



**Hope to see you there!**



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

Good to get to talk and learn some new words

Mum, age 24

Good to ask questions

Mum, age 47

Interesting topics

Dad, age 45

Good to get examples

Dad, age 27

Meeting in a group was fun

Mum, age 32

No one talked about the Convention on

Mum, age 38

### More information

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Location: Fröhuset, Kapellvägen 4

Date: 28 januari, 4 februari, 11 februari, 18 februari och 25 februari

Time: 13.30-16.00

## Parenthood in Sweden

About being a parent in a new country  
societal information in a group setting



## 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.



## 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.