How does the Sammen på vei program work?

Sammen på vei
Nurse-Family Partnership©

Purpose

- To help you (and your partner/family) and your child achieve the best possible health and development
- To help you to find the services and resources you need for yourself and your family/child
- To support you and your family in reaching health goals and life goals by making the changes we agree on together



Duration of home visits

- Each visit will last approximately 60 minutes

Plan for home visits:

- **Getting to know each other** (the first four weeks): Weekly visits
- **During pregnancy:** Visits every other week for the remainder of the pregnancy
- **After birth:** Weekly visits for the first six weeks after you bring your baby home
- **Infancy and toddlerhood:** Visits every other week until the child is 21 months old
- **Summary phase (the last four months):** Monthly visits until the child turns two years old

The program is flexible:

- We want this program to work for you (and your partner) and your child
- Most parents find that this plan works well
- The frequency, duration, and location of the visits can be adapted to suit your (and your child's) needs
- The mother is the primary participant in the program, and the co-parent/partner can take part in home visits when it is desirable or useful

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Division of responsibilities and expectations



Your family nurse will:

- Listen to you (and your partner) to understand the needs, concerns, and life goals of you, your child and family
- Support you and your family in setting and achieving health goals and life goals
- Provide information and resources to help you, your family, and your child reach these goals
- Contact you if it becomes necessary to cancel a visit

You will:

- Decide who will be present during the visits
- Set goals for yourself (yourselves) and your child
- Work towards achieving your own goals
- Be open to new information and decide what works for you
- Contact the family nurse if you need to cancel a visit

- The family nurse is bound by confidentiality.
- The family nurse receives weekly supervision from their team leader.
- The team leader sometimes participates in home visits together with the family nurse.

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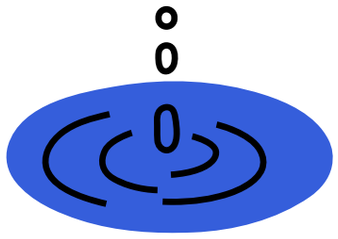
Core principles in Sammen på vei



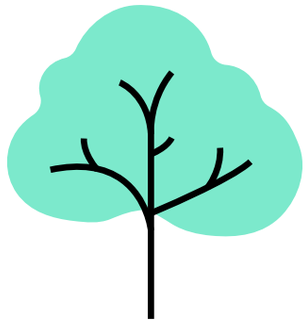
You are the expert on your life



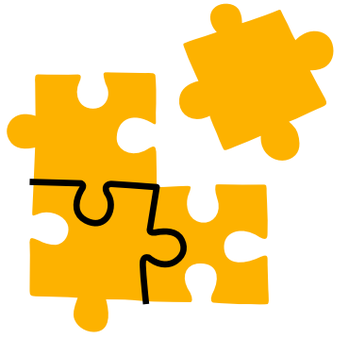
Follow your heart`s desire



A little change can be enough



Focus on your strengths



Focus on finding solutions

The program is based on the belief that everyone has a genuine desire for the best for their unborn child and themselves. You know yourself and your life best. Together, we work towards achieving your goals. For that reason, we focus on what you are already doing well and what you may wish to improve even further.

We believe that this inner motivation is fundamental to helping you reach your goals. Together, we will find solutions that are in the best interests of both you and your child.

Often, it does not take much – even small changes can be enough. These can create positive ripple effects in other areas of your life.

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