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## FOCUS GROUPS

We have conducted two discussions concerning  
„Parental Ten”:

- ▶ 10.04.2017r. – group of 10 social workers.
- ▶ 24.04.2017r. – group of 8 teachers/tutors.





# 1. Love and affection

*Should love and affection be shown unconditionally to children?*

Social workers		Teachers/Tutors	
YES- 10x		YES – 8x	
WHY ?		WHY ?	
For the sense of security	3 people	Child feels secure	3 people
Children should know we love them	2 people	It increases sense of self-worth	2 people
Love is unconditional	1 person	So as to know they have supporting family	1 person
Love affects people's behaviour in a positive way	1 person	<i>Did not express themselves</i>	<i>2 people</i>
Then children have more inner strength	1 person		
<i>Did not express themselves</i>	<i>2 people</i>		



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## 2. Dealing with stress

*Which steps do you take to reduce your and your children's stress?*

Social worker		Teachers/Tutors	
Physical activity	3 people	Common conversation	4 people
Spending time together	3 people	Spending time together	2 people
I talk to my children	2 people	Physical activity	2 people
We avoid each other for a few minutes	1 person		
I listen to music	1 person		





### 3. Relations and relationships

*Do you take steps to maintain healthy relations with your partner?*

Social workers		Teachers/Tutors	
YES 10x		YES 8x	
WHY ?		WHY ?	
I care about good relations	2 people	It's the basis of family functioning	1 person
To cooperate well with each other	1 person	To create good atmosphere at home	1 person
Because my family is the most important	1 person	I care about my partner	1 person
Because they affect relations with my children	1 person	It gives me sense of security	1 person
It provides sense of security	1 person	<i>Did not express themselves</i>	<i>4 people</i>
<i>Did not express themselves</i>	<i>4 people</i>		



## 4. Autonomy and independence

*What steps do you take to make your child self-reliant?*

Social workers		Teachers/Tutors	
They make their own decisions	3 people	I give tasks to do	2 people
I let them be independent	3 people	I encourage to take responsibility for their own decisions	2 people
My child has responsibilities	2 people	Independent trips, pocket money	2 people
I encourage him/her to acquiring knowledge	1 person	I support my child in pursuing their aims	1 person
We talk a lot	1 person	I let them be independent	1 person





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## 5. Education and learning

*Do you provide your child with opportunities to learn? How do you do it?*

Social workers		Teachers/Tutors	
I create good conditions to learn	5 people	I pursue his/her passion	2 people
I try to pursue his/her passion	2 people	I create suitable conditions to learn	2 people
University studies	2 people	Yes	2 people
I provide him/her with peace and quiet	1 person	<i>Did not express themselves</i>	<i>2 people</i>





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## 6. Life skills

*What skills should parents teach to their children?*

Social workers		Teachers/Tutors	
Resourcefulness, diligence, empathy	6 people	Resourcefulness, diligence, responsibility	2 people
Independence	2 people	Responsibility for their own choices	2 people
Honest work	1 person	Dealing with life	1 person
Choosing right directions	1 person	Showing affections	1 person
		Communication skills	1 person
		Empathy, understanding	1 person





## 7. Behaviour management

Positive reinforcement and punishment. Which do you use and when?

Social workers		Teachers/Tutors	
I use both: •Reinforcement - pochwała •Punishment – gdy zasłużą	4 people	Always positive reinforcement even in difficult situations	3 people
I use both: •Reinforcement – when I want to encourage to doing sth •Punishment – for inappropriate behaviour	3 people	Reinforcement for good behaviour. Punishment for bad behaviour.	2 people
Only reinforcement – when they are successful	3 people	Only positive reinforcement. Punishment - banning the smartphone	1 person
		Mainly positive reinforcement	1 person
		<i>Did not express themselves</i>	<i>1 person</i>





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## 8. Healthy lifestyle

*Do you support and promote healthy lifestyle habits? How do you do it?*

Social workers		Teachers/Tutors	
Habit of getting enough sleep, personal care, exercises	7 people	Habit of getting enough sleep, personal care	3 people
Healthy eating, I encourage to do sports	3 people	Healthy eating	2 people
		We spend time actively	2 people
		Activities at the swimming pool	1 person





## 9. Religion and spirituality

*What is the part of religion in your family? How do you support religious development of your child?*

Social workers		Teachers/Tutors	
PART		PART	
Preserving tradition	3 people	Big	4 people
Hard to say	3 people	The most important	2 people
It's very important	2 people	Hard to say	2 people
It's important	2 people		
SUPPORT OF DEVELOPMENT		SUPPORT OF DEVELOPMENT	
I motivate to taking part in the life of church	4 people	We go to church	3 people
Attends religious education	2 people	I set an example	2 people
Everyday prayer	2 people	I support my child	2 people
Conversation	2 people	Attends religious education	1 person



## 10. Security

*Do you take precautions to protect your child and are you aware of activities your child and their friends take?*

Social workers		Teachers/Tutors	
Yes, I'm aware	4 people	Yes	3 people
I take precautions – I make my child aware of risky situations	2 people	Conversation, making my child aware of dangers	2 people
I take precautions – I talk to my child, give advice	2 people	My child comes home at specific times.	2 people
Yes, we talk a lot to our children about various topics	1 person	I try to check my child's situation and activities he/she takes part in.	1 person
I take precautions but I will never be completely aware of my child actions	1 person		