



# MONIKULTTUURINEN VANHEMMUUSRYHMÄ

-Ryhmäläisille jaettavat materiaalit

Englanti

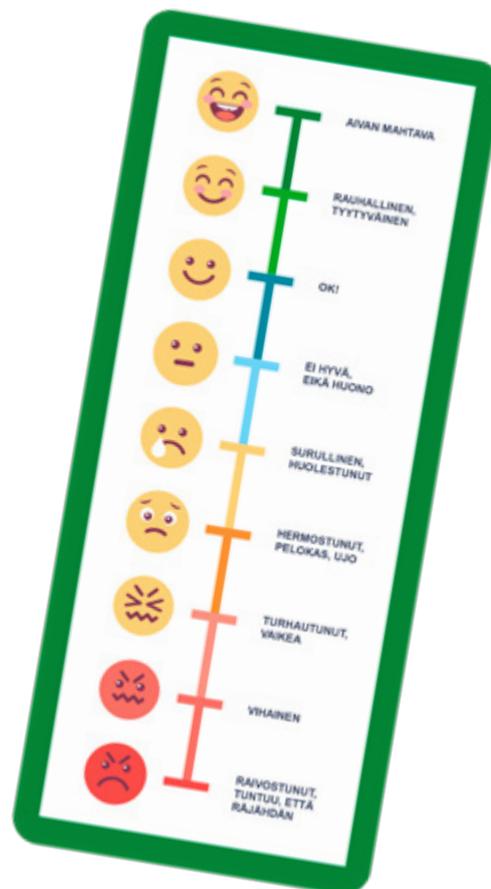
OPETUS- JA  
KULTTUURIMINISTERIÖ



### Multicultural parenting group

#### Content of the meetings:

- Meeting 1: Presentation of the group, rules and emotion work
    - » DATE and TIME
  - Meeting 2: Mentalisation
    - » DATE and TIME
  - Meeting 3: Areas of parenting
    - » DATE and TIME
  - Meeting 4: Children and young people in the media
    - » DATE and TIME
  - Meeting 5: Family cultures
    - » DATE and TIME
  - Meeting 6: Services for families with children and ending
    - » DATE and TIME
- Things to try at home:
    1. Show your family the emotion cards and the emotions tracker you got in today's group meeting.
    2. Browse the cards with the children and think what emotion each card describes.
    3. Discuss the emotions you have had today with the help of the emotion cards and the emotions tracker.
    4. You can also ask your child to consider what they think another person felt in a particular situation.

