



Cross Sectoral Support for Expectant and New Parents in Vulnerable Positions

A REALIST EVALUATION

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"I've always been afraid that the municipality would judge me because I'm a foster child, but also because I have mental challenges. They might see these as negative aspects and want to remove [child] (...), but there hasn't been anything like that. And that's probably why I felt like wanting the extra support, to demonstrate that I can actually do it"

mum with history of foster care and mental health problems

"I actually started going there [to the targeted maternity cafe] when I was around thirty weeks pregnant. And honestly, at first, it was like (gasping sounds) because I have social anxiety. But now I love going there because it's a place where you can be yourself as a mother".

mum with history of being in foster care and mental health problems

Citations from parents

"I was quite nervous [about the vulnerability assessment] because there was a lot about discussing the past and mental burdens. I feel that I shouldn't be judged in advance based on what I can or cannot do, just because I have a document describing how my brain functions. So, I had prepared (...) I had written down everything. I was completely ready because I didn't want to risk being pigeonholed as someone who couldn't function as a parent. I want to be allowed to show that first"

mum with ADHD and autism