

9–10 years – Halfway between little and big

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 9- to 10-year-old

This is the period when they're still little but soon to be big. Their logical thinking skills are being developed. This means that your child is getting a more realistic view of reality, among other things. Your child begins to realize that as parents, you have both good and bad sides to you and that you can't know or do everything. This can lead children to question and discuss matters more frequently. For example, during this period of a child's life, it's common for them to become afraid of the dark and of being alone. If your child is anxious, it's important to let them know that it's a difficult feeling to deal with. But your child also needs help being brave enough to do things that feel scary, otherwise they may develop a fear of even more things.

Feeling positive about school is important for several reasons

School days are getting longer and there is a bigger focus on learning and knowledge requirements. Performing well in school strengthens self-esteem and better prepares children for the future. Although school staff have the biggest responsibility for your child in school, you also have an important role as a parent. Talk to your child a little bit every day about school work and how their day at school went. Keep regular contact with the teachers. Attend parent-teacher meetings and personal development meetings.

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

Expressing love and warmth shows that you're curious about your child and their life and interests. Making good conversation in the car or at dinnertime is one way, but doing things together can be just as important. Laughing together watching videos, being challenged in computer games, reading together or listening to music together. Going with your child to watch their practice even though they're now able to do them on their own can be a way of showing interest and love for your child. Spending time together is essential to keep up with what's going on in your child's life. Don't forget that you are still the most important person in your child's life.

Children need positive reinforcement to feel validated and loved. But in what way should we give praise? Praising effort rather than achievement has proven to be a winning concept. If you focus on your child's effort, you can say: I saw that you were giving it your all and that was impressive. In this way, your child is more likely to continue working towards their goals, even though it may be difficult at times.

Guidance and routines in everyday life

Children need to feel included in situations where they are needed. It's a good idea for your child to have a clear role or duty in your home, something that they can take pride in accomplishing. They also benefit from feeling that they are contributing to the family by helping out.

Children feel a sense of security when they can openly discuss life's important matters with their parents, especially during moments that might otherwise feel overwhelming. This is a good moment to create a consistent routine for engaging with your child, encouraging them to share their daily experiences and talk about any important thoughts or ideas they may have. One way to do this is to talk about the day at dinner. Children are often still learning social skills which is why they can have the uncanny ability to tell you things at the least convenient moments. That's why it's good to be prepared. When an opportunity presents itself, be sure to listen and be curious. If you really can't talk at the moment, let your child know this and decide on a time when you can listen to what they wanted to tell you.

Safe and supportive boundary setting

To always say stop or no, or getting stuck in the nagging trap doesn't do anyone any good. But it's not always possible to let your child have their way either. It's important to pick your battles as a parent and focus on the ones that are actually important. All everyday demands can be categorized into three categories.

- 1) Things that are so important that you would never give in despite your child's protests. For example, safety issues such as using a helmet when they ride their bike.
- 2) Demands that you can let go right now and let your child have their way. Could be nagging about picking up after themselves or what clothes they should wear.
- 3) This is where you come to an agreement together by compromising and finding common solutions. Finding common solutions together will help your child develop. Your child learns how to reason and compromise, which develops their perseverance and the understanding that things don't always turn out the way they want them to.

Something that many parents think about is screen time. Parents have different rules about how much screen time their children can have. As a parent, you may need to limit screen time if it affects your children's sleep or makes them skip out on other activities. You can set a clear time limit by, for example, setting an alarm to ring which tells your child to finish their game or activity. Help your child to finish by saying "you only have five minutes left".

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. Familjehuset Klippan is a shared initiative involving Kusten Health Center's specialized focus on young people's mental health and Kungälv municipality's proactive efforts in social services and schools.

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.

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