



THE SAFETY FACTOR

FATHER ENSURING THE SAFETY OF HIS FAMILY

You are a brand new father or soon will be. You have an important role in your child's development. You have a great impact on your child's sense of security. Security-wise, you might even be the most important person in the little one's life.

You can't know everything right from the start and it is not expected of you either. Here are some tips and advice on how you can ensure that your child feels as safe and secure as possible.

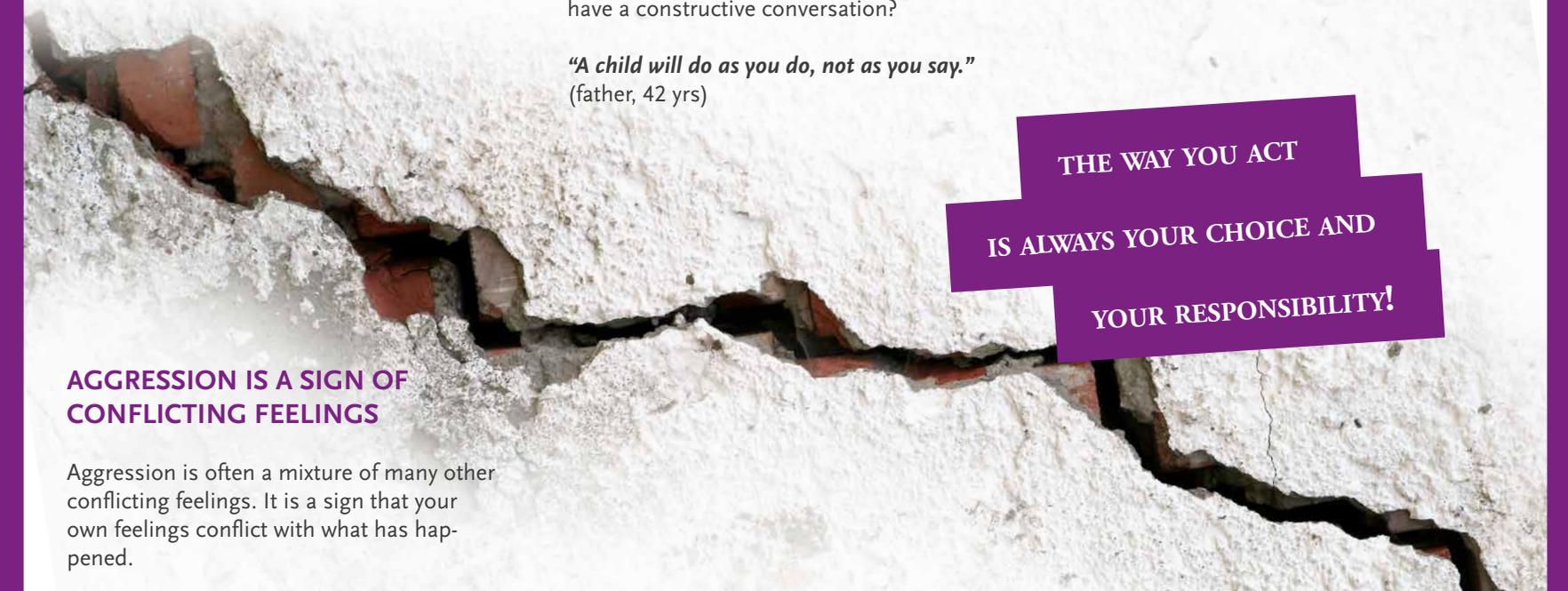
WHO CONSOLED YOU WHEN YOU WERE JUST A LITTLE BOY?

HOW DO YOU DEAL WITH CONFLICT SITUATIONS?

The general atmosphere at home and the way that conflict situations are dealt with are some of the most important factors that affect your child's sense of security.

Take a moment to think about your influence on the atmosphere and conflict-solving. A constructive way to solve conflicts and arguments is crucial for the development of a safe emotional bond with your child.

"A small child is never mean on purpose; he doesn't know how to bug his parents with purposefully mean intentions."
(father, 36 yrs)



AGGRESSION IS A SIGN OF CONFLICTING FEELINGS

Aggression is often a mixture of many other conflicting feelings. It is a sign that your own feelings conflict with what has happened.

Aggression can also be seen as a resource that you can use to change the existing situation.

If aggression tends to make you act in ways that you regret later, try to step out of the situation and take a moment to yourself.

Safety is both a feeling and a physiological need, and both of these are extremely important for a child's healthy development.

WHAT WAS YOUR OWN FATHER LIKE?

