



Niitty – Developing a Peer-based Family
Training Model for Immigrants

PARENTHOOD

Vanhemmuus



PARENTHOOD ROLES

Becoming a parent changes a family's everyday life a great deal and brings the parents various new responsibilities and obligations. It's a good idea for the parents to discuss the kinds of parents they hope to be and what they hope for from each other.

The parents should share the responsibilities and stick to what they have agreed upon together about the upbringing of their child or children. Both parents can participate in the same way in childcare and housekeeping. **Both parents are responsible for the smooth everyday life of the family!**

You don't have to try to be perfect, good enough is plenty.

Parents should also remember to pay attention to their own well-being and their relationship with each other. Both parents should occasionally have moments when they can focus completely on themselves without the children.

Parenthood brings along responsibilities but also a huge amount of amazing moments and love. Parenthood means learning something new all the time and growing and developing together with the child.

You can always talk about everything relating to parenthood at the child health clinic!



IT IS THE PARENT'S JOB TO TAKE CARE OF THEIR CHILD'S BASIC NEEDS



Parenthood involves looking after the child's basic needs (sleeping, exercise, nutrition, hygiene) and making sure there is a regular daily rhythm.

A regular daily rhythm helps the whole family cope better and gives the child a sense of security.

Regular everyday life consists of varied, healthy meals about 3–4 hours apart, daily exercise and spending time outdoors (at least 2 hours), brushing teeth twice a day and a regular evening routine and bedtime.

There should be time every day also to do something pleasant together and to play.

As well as basic needs and setting boundaries, the child needs a lot of interaction, love and closeness from his or her parents.



PARENTS TEACH THEIR CHILDREN MANNERS AND VALUES

Parents teach their children important manners, habits and values. Children learn a lot through following their parents' examples. With their own actions and words, the parents show the child how to act in various situations.

A parent should explain and give reasons in a way that the child can understand, pointing out why a certain way of acting is not acceptable. This teaches the child to act according to expectations. A young child is still unable to distinguish between right and wrong, and that is why the parents have to lend their support in this development.



At home, the child sees a model for how to take others into account and how to get along with them.



IT IS THE PARENTS' JOB TO CREATE FAMILY RULES

It is the parents' task to set consistent rules for the child and to make sure they are followed. Consistent rules create a sense of security for the child and help the child to understand what is required of him or her.

It is best to guide a child towards the desired way to behave by encouraging him or her, discussing things and giving reasons for the existing rules and prohibitions.



Sometimes a parent has to limit some things in order to guarantee the child's safety and development, for example, by preventing the child from entering a dangerous situation.

Children must not be physically disciplined, for example, by pulling their hair, finger-flicking or slapping them.

It is detrimental to the child's development and a punishable act according to Finnish law.



A CHILD YEARNS FOR LOVE AND CLOSENESS

A child needs a lot of love, closeness and appreciation from his or her parents. Being close, touching each other gently and doing things together create affection between the parents and children.

A child needs someone to comfort him or her when they feel bad or get angry. The parent's arms are a safe place for the child.

Also, acts of tenderness between the parents give the child a model of how to show love and create a warm atmosphere at home.



The parents' functioning relationship is a good foundation for parenthood. It is worth spending time on.



SHOWING AND RECOGNISING EMOTIONS IS IMPORTANT FOR A CHILD'S DEVELOPMENT

A child encounters many kinds of feelings but does not yet have the tools to deal with them.

One important job the parents have is to support the development of their child's emotional skills.

It's a good idea to name various emotions together with the child.

It's important to teach the child that all feelings are accepted but that they should also pay attention to how they express their feelings. No one has the right to break things or hit someone even when angry.

When a child learns to tolerate a bad mood and to be comforted, it is easier to face setbacks in later life.

It is the parent's job to be a safe adult in front of whom the child may have a tantrum. The adult must be able to endure the child's bad mood and to comfort him or her. In addition, the adult can direct the child's attention to something more agreeable.

It is the adult's task to also listen to why the child is in a bad mood and to help them resolve the situation. The adult is there to help resolve quarrels between children in a fair way.



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<https://projects.tuni.fi/niitty/>

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