

**Contact:**

To register, contact Mirjam Nydahl and state:

First name och surname.

Phone number.

If you have protected identity.

That you want to participate in the education *Being a parent in Sweden*.

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# Being a parent in Sweden

An education for you who are a parent in a multi-cultural family

**Kontaktcenter Skövde kommun**

Telefon: 0500 - 49 80 00 • Webbplats: [skovde.se](http://skovde.se)

At family center Kärnan

# Being a parent in Sweden

Being a parent is both wonderful and challenging. Parents all over the world share the same dream for their children: that they will have a better life than what we ourselves have. We also share the same concerns for our children and their future. Sometimes we even doubt ourselves as parents. Another thing that unites parents all over the world is that we love our children and want what is best for them.

Then we show our dreams, worries, doubts and love in different ways. We have different languages, traditions, routines and lifestyles. When a family moves from one culture to another, life becomes both enriched and more challenging. We take our original culture with us wherever we move, while we now physically live in another culture.

Right now there is an education just for you who are a parent in a family that lives in several cultures.

The education ***Being a parent in Sweden*** includes, among other things:

- How parents can balance multiple cultures in a family
- How parents can strengthen children's self-esteem and self-confidence
- Rights and obligations that parents have in Sweden
- How parents can set boundaries and at the same time build good relationships with children
- How parents can work together to strengthen the whole family

## The goal of the education

The goal is for you as a parent to feel more secure in your parenting and gain increased knowledge about how, for example, children's school and healthcare works in Sweden.

## The education ***Being a parent in Sweden***

For those of you who would like to participate in a parenting group in English and Swedish, you can sign up for *Being a Parent in Sweden*. Your native language does not have to be English, but to participate you need to be able to speak and understand English.

The education is led by two trained course leaders, one speaks English and the other speaks Swedish. The training material used is developed by the City of Gothenburg and is, according to research, very good material.

In the education you meet other parents and we have conversations about what it is like to be a parent in Sweden. We meet 7 times for 2 hours. Children under one year old are welcome to attend the meetings.

The education includes visits by staff from social services and the police. The education is free and we offer coffee or tea.

## Spring 2025

Parents and course leaders meet at family center Kärnan, Badhusgatan 29. Same building as the midwifery clinic, BMM. The meetings are on Mondays 1:00 PM - 3:00 PM.

Dates for the spring meetings:

April 28

May 5, 12, 19 and 26

June 2 and 9

**You are welcome to  
register your interest!**

