

Parenthood

Dear parents, this letter will begin a series of wellbeing letters aimed for families with children. The letters deal with themes and phenomena of everyday family life. With the help of these letters, it is good to stop and think about how we are doing as a family. Inspired by the letter, the whole family together can examine and raise the issue of promoting well-being in the family.

Dear parent, congratulations on a great life assignment! Parenthood is a valuable and irreplaceable task. As a parent, you have the opportunity to influence the well-being of another person in addition to yourself. This assignment should be accepted with joy, a sense of responsibility, and great love. The family is often the most important resource for happiness, the well-being of which requires a lifelong commitment from the parent.

A good and functional everyday life is a cornerstone that supports parenting. Everyday life consists of pieces, the assembling of which requires dedication from the parent in order to become functional. Everyday routines create a rhythm that makes everyday life easier to control. An everyday life with a regular rhythm increases the child's awareness of what is going to happen. Predictability creates security and familiar practices strengthen the family's sense of community.

Childhood is a unique moment in life and, therefore, it is good to stop by it. Presence, being available to the child, is one of the most important tasks of parenting. Being present and spending time together with the child reinforce the sense of relevance and good interaction between parent and child. When the child's developmental stage challenges the parent the most, it is especially important to invest in comfortable togetherness with the child.

In everyday life, it is good to set aside time for common leisure and being present. Adding common, meaningful and wellbeing-enhancing routines to everyday life promotes positive interaction between the family members. Rest, exercise, book and music moments create a feeling of wellbeing around them.

Parenting is not always easy and harmonious. Perfect parenting does not exist, it is enough when you do your best in the best interests of the child. A parent should examine their own wellbeing comprehensively in order to be a parent who is able to be present in everyday life.

The important role of parenting is supported by early childhood education and the child health centre. Cooperation is a driving force when you need support for your own thoughts or a professional perspective to clarify an issue.

To reflect at home: Together as a family, plan what kind of a regular, shared, unhurried moment for the whole family you could easily incorporate into your daily routine? Try it out and hear out everyone's opinion of the common, unhurried moment.

Tips for those interested:

Neuvokas perhe <https://neuvokasperhe.fi> (Resourceful family)

The Mannerheim League for Child Welfare <https://www.mll.fi>

