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# Hope to see you there!

Meeting in a group was fun

Mum, age 32

No one talked about

the Convention on the Rights of the Child before

Mum, age 38

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What some parents had to say about their participation in Parenthood in Sweden.

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| More information and sign up: |
| [www.oxelosund.se/abc](http://www.oxelosund.se/abc) |
|  |
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Good to get to talk and learn some new words

Mum, age 24

Good to get examples

Dad, age 27

Interesting topics

Dad, age 45

Good to ask questions

Mum, age 47

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| Parenthood in Sweden |
| About being a parent  in a new country  cid:image001.jpg@01D36AB2.4DE8C620– societal information in a group setting |
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**Parenthood in Sweden**

Being a parent in a different country than the one you grew up in can lead to questions about society and family life.

Parenthood in Sweden is for anyone who is a foreign-born parent of one or more children aged 0–18 who would like to learn more about Swedish society.

The parent group sessions discuss family life in Sweden and are based on research and the Convention on the Rights of the Child. The meetings are shaped by your discussions and questions, and we share experiences with one another.

In five 2.5-hour sessions, you will get to meet other parents in the group and talk about different themes.

The group sessions are led by trained group leaders, and each group has 10–15 members.

The programme has been developed by PLUS, Social Services Administration of the City of Stockholm, in collaboration with the Stockholm County Administrative Board.

The contents are based on research on parenthood and the UN Convention on the Rights of the Child.

The material is also based on surveys about what type of information foreign-born parents would like about Sweden.

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**Contents**

**Session 1 – Family in a new country**

This session discusses how society in Sweden has changed, being a family in a new country, and children's free time.

**Session 2 – School, boys and girls**

How can parents support their children when they go to preschool and school? Do we treat boys and girls the same or differently?

**Session 3 – Health and healthcare**

What can you do to stay healthy as a family, and what can you do if your child or someone else in the family is not feeling well?

**Session 4 – Parents' rights and obligations**

What support can you get as a parent, and what rights do children have? How are we affected by stress in everyday life?

**Session 5 – Being the parent of a teenager**

How can you support your teenager? We discuss topics like tobacco, drugs, crime, and love as a teenager.