

Grundtvig Learning Partnership - Public living room - a safe learning space Newsletter on Topic 02 - Safety in the family by UMC Slovakia

In this Newsletter you will find the detailed programme of the Mobility to maternity centre Dupajda, Nižná, Slovakia, which will take place from 10th to 13th May 2014.

It also has the description of the campaign "A Mile for a Mum" in order to understand how important it is for the Slovak hosts that you experience it. The mobility starts with the Mile for a Mum in Nižná.

To have the information complete, the newsletter also contains the background information and questions on the topic of Family of previous newsletter.

If you have any questions, please contact the hosts of this topic, the Slovak Union of MC's:

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Katarína Scott 0917844910 katascott@bsk.sk

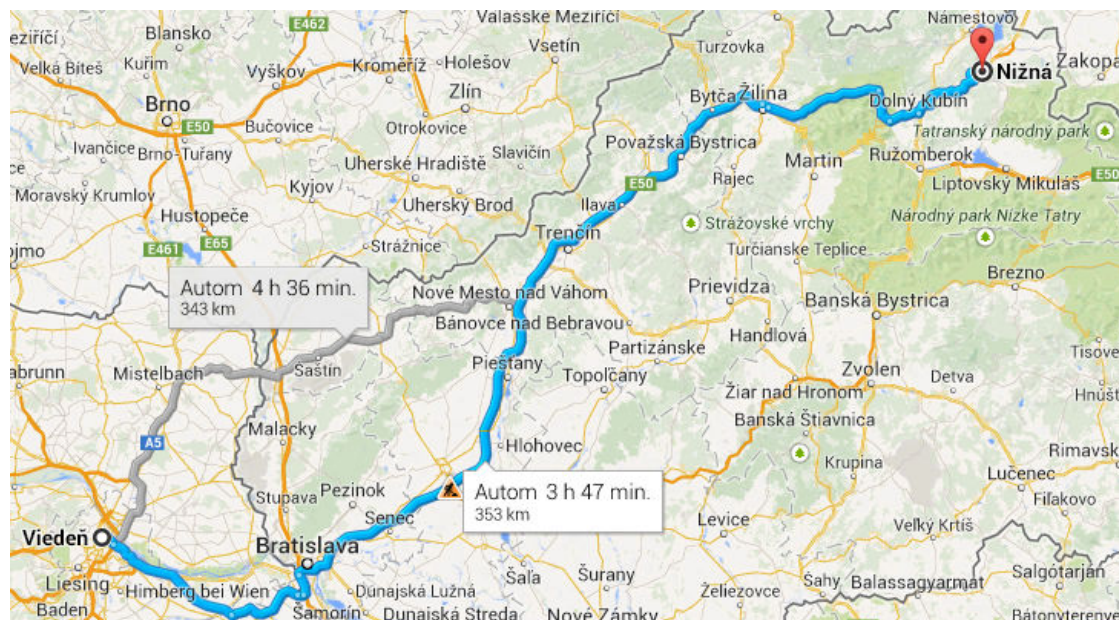
Final programme mobility to NIŽNÁ, Tvrdošín district

DAY	DATE	TIME	LOCATION	PROGRAMME
Saturday	10.5.2014	12.00 - 13.00	Nižná, village centre	Gathering at reception in the hotel, the mobility will start at open air event "A Mile for a Mum" , which officially start at 14.00. Partners to help and enjoy the event.
		14.00 – 18.00		Helping with and enjoying the event
		19:00	Nižná	Dinner in local pizzeria and bowling
Sunday	11.5.2014	11.00 - 13.00	Nižná, MC Dupajda	presentation of the networks and MC (15-20 min each), introduction activities for participants, working lunch in MC.
		13.00 - 14.00		presentation of the topic Safety in family, safe homes and environment, emotionally and spiritually safe family by J. Tuhá/K. Scott
		14.00 – 17.30		discussion with partners, getting information relevant to their country, create a picture of how all the aspect of safety correspond to each other
		19:00	Nižná	Dinner in local pizzeria and bowling
Monday	12.5.2014	09.00 - 11.00	Nižná, MC Dupajda	Further discussions, working on common knowgledge, recomendations how to deal with this area of safety
		11.00 - 14.00		working lunch, discuss in detail report outcomes presented by partners, discussing the topic and sharing experiences, opinions, finding conclusions
		14.00 - 15.00	Nižná	workshop - babysalsa, APR - how upbringing can influence Safety in the family
				a visit in national park/sightseeing tour of Orava castle
		19:00	Nižná	Dinner in restaurant
tue	13.5.2014	am	Nižná	End of the programme and travel home

LOGISTICS & PLANNING OF MOBILITY IN SLOVAKIA

If travelling by air you can fly to Bratislava, Vienna or Krakow.

- **Transport from Vienna (called Vieden on the map) or from Bratislava**



When you arrive to Bratislava by plane or bus, please move to Rail station and take a fast train with one change to bus or slow train for last stretch of your journey. There are connectons every 2 hrs so contact me for your travel itinary when you know the time of your arrival to Bratislava.