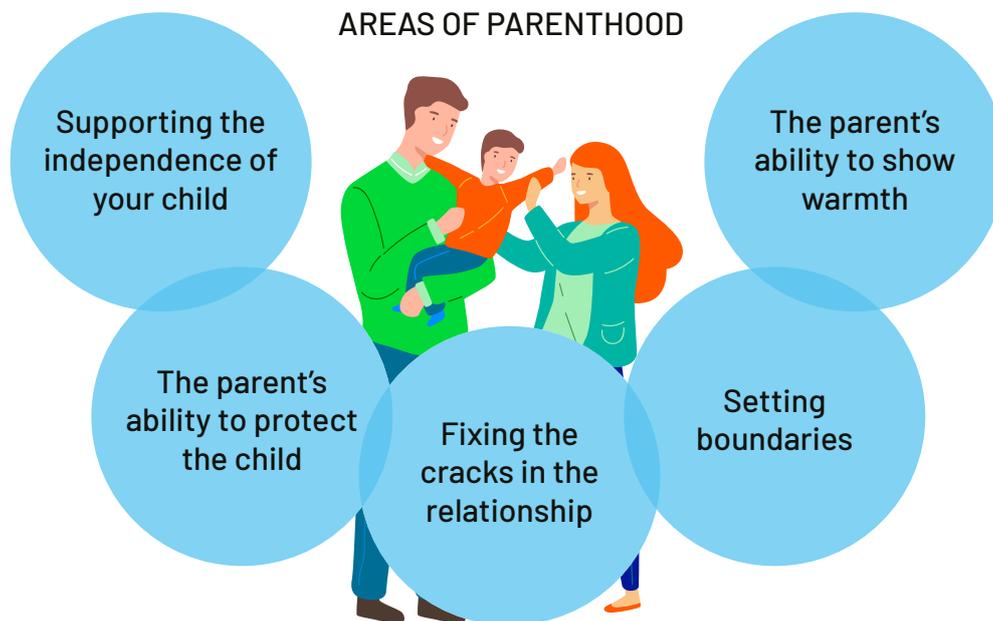


## Mentalisation in parenthood

- Mentalisation means trying to understand oneself and the other:
  - » You are interested in the child's feelings, thoughts, and intentions.
  - » You don't assume that you know what the child feels or thinks, but you try to find out!
  - » You also think about your own feelings and what could be the triggers.
- In support of mentalisation
  - » You can use the emotion cards to help.
  - » Speak with the child, try to guess the reasons or feelings behind the child's behaviour.
  - » Talk to the child about your feelings and thoughts.
  - » Use play and imagination!
- Things to try at home:
  - » Once a day, talk with your child about a situation using conscious mentalisation:
    - Talk to the child about what they felt, meant, and thought in the situation. Take advantage of the emotion cards and emotions tracker.
    - Think about what kinds of emotions and thoughts rise in you.
    - Finally, think to yourself whether you could have correctly guessed your child's feelings and thoughts without the discussion? Why is it important to talk about emotions?



## Areas of parenthood



### 1. Supporting the independence of your child

- The child has the right to participate in decision-making on matters concerning the child's life.
- The degree of freedom and responsibility depends on the child's age and development level.
- A child needs the support and encouragement of an adult to become independent.
- When a child gets to try to do things themselves, their self-esteem and faith in their own abilities are strengthened.

### 2. The parent's ability to show warmth

- A child needs a warm and intimate relationship with the parent.
- You can show love, for example, by touching (hugs, kisses), appreciative words (I love you, you are important, you are wonderful, I like you) or spending time together.
- Every person needs to be accepted and loved.

It is the parent's responsibility to offer this to their children.

### 3. The parent's ability to protect the child

- The parent's job is to protect the child. Parents protect their child e.g.
  - » By providing basic care (food, cleanliness, clothing, etc.).
  - » By taking care of the daily rhythm.
  - » By ensuring that the child is not subjected to physical or psychological violence.
  - » By teaching the child to set limits and to hold their own.
  - » By providing warmth and love.
  - » By acting in a predictable way so that the child knows what to expect from the parent.
- It is important that if there are disputes or conflicts at home, they are settled. It is important for the child to see that disputes can be settled and that disputes do not threaten anyone's safety.

#### 4. Setting boundaries

- In Finland, corporal and psychological punishment are prohibited. A child must not be beaten, humiliated, or isolated for educational purposes.
- Although discipline is forbidden, limits and sanctions can and must be imposed on the child.
- With the rules and boundaries, the parent protects the child and ensures their growth and development.
- The parent's job is to set limits and withstand anger.
- Correcting bad behaviour does not need to take much time! The most important thing is to be consistent = the parent must stick to the agreed rules.
- Sometimes it's hard to endure a child's disappointment and say no. If the child's behaviour needs to change, it is a good idea to start when you have the energy to try.

