

# Program for Parent'SHIP

## – maternity café in The Blue Denmark

~~~~~ Spring 2022 ~~~~~

### Are you enjoying your parental leave, but missing some maritime input and a good chat with a colleague?

Then join The Blue Denmark's first parental leave café, where there will be room for both shipping-talk, babies crying, and little coos. Sign up and stroll by Amaliegade and experience exciting news from the shipping industry, knowledge about children, and work-life-balance. There will also be ample opportunity to meet with likeminded leave-takers from your industry.

**Concept:** The first Monday in each month. Participants will get a goodie bag.

#### PROGRAM

10:30 Parent'SHIP opens - networking and tea/coffee  
11:00 Lecture and debate  
12:00 Lunch and networking  
13:00 The café closes

#### ~~~~ 7 FEBRUARY RELATION BASED UPBRINGING - ONLINE

##### **Sofie Münster, child and family expert**

Sofie will present her expertise on 'relation based upbringing' based on her new book "Den Bedste Start på Livet". Sofie will share specific hands on advice, and her presentation will be based on dialogue and questions from the participants. Link to Teams meeting will be send via mail in the week before. [Go to registration](#)

#### ~~~~ 7 MARCH BABY FIRST AID COURSE

##### **Barselsgruppen, Amalie Redemann**

Amalie will show how to do proper baby first aid. She will give tips and tricks on how to prevent choking accidents and in general she will be ready to answer all concerns regarding the safety when having a baby. You are welcome to bring your partner. [Go to registration](#)

#### ~~~~ 4 APRIL MONEY AND BABY

##### **Pernille Overgaard from MoneyMum.dk**

Pernille will focus on the economy and share her insights on how to handle the economic effects of being on maternity leave. She will also share tips and tricks on how to create a good child saving etc. [Go to registration](#)

#### ~~~~ 2 MAY BABY YOGA

Get inspiration to yoga exercises that you can do with your child when we invite a yoga trainer to show some of the best exercises for your baby. Hopefully, the exercises can inspire you as well. [Go to registration](#)

#### ~~~~ 13 JUNE PICNIC AT KASTELLET

The last Parent'SHIP café before the summer break will be held as a picnic at Kastellet. We will bring blankets, sandwiches, sodas and share good ideas for the perfect summer with a baby. [Go to registration](#)

The Parent'SHIP café is a cooperation between [Danish Shipping](#) and [WIS-Denmark](#) aiming at creating a network for parents on leave across the whole shipping industry. Please direct any questions to Angelika Rasmussen via [ara@danishshipping.dk](mailto:ara@danishshipping.dk).

**See you in Amaliegade for both waves and baby!**