



aliat

**Third SPAHCO meeting**

**Social skills**

**Bucharest, Romania, 21-24 May 2017**

**FOCUS GROUPS**

## București

8 parents from BritAcademy Kindergarten



## Bacău

6 parents of Unicef Youth Center



## Love and affection

All participants agreed that love should be offered unconditionally to their children.

Even if sometimes it's difficult or they apparently don't deserve it.

## Stress management

Parents agreed that they do more to manage their children stress and less or nothing to manage their own stress.

For children stress management most of them concluded unconditional love is also the key here, expressed in: time spent together, sport activities, housing activities and a lot of discussions.

## Relationship skills

The respondents are aware that their children replicate everything they see at their parents. That's why they are trying to offer them a good and functional relationship model.

In the same time they try to be as genuine as possible and behave very natural in order to show their children the unforced way of doing things in a relationship.

## **Autonomy & Independence**

At a declarative level all parents agree that they have to give space and freedom to their children but each one of them admitted their own limits and fears in reaching this goal. Children want to do a lot of things on their own but parents analyse all the eventual problems and possible issues and become over protective in many situations.

## Education & Learning

The parents are doing everything they can to provide for their children (considering their age) all the type of games, tools, gadgets and courses in order to facilitate an optimal education and learning process. They count a lot on schools and kindergartens to help them in this important activity. Sometime they even substitute their presence or lack of knowledge / patience with school/kindergarten time and activities.

## Life Skills

For every participant was very important that their children become *good people* with moral principles. To be kind, forgiving honest, but also to be independent, determinate, free spirit, responsible.

They all admitted that at the early ages is very difficult because the children are not yet empathic but once they start growing up it becomes easier to work with them in this direction.



## Behavior Management

The most difficult topic: everyone admitted that they use, in a way or another, the restrictions and the rewards. The difficulty appears when the partners don't reach a common conclusion and the children take advantage of this situations. No one is using (not anymore) the physical punishment but they isolate them, they threaten them or cancel them some benefits.

## Healthy Lifestyle

The parents said that for them it's important to respect the main meals of the day, to eat healthy, home cooking, sports, hygiene (body and house). And most of them manage to respect this.

And they are very interested about the menu form the kinder garten/school in order to maintain the same line.

## Religion & Spirituality

All the parents admitted they are spiritual people and some of them have religious practice. They want to present their children the spiritual and religious aspects in order for them to be able to make their own choice. The eldest children participate to different social and spiritual activities organized by the church.

## Safety

All the parents declared this is a rhetorical question. All of them are doing their best to keep their children safe, each one on his age level. From permanent surveillance to constant updating on the places they are. From screen time management to programs and applications checking.

## **Conclusion:**

Parents are aware of the importance of their social skills, some of them have good social and parental skills, some of them need to improve it.

All of them considered a huge win the participation to this focus group as they had the chance to change a lot of information with the other parents.



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**Mulțumesc!**

**Gracias!**

**Dziękuję!**

**Hvala!**

**Teşekkürler!**

**Tak!**

**Grazie!**