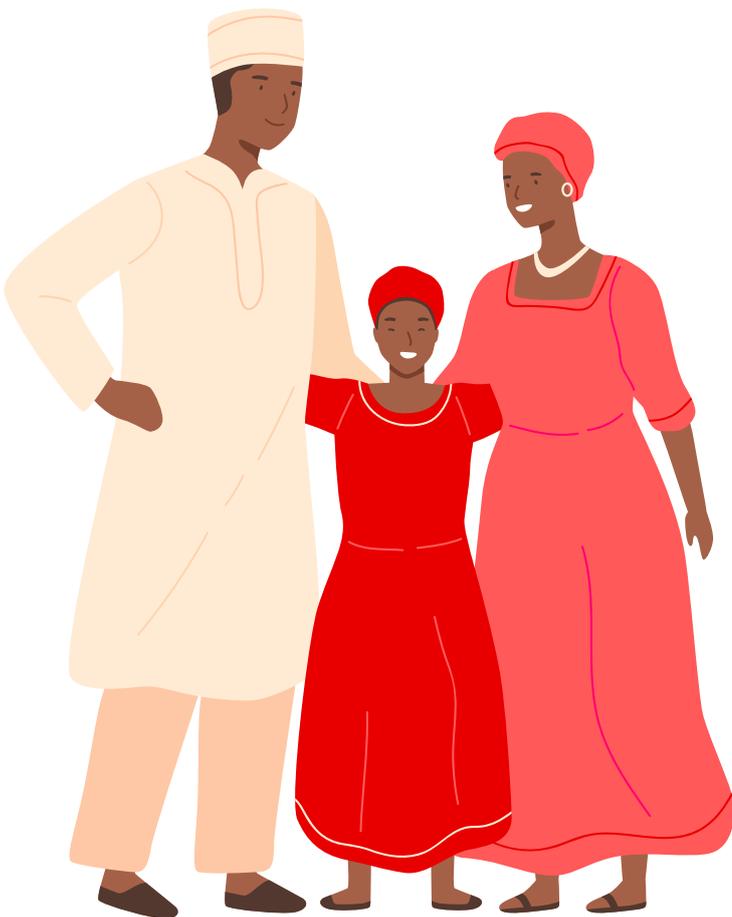
#### 5. Fixing the cracks in the relationship

- There are differences or quarrels in every relationship.
- Children often do not know how to settle their disputes, and that is why it is always the responsibility of the parent.
- Children learn the skill of settling disputes from their parents. Children also observe and learn about the relationship between parents.
- It's better to let the emotions subside before you start to resolve matters..
- It's important to talk about emotions!
- Even adults can apologise!

Parenthood is a great responsibility, and often parenting can feel demanding. No parent can always be perfect, we all make mistakes sometimes. The most important thing is to give love, discuss and strive to do your best as a parent.

#### Things to try at home:

Do something fun together as a family!



## Family cultures

Each family has its own family culture, it may include, for example: family values and attitudes, family history, community, social environment, and society.

### How to support bilingualism in a child?

Speak your own mother tongue at home.

If a parent speaks to the child in a language they do not yet know well, there is a risk that incorrect pronunciation will be passed on to the child.

The child must hear both languages regularly and sufficiently. For this reason, for example, early childhood education and care or family clubs are important places for a small child who you wish would acquire two languages.

### How to support the formation of the child's cultural identity?

Integration is not only about adapting to Finland but also preserving your own culture. It is also important to tell and teach the children about their home country and its culture:

- It is good for the child to get to know other families originating from the same country.
- Tell your children about the life, memories, and events in your home country.
- Make traditional food from your country and teach the children how to cook it
- Hold on to traditions and festivities.
- Show videos and pictures from home, play music from your country.
- Keep in touch with your relatives, if possible
- Tell your children fairy tales, poetry, or stories about their country of origin.
- Teach your children songs and rhymes from your country.

### Things to try at home:

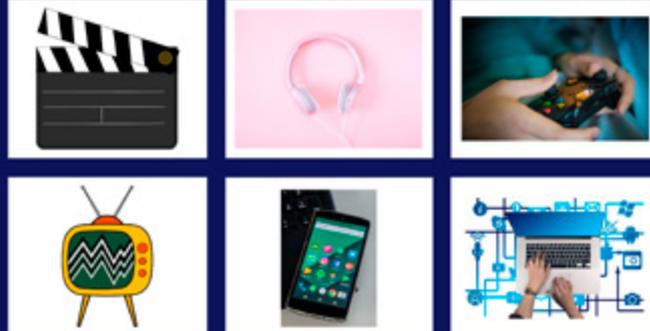
Discuss different educational cultures with your family or friends.

What are the things in your family culture that you would like to pass on to the next generation? Is there something you would like to change?



## Children and the Media

- There are different types of media and media are part of all our lives.
- It is the parent's responsibility to ensure that the child is safe even in the digital world.
- Media is very useful and it can bring joy, so explore them together.



