

Card 3: My child

Introduction:

Sometimes it's illuminating to see things from your child's perspective. It can act as a tool to both learn things about oneself and one's family.

Through these questions and you can reflect by yourself, with the group or with a partner.

Goal for this meetup:

Putting the focus on your child or children.

Re-connect to last meetup:

What did you take home from the last meetup?

Is there something you would like to discuss further?

To get to know one's child

When you turn into a parent you get to know a completely new person with his or her own temperament and personality. Each child also has their unique position amongst other siblings. The time it takes to get to know each other and create an attachment varies. The more time you spend with your child the better you get to know them.

To support the child inside and outside the home has effects on how the child develops and its future wellbeing. Every grown up plays an important part. As a parent you will always know your child best and develop a unique understanding of it. Home is the place that should be the safest place for your child.

Warm up — Finish the sentence with the first thing that comes to mind

- As a father to my child I am ...
- I think my child feels safe when ...
- The best thing with my child/children is...
- The best thing about being a dad for X is...
- I know my child as ...
- That which lets me and my child enjoy each other's company is ...

Discuss in a group or with your partner

Discussion 1:

How do you think your child sees you now, in 5 years, in 10 years?

Possible follow up:

- *What kind of words does your child use when describing you?*
 - *What kind of dad are you in 5 years and 10 years?*
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Discussion 2:

In what way can you best support your child in his or her development?

Possible follow up:

- *Are there other important grown-ups in your child's life?*
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Discussion 3:

How would you describe your child? If your child was here how would he or she describe you?

Possible follow up:

- *In what ways are you the same?*
- *In what ways are you different?*

Homework:

Do an "interview" with your child.

If your child cannot express themselves imagine what your child would say

- *In what way is mom and dad different?*
- *In what ways are mom and dad the same?*
- *How does dad comfort you?*
- *How does mom comfort you?*

You can also think of other questions together with the group

To sum up:

Is there anything that you would like to further discuss or reflect on?