

3 years – Your child in preschool

Being a parent in Kungälv

As a parent or an important adult, you are an important figure in your child's life. Being a parent brings a lot of joy, but as a child grows up, every parent will face problems and challenges in their daily lives in different ways. You are able to deal with most of these yourself. But everyone may at some point need advice, support and guidance in their parenting.

Kungälv municipality provides various types of parenting support throughout your child's life.

The 3-year-old – their time in preschool

One moment happy and excited, the next determined and sullen; these are clear signs that you are dealing with a three-year-old. Defiance and saying 'I can do it myself' is a step towards becoming independent, so if you think of it like this, it'll be easier to get through the exhausting steps of getting dressed and the endless protests.

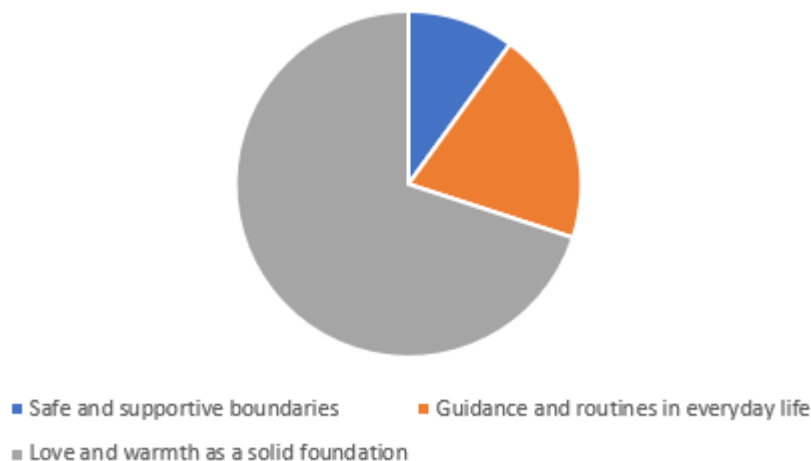
Three-year-olds are full of emotions. As a parent, you can help your child put their feelings into words instead of getting angry. Be curious and try to understand and put into words what your child is feeling. Your child needs a calm adult to help calm them down.

Life in preschool

It's important that you take an interest in your child's time at their preschool. You can do this in multiple ways. For example, you can keep up to date with what is happening during the day, attend parent-teacher and personal development meetings, and so on. Talking positively about the preschool to your child also helps them enjoy their time there.

Children's Wellness Wheel

To help your child grow well and be happy and healthy, they first and foremost need love and warmth from you. They also need your guidance, daily routines, and clear rules that keep them safe.



Love and warmth

All people need love, but love doesn't just have to be shown with kisses and hugs. Nor with words like "I love you". Love and warmth can also be shown by helping your child and listening to them. By being there; reading or telling a bedtime story. A look of appreciation can contain a lot of love and warmth.

Focus and pay attention to what works well with your child. As a stressed-out parent, it's easy to only focus on the things that are not working. Studies show that when we notice and give our time to what our children do, they're more likely to keep doing it.

Guidance and routines in everyday life

Children benefit from routine and predictability. It gives a sense of security and makes everyday life more understandable. Clear routines in everyday life lead to fewer emotional outbursts.

As a parent, you are a role model for your child. What you do affects your child more than what you say.

It's important to be clear and not too demanding, say what your child should do rather than what they shouldn't do. Instead of saying: "don't run around", say "come sit down here next to me".

Everyday chores take up a lot of time in a family, use it to spend time together. Can sorting laundry be turned into a fun game? Could your child help with any step of cooking?

The important thing is not what you do together, but that you spend time together.

Involve your child in your life and be involved in theirs. Play pretend games, ask questions and listen to their answers. Allow your child to take charge of the game for a little while from time to time.

Safe and supportive boundary setting

It's also important to know how to say stop as a parent, which can be difficult when dealing with an emotional three-year-old. But at the same time, it's also helping your child's self-development and will. By thinking about what things are really considered a "no, stop", it'll be easier to stick to the boundaries you have set. It's also important to consider which battles can be avoided so as not to provoke endless arguments and bickering.

To make things easier for you, consider the following:

- To be able to deal with a situation, your well-being is important. Take care of yourself.
- Emotions are contagious, by staying calm you also help your child to calm down.
- Eating something can help both you and your child to avoid excessive emotional outbursts.
- A three-year-old in the midst of an emotional outburst can be difficult to reason with. Some battles have to be fought though, such as using seat belts in the car. In these situations, it's important to stand firm on your decision. Their emotions will eventually subside, and in these moments it's good for you to be there to take them in your arms and comfort them.

Where to go for more support

All of the following services can book an interpreter if necessary.

Familjecentralen Fyren

The family center Fyren is for families with children between 0–6 and for expecting parents. There are several different services available under the same roof: A child health center (BVC), a midwifery clinic (BMM) and an open preschool with educators and counselors offering parenting support.

Phone: 070-306 11 24

<https://familjecentralenfyren.se/>

Föräldragrupp ABC 3-6 år

ABC is a parenting group for those with children between 3 and 6 years old. Today, we know that strong bonds between children and their parents are the best foundation for them to develop into confident and independent individuals in their adult life. Contact: Phone 070-388 59 21

Föräldragrupp Trygghetscirkeln

Trygghetscirkeln is a parenting group course for parents and their children aged 0–6. The course focuses on the interaction between parents and their children. It helps you explore your child's needs and develop your parenting skills. Phone: 070-306 11 24

Familjerådgivningen

If you and your partner need support in your relationship, the family counselling service (Familjerådgivningen) can help you with counselling.

Phone: 0303-23 91 00

<https://www.kungälv.se/omsorg--hjalp/stod-till-familjen/familjeradgivning/>

Krismottagningen

In cases of domestic violence, help is available through the crisis center Krismottagningen.

Phone: 0303-23 90 70 or 0303-23 90 71

<https://www.kungälv.se/omsorg--hjalp/stod-vid-kris/krismottagning-vald-i-nara-relation/>

Support groups

BiFF - Barn i föräldrars fokus is a training course for divorced parents.

Skilda världar is a group activity for children with divorced parents.

Trappansamtal is a support service for children and young people who have seen and experienced violence.

Phone 0725-77 69 01 Email: stodgruppsverksamhet@kungälv.se

Central reception

The municipality's entry point for all types of cases involving the social services for both individual and family matters (e.g. child or adult concerns).

Phone: 0303-239377

Familjerätt

The family court helps to clarify your rights and obligations as a parent. The role of the family court is to work in the best interests of the child in matters such as divorce and separation.

You can reach us at the customer center on weekdays between 08:30 and 9:30 on 0303-23 80 00

<https://www.kungälv.se/omsorg--hjalp/stod-till-familjen/familjeratt/>

Kungälv psykologmottagning föräldraskap och små barn

The aim of this psychology clinic is to promote mental well-being by focusing on the child's needs, and to prevent mental illness in expecting parents and in families with young children.

Phone: 010-473 38 70