- In social media, the age limit is usually 13 years, but in some apps it can be higher ⇨ check the age limits together.
- Explore social media together, be positive, show interest!
- Tell your child in advance that bad things can happen in social media ⇨ encourage the child to tell you if something happens.
- Teach your children internet safety instructions.



- Age limits and content labels help parents protect their children from inappropriate content.

- It is important to agree on your family's digital rules.
- Discuss how much screen time would be good. As a parent, it is your responsibility to make sure that your child gets enough rest, exercise, social relationships and time for studying.
- You can agree e.g. on the following:
  - » How long can the children watch TV daily?
  - » How much time can the children spend playing on digital devices.
  - » Where do you put the phone/tablet for the night.
  - » Can you take smart devices to your dinner table?
  - » What kind of content can you watch and play?



## Services for families with children

In Finland, there are many kinds of support available for families for parenting and upbringing of children!

If you don't know where to seek support, it doesn't matter. Talk to a professional who can help you

find the right service.

You can bring up your concerns in all the services listed in this brochure!

- Ask for interpretation in your own language!



### Day care and school

Support for the child's growth, development and learning!

There are many different professionals working in day care centres, e.g. special needs teacher in early childhood education.

At school, in addition to the teachers, there is also student welfare, school social worker, school psychologist, guidance counselling and school health care.



### Maternity and child health clinic

For expectant mothers and for children below school age and for their families.

Regular appointments for health check-ups, you can also ask for an appointment. Support and counselling for parenting!

Oulu child health centre phone  
08 558 44356



### Child Guidance and Family Counselling

Support and guidance for upbringing when parents are concerned about their children or the situation of their family.

Counselling and also mediation in divorce situations.

Contacts by phone Mon-Fri 10 - 12 hours.

**Phone 040 650 6014.**

#### **Child and youth psychiatry working group (LANU)**

Is responsible for specialised psychiatric care for children under 18 years of age.

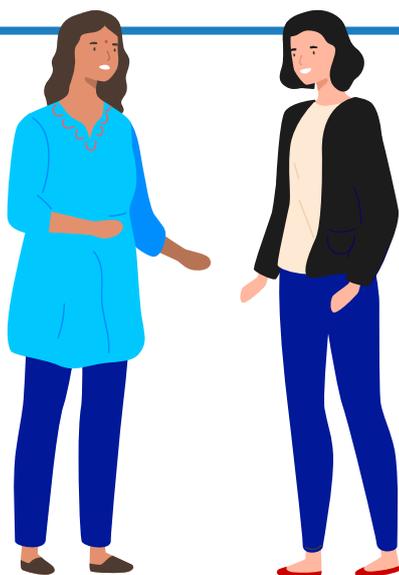
Treatment available upon referral.

## Child Welfare

Difficulties in the care and upbringing of children and young people, situations of abuse and violence.

Mental health or substance abuse problems of parents or children/young people, other life crises.

Contact: [www.ouka.fi/huoli](http://www.ouka.fi/huoli)



## Social Services

Support for difficult life situations, economic challenges, difficulties in raising children.

Contact: [ouka.fi/huoli](http://ouka.fi/huoli) or call the social services in your area.

Request assistance using the electronic family centre form 'Ask for help': <https://easiointi.ouka.fi/sosiaali-ja-perhepalvelut/pyyda-apua/>

**Contact information for social services:**

**Immigrant services** services on call Mon-Thu 9-10 a.m., calls with your own service provider. Social workers' telephone hour Mon-Thu from 10 a.m. to 11 am.

**Kontinkangas phone 040 182 8078**

**Tuira phone 040 683 8138**

**Haukipudas phone 040 630 6525**

**Kaakkuri phone 050 316 9095**

**Kiiminki phone 050 407 3513**

## Forms of support provided by organisations and associations include:



Parenting counselling

Groups and training courses for parents

Support for divorce situations and relationship problems

Support for divorced parents with joint custody



(Kangastie 9, Tuira, 0400-581606)

Protection if you cannot stay at home because of violence

Alone or with children 24 hours a day

The Mother and Child Home and Shelter provides round-the-clock support for the start of your life with a baby



Family clubs and family cafés

Camps

Events for families