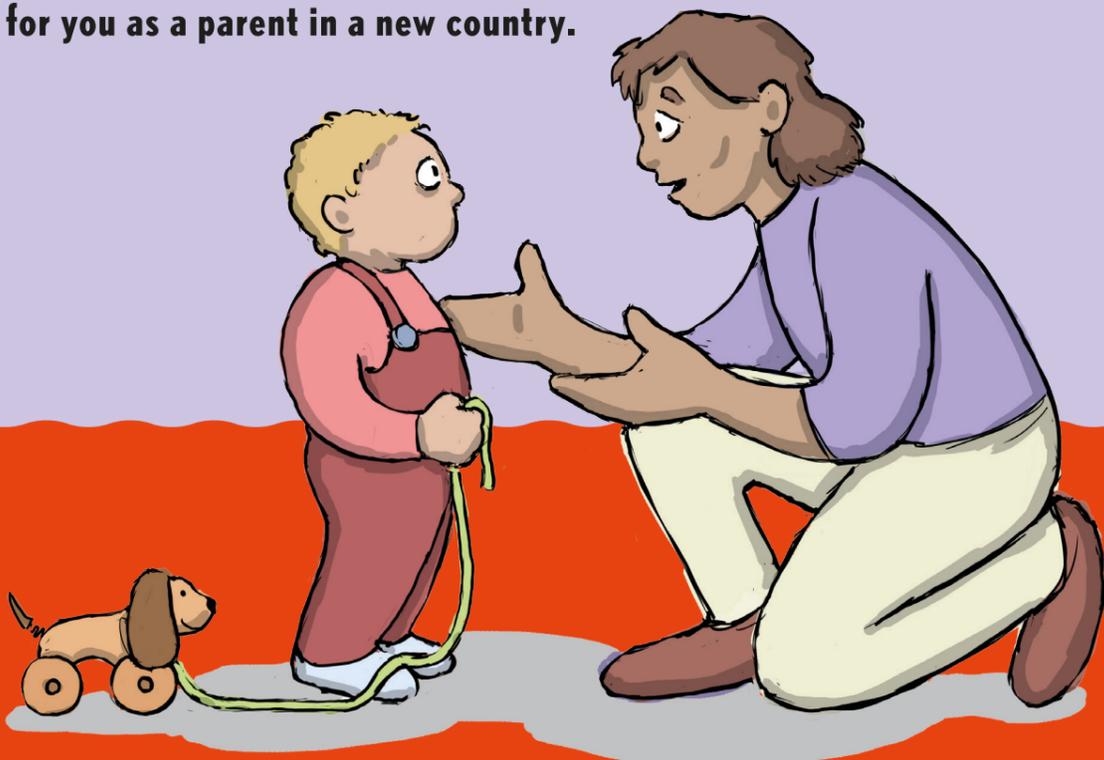


BEING A PARENT IN A NEW COUNTRY

It's not always easy to be a parent. Suddenly you're responsible for another human being. Being a parent in a country where you didn't grow up yourself can make things even harder. In this edition of Doavisa, we've tried to gather useful information for you as a parent in a new country.



– SOME TIPS ALONG THE WAY – BRINGING UP A CHILD

- Ask if there's something you're not sure about. No parent knows everything.
- Give clear messages. And keep to the message you've given. If, for example, you've said no to sweets, you shouldn't change your mind and say yes later.
- Maintain eye contact with your child when giving the message.
- Repeat the message several times.
- Speak calmly.
- Listen to your child.
- Give plenty of praise. Don't be afraid to decide. Children like to know what the rules are, but they need to understand why and what you want them to do.
- Have trust that what you're doing is good – you're a good parent!

HVIS DU HAR UNGDOM I HUSET:

- Talk to other parents. What do they do, and what rules do they have for their adolescents?
- Set up good agreements with your adolescent. Agree on time indoors, playtime and time outdoors.
- Ask where your adolescent is and who they are with. Invite the adolescents home and get to know their friends.

PRACTICAL GLOSSARY

– nice-to-know words for parents in Norway

Health station (Helsestasjon): A health station (helsestasjon) is an office in each local authority where public health nurses and doctors work.

- Parents can get in touch with the health station if they have any questions or if something is not right
- The health station is free for everyone
- Dental treatment is free for children. The health station can help you to get an appointment

Activities (Aktiviteter): Many children and young people take part in activities in their leisure time. Examples of activities: football, handball, skiing, gymnastics, dancing, music and karate. Girls take part just as much as boys.



When you have children doing activities:

- Find information about the activity. Ask the teacher or another parent
- Go along to the training
- Check what equipment is needed

Voluntary work (Dugnad): Voluntary work involves meeting and working together without payment.

- Voluntary work is common in Norway. Voluntary work takes place in nurseries, schools, activities and neighbourhoods.
- Remember that there's a need for everyone in voluntary work, and it's often a good place to get to know other parents and to learn more Norwegian.

School (Skole): All children in Norway shall have an equal offer of education, irrespective of where they live and what their parents earn. Some tips when you have children at school:

- The school expects parents to follow up on their children's schooling
- Get the children there on time
- Ensure that your children do their homework. Get involved with the school
- It's a good idea to check which apps the school uses



- Ask whether the parents in the class have a group on Facebook. There's often useful information on these
- Go along to things that are happening in the class: Parents' meetings, class meetings and birthdays
- Packed lunch – In Norway, children take a packed lunch to school. Many take a sandwich and some fruit, but other food is possible

Equipment for children (Utstyr til barna): Norway is a country that has many seasons, which require different clothing and equipment. For this reason, many parents in Norway buy a lot of items second-hand. You can buy second-hand or hire from: BUA, Finn, Tise, buy-and-sell groups on Facebook and second-hand shops such as Fretex.

Voksne for barn (Adults for children): Not-for-profit organisation offering advice and tips to parents on topics such as feelings, breakups and growing up in a multicultural environment. They also offer a parent support line in Polish, Russian and Lithuanian for parents from eastern Europe. Parent support line - Voksne for Barn (vfb.no)

Health station (Helsestasjon): Simply get in touch with a health station in your local area if you have any questions. You don't have to wait until you have an appointment.

Foreldresupport (Parent support): A free and anonymous telephone and chat service for those caring for children under the age of 18 who require help or guidance, or who need to clear their mind with someone. Open 24 hours a day, 365 days a year.