is to draw attention to how you feel and your need for support as it is well-known that those who get help early will recover faster.

During the part of the visit devoted to the baby, both parents can participate.

Individual session for the person who has not given birth to the baby

The new parent who has not given birth to the baby is also offered an individual session with the child health nurse at BVC in connection with one of the visits when the baby is 3 to 5 months old. The aim of the session is to provide an opportunity to reflect on parenthood, the baby and your own situation, and to pay attention to the need for support.

During the part of the visit devoted to the baby, both parents can participate.

It can be helpful to talk to someone about how you feel and your situation. Child health nurses can offer counselling and, if necessary, plan for follow-up.

If needed, the child health nurse can also help provide other support.



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