

How do you resolve conflicts  
at home?

You are a role model for your  
child.



## How to get a hold of us:

### **Blindheim Public Health Station**

Blindheim Health Center  
6012 Ålesund  
Telephone: 70 16 40 20

### **Moa Public Health Station**

Moa Health Center  
6018 Ålesund  
Telephone: 70 16 45 40

### **Sentrum Public Health Station**

Korsegata 4  
6005 Ålesund  
Telephone: 70 16 43 20



ÅLESUND KOMMUNE

## When Children are Scared in Their Own Homes



- Children need love and care
- Children need acknowledgment, recognition and respect for who they are as a person
- Children need safe surroundings without the fear of rejection
- Children are not to blame for the conflicts between adults



Children are never fully protected from conflicts that arise at home, but they need to know that they are not responsible for those conflicts.

There are children who daily experience threats, angry voices, gross rejection, and in some cases, physical violence against one or more family members.

A child's connection to their primary caregiver occurs during the first years of life, and helps to establish a child's self-image and their development for the rest of their life.

How you resolve conflicts in the home is therefore decisive.

## We want to help!

Sometimes caregivers need help and support to get through a difficult life situation.

We are here to listen to you and your child and what you are going through, and together we can find out what to do.

If you need someone to talk to, please get in contact with us.

You can also call:

**Alarmtelefonen (the emergency helpline for children and adolescents):**

116111

**Shelter Service for Women and Children:**

70 16 33 33

94 53 99 45

**Shelter Service for Men and Children:**

90 70 74 33

ALL CHILDREN HAVE THE RIGHT TO BE SAFE IN THEIR OWN HOMES