It is important to prepare for the upcoming fatherhood by thinking about your own past. What was your own father like? What was he good at? In what ways did he make you feel safe? What do you wish he would have done differently? How did he behave in conflict situations?

"I never want to act like my father."
(father, 27 yrs)

Does that sentence sound familiar to you? Why? The way a child's parents behave will affect the way this child behaves as an adult. This behaviour comes up especially in conflict situations. Do you withdraw, yell or have a constructive conversation?

"A child will do as you do, not as you say."
(father, 42 yrs)

**EVERY CHIP AND
CRACK MAKES THE
HOUSE LESS SAFE.**

If you feel like you have not been able to be a safe father and spouse, or if you are prone to act violently, please **continue reading to the back of this card!**



THE SAFETY FACTOR

A CHILD WILL BRING UP A WIDE VARIETY OF FEELINGS

Life with a small child is often challenging and brings up all kinds of feelings. Besides beautiful and positive feelings, there will be irritation, anger, disappointment and even rage. How do you deal with difficult emotions?

"A child needs hugs and kisses, comfort and some time to just chat with his father. A child needs your time. Besides lots of love, a child needs some healthy boundaries. Living with a child involves all sorts of feelings from heart-filling happiness to massive irritation."
(father, 33 yrs)

**THE WAY YOU ACT
IS ALWAYS YOUR CHOICE AND
YOUR RESPONSIBILITY!**

MORE INFO

www.ensijaturvakotienliitto.fi

VIOLENCE CAUSES MORE VIOLENCE

Violence is always harmful and has a negative influence on a child's sense of security. Many of us have personal childhood experiences of domestic violence and neglect.

Having these experiences leads to a higher risk of abusive behaviour as a father or a spouse.

VIOLENCE IS NEVER THE ANSWER

HOW EASILY DO YOU LOSE YOUR TEMPER?

Violence is always misuse of power. Violence can take many different forms. The spouse might be giving the "silent treatment", which leads to the other being provoked and abusive.

In family life, there will always be situations where someone feels like the other is being difficult. How can you avoid being provoked? If you have a history of being violent or threatening, it is more likely to repeat itself in moments when you lose your temper.

Read more about different forms of violence on the Finnish Online Family Shelter at www.turvakoti.net.

VIOLENCE AFFECTS YOUR CHILD AS WELL AS YOUR FATHERHOOD

Even a newborn baby reacts strongly to violence, even if it would not be directed towards him. Witnessing abusive behaviour towards the mother or the father who the baby has become attached to affects the development of the baby's brain.

Violent behaviour becomes a vicious cycle that keeps taking you further away from your child and your family. You may want to remain close, but drifting away is inevitable.

HOW DO I KNOW WHEN IT IS TIME TO GET HELP?

Take a moment to step into your child's shoes. How would you feel if someone bigger and stronger than you would threaten you, yell at you and physically hurt you?

Different people find different things scary. Believe her words when your spouse tells you about her feelings and experiences. Your partner may not always feel scared, but nevertheless domestic abuse is always harmful, especially for a child.

Professional help is often needed when trying to end violent behaviour. Do not let shame stop you from searching for help. Having the courage to talk about violence is a big step towards putting an end to it.

Maybe you are a victim of domestic abuse. At the Finnish Online Family Shelter's website you can find tests and advice on how to get help as well as ways to get in touch with professionals.

www.turvakoti.net

JUSSI WORK HELPS

Jussi Work helps men who are either victims of domestic violence or behave violently towards their close ones. Jussi Work helps with preventing violence and solving crises.

Helsinki (09) 278 8223

Lahti 050 345 4781, 050 561 4132

Lappeenranta 040 765 4953

Mikkeli 044 529 3247

Oulu 0400 608 943

Pori 040 707 9483

Turku, on call hotline Monday to Friday

12.00–13.00, (02) 2776 918 and (02) 2776 919

Vantaa 0400 885 510, 040 833 2627

MORE FATHER CARDS BY THE FEDERATION OF MOTHER AND CHILD HOMES AND SHELTERS

In addition to the card "The safety factor", we have also published three other cards:

The greatest thing in the world!

👉 Congratulations on becoming a father! Plenty of general information on fatherhood.

Talk and listen

👉 Being the father in a family. A balanced relationship between a father and his child also brings warmth to the parents' relationship and keeps up a positive family spirit.

A healthy and balanced father

👉 Wellbeing and happiness for the entire family. Your own wellbeing creates a solid foundation for the wellbeing of your spouse and children.

www.ensijaturvakotienliitto.fi

Ask for more father cards and information at the child health centre!

VIOLENCE RARELY ENDS WITHOUT PROFESSIONAL HELP