- **Transport from Krakow**

We can organize for pick up by people carrier (for 6 passangers and 1 driver). I will get the price once agreed on the number of people & time of pick up.

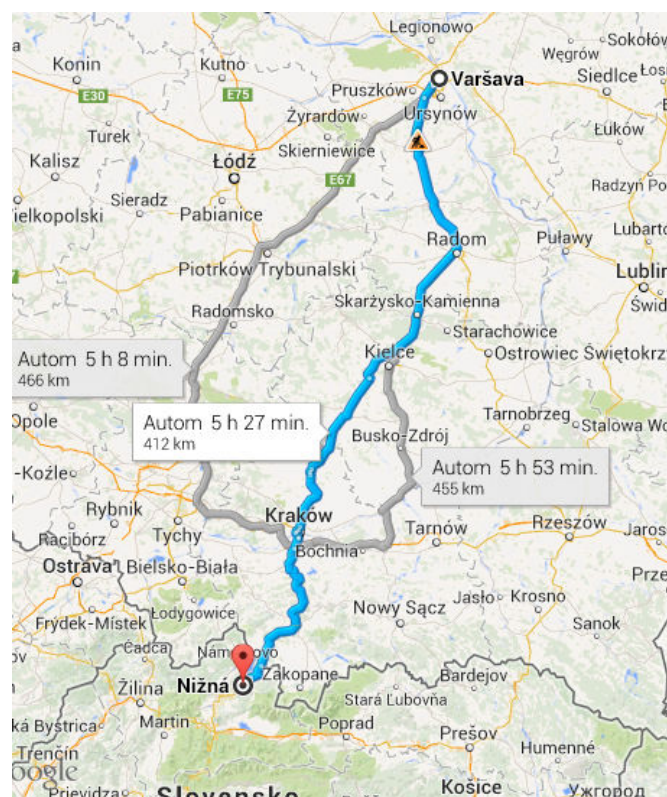
- **Accomodation – hotel Oravsky Zrub**

<http://www.oravskyzrub.sk/ubytovanie-a-relax>

All of you will stay in hotel Oravsky Zrub in Nižná, which is at walking distance to the centre where all discussions will take place. Let us know if you need childminding services. **We have booked all 9 double bedrooms, so please email me (katascott@bsk.sk) your room request, arrival & departure date.** Room rate is 30 Eur/per person/per night incl. breakfast.

- **Address: MC Dupajda, Hviezdoslavova 308, Nižná, 027 43** <http://dupajda.sk/kontakt.php>
The meeting in Nižná will be organized at the premises of maternity Centre Dupajda which is located very close to the hotel where you will stay and the main road.

- **Participation fee € 50.-**(includes lunch food&drink in the centre, transports from/to local stations, museum/sightseeing entry fees , expenses for organisation)





INVITATION TO SLOVAKIA

Dear Friends,

We would like to invite you to Nižná, Slovakia from Sat 10th May to Tue 13th May 2014 to discuss together topic no. 2 **Safety in the family** in detail and get all partner's opinion on this matter. How as a parent do I make my family a safe space: physically (house, electricity, environment) emotionally (caring atmosphere, communication, culture) spiritually (religion, rituals)? How can we as a Mother Center support the women in our group to have safety in their family?

Please arrange your travel for arrival AT 13.00 ON SATURDAY AT THE VERY LATEST. In case your transport connection doesn't allow you this, let us know and we will organize your accommodation from Friday 9th May in local hotel.

Hope to see you in Slovakia. Please do not hesitate to contact us if you any questions.

Best Regards,

Janka Tuhá 0903227024 janka.tuha@gmail.com

Katarína Scott 0917844910 katascott@bsk.sk

Why have we invited you to come here?

A Mile for a Mum (MPM) -

one of five main campaigns of Union maternity centres Slovakia (UMC)

It's a day when all Mums celebrate.

A day when all Mums in Slovakia can **celebrate together** and experience the spectacular celebration of motherhood which will happen this year on **10th May 2014**. Under a supervision of UMC all maternity and family centers plus their fans are joined together on **the same day, the same time but in different places in Slovakia so that they can shout "Thanks for you, Mum"**. This slogan is the central theme during whole campaign A Mile for a Mum 2014.

Union of maternity centers (UMC) organizes every year the biggest celebration of Mother's day since 2004.

Since first event until today the main goal of MPM is to celebrate motherhood and remind to the wide public, that "MUM" is a honourable title, which is given to a woman for life. It is a prize for endless love, self-sacrifice she is able to pass on her children. It is aiming to show a value of motherhood and at least for one day pay tribute to all mothers regardless the age.

MPM is a solid campaign since UMC was established. Also thanks to it the number of families in maternity centers is rising throughout Slovakia.



More than 2000 volunteers from maternity centers are helping with preparation work including another 2000 performers and hosts. They are creating an event and a show watched by 20 000 participants of MPM.

