

6 years – Before starting school

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 6-year-old

It's a busy time for many children when they leave preschool and are about to start school. Many children feel more mature and want to be more independent. For others, these new challenges can seem daunting and scary. Parents are important in this and you can provide healthy support by allowing your child to react in their own unique ways. It can be helpful as a parent to remember that protests, emotional outbursts and knocked over milk cups are part of a child's development.

The 6-year-old in school – new and exciting times

Starting preschool class is a big step for both children and parents. For children, it may be both exciting and a little bit nervous. Preschool class is meant to be a soft introduction to school in the future. Students will learn everything about starting primary school. As a parent, you can support your child in many different ways. By keeping in touch with the school you will be updated on what they expect of your child, both in terms of their school work as well as their behavior. Maintaining a good contact with the school makes it easier to get in touch if there are any problems.

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.



- Safe and supportive boundaries
- Guidance and routines in everyday life
- Love and warmth as a solid foundation

Love and warmth

Making a child feel loved is the foundation for a positive child development. Being loving to a protesting and testing child can be really challenging, but it's exactly what your child needs. Love and positive affirmation in everyday life strengthen a child's self-esteem and protect them from stress. Love and warmth also strengthen the relationship between parents and children and prevents conflict in the family.

To strengthen the bond between you and your child, it's important that you have time to spend together. This can be done by taking some extra time at bedtime to talk about the day. You can also spend time together by doing everyday chores together. 6-year-olds can be very interested and helpful in, for example, cooking or shopping together.

To encourage a child to cooperate, a figurative deposit is required in your relationship account. A rule of thumb is "*five times more love*". As parents, it's important to focus on what works, to show love, and to give a thumbs up five times for each time we tell them off, to balance our relationship account.

Guidance and routines in everyday life

As a parent and adult, everything you do will set an example for your child. Your child takes note of how you act, what words you choose, how you express yourself, how you interact with others, how you deal with frustration and how you express your feelings. As a parent, you are also expected to tell your child what's right and wrong and guide them in their daily life.

Everyday routines are important for children, they create predictability and security in their lives. A clear and predictable morning routine before school helps them get to school in the morning. It's a good idea to start preparing the day before. This avoids things like unnecessary nagging about clothes when there is a rush in the morning and everyone is a bit tired. Clear routines can also help us deal with other challenging tasks such as doing homework or going to bed.

Safe and supportive boundary setting

As a parent, you sometimes have to set boundaries and make demands. Doing this will risk your child becoming frustrated and protest, and as parents you'll have to deal with this. For example, you could do the following:

Acknowledge your child's feelings and what they are experiencing

Repeat why it has to be this way

Turn their attention.

When setting boundaries, it's important that you maintain a balance in the previously mentioned relationship account. This is necessary for those few occasions when you need to be really stern during conflicts and still keep your relationship healthy.

Where to go for more support:

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

Familjehuset Klippan

Familjehuset Klippan is a clinic for children and young people aged 6–18 and parents who need support. There are psychologists, counselors, physiotherapists and occupational therapists working here. We can work together with the school if necessary.

Phone: 0303-37 97 87

<https://familjehusetklippan.se/>

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.kungalv.se/omsorg--hjalp/stod-till-familjen/familjeradgivning/>

Föräldragrupp ABC

ABC is a parenting group for those with children between 6 and 12 years old. Few things are more important than the relationship we have with our children. 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. This is what ABC's group meetings are all about Contact:

Phone 070-388 59 21

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.kungalv.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.

Support groups for children and young people in vulnerable situations.

Phone 0725-77 69 01

Email: stodgruppsverksamhet@kungalv.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: 0303-23 93 77

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.kungalv.se/omsorg--hjalp/stod-till-familjen/familjeratt/>

Barn och ungdomspsykiatri (BUP) – En väg in

"A way in" is a contact center of the child and adolescent psychiatry which aims to help children and young people with mental health problems find the right care.

The phone number for A way in (En väg in) is 010-435 86 50.

Telephone opening hours are weekdays 8:00-16:30