This celebration of Mother's day through MPM is reminding public a sentence, which should never become common „Thanks for you, Mum“. The campaign is promoting maternity centres to public, media, local governments which gladly assume patronage of the event.

A Mile for a Mum is what joins **70 organizers at 61 places on 10th May 2014** in whole Slovakia and abroad.

Come and celebrate with us Mother's day – a holiday of all mothers.

INTRODUCTION TO TOPIC NO. 2 SAFETY IN THE FAMILY

How as a parent do I make my family a safe space: physically (house, electricity, environment) emotionally (caring atmosphere, communication, culture) spiritually (religion, rituals)?

To prevent injuries at home, many parents try to childproof their homes with safety gates and latches, edge bumpers, and more. Playing outside and at home should be a natural pastime for most kids. Making sure that their environment remains safe is key to keeping children healthy and injury-free. Supervising your child at play is a big factor in reducing injury. As well as accidents associated with the toys themselves, injuries also happen with them being tripped on and falls if they are left on stairs. Question below should help you to find answer to how safe is your home.

Children form a healthy emotional attachment with their parents (usually their mothers) or carers before five years old. Attachment develops when a child is repeatedly soothed, comforted and cared for, and when the carer consistently meets the child's needs. It is through attachment with a loving and protective carer that a young child learns to love and trust others, to become aware of others' feelings and needs, to regulate his or her emotions, and to develop healthy relationship and a positive self-image. The absence of emotional warmth during the first few years of life can negatively affect a child's entire life. Ask yourself and think what is happening in households around you or in general. How well do we care about our children?

How to find safety in spiritual experience? Since the beginning of creation, we humans have been experiencing some spiritual knowledge and enlightenment. But, do we have a measure of safety in our spiritual quest? Yes, most of us do or at least try to find it. There are multiple ways to find safety when it comes to our spiritual needs. Read and investigate the ideas, principles and laws of your faith. Apply them in your everyday life. Do not be embarrassed to talk about your spiritual beliefs. Deal with your problems in a positive manner. Keeping positive will make you be loved by the people around you and you will be an living example of patience and kindness. If you do not share your knowledge, with people that are willing to listen, you will not gain any security for your beliefs.

How can we as a Mother Center support the women in our group to have safely in their family? How to learn to trust others, and to lead healthy and productive lives? That is another part of every Mother Center core. Tell us how do you deal with this issue and with what results.

POSSIBLE QUESTIONS TO PREPARE THE DISCUSSIONS

These questions can help you prepare the discussions in your public living room on the topic Safety in the family. We define that this includes physical, social, emotional and spiritual aspects of our homes.

A) safe space: physically (house, electricity, environment)

1. What does safety in the family mean to you?
2. What did you consider as safe home, when you were little?
3. What safety features does your flat/house have now and before your children were born? (security cameras/doors, electrical plug covers, drawer stoppers, locked pill box, fire protection,...)
4. Do you consider the place where you live now to be safe in its design? Why?
5. Do you monitor and fix what is safe/not safe around you and your children (toys, furnishings, playground, hygiene environment and behaviour, food, clothing, appliances, ...)?
6. How do you secure a safe environment for your children, when they are home on their own?
7. Are you aware of internet risks? Do you know how to protect and control internet use by children?
8. Do you explain to your children what is safe and what is not?
9. Do you rather protect children from dangerous situations or do you make them responsible by taking risks and learning lessons?
10. How do you in your Mother Center create a safe environment through equipment and furnishing?

B) safe space: socially

11. Would you feel safe if you live somewhere with members of different culture, religion or race? Why?
12. How do you explain culture/religion/race differences to children and do you teach to tolerate them? How is this done in your Mother Center?
13. How do you create feeling of security for your children and partner?
14. Do you teach your children basic safety skills when outside on their own, give attention to situation which might not seem dangerous at first sight (don't talk to /follow/accompany strangers, playing with animals on the street, what emergency numbers to call,...)
15. Does your MC offer lectures or courses which address safety? (first aid course, safe internet, educational courses for parents, safe playroom, safe eating habits)

C) safe space: emotionally

16. How do you care about the child's emotional needs for comfort, stimulation and affection?
17. How do you form a stable and loving home to ensure good mental health?
18. Do you know/learn parenting skills which also help improve the relationship with the child and help develop attachment?
19. Do you allow the child to express their thoughts, fears and needs in order to improve relationship with your child?
20. Are you aware of negative impact on a child's emotional and behavioural development when lacking love (depression, Learning difficulties and behaviour problems in school, Inability to form meaningful relationships, Low self-esteem)?
21. How do you recognise and prevent problems with attachment/lack of emotional ties within family?

D) safe space: spiritually

22. How does faith/beliefs help to create a feeling of safety for you and members of your family? (for instance a prayer before a journey, blessing, a prayer for a family member, joined evening prayer)
23. Do you have spiritual decorations/signs at home to strengthen the morality or faith of the children?
24. Do you think that a faith can positively influence child's behaviour and create safety around it?
25. Should we as Mother Center use rituals or spirituality to create a safer environment or be neutral?