



# “LET’S TALK ABOUT CHILDREN” DISCUSSION

Brochure for families with children in reception centres

How is the everyday life of your child and your family going? If there are questions that you would like to discuss with someone, you can book a “Let’s Talk about Children” Discussion with a professional at the reception centre. The purpose of this discussion is to support your children and the daily life of your family. The discussion takes about 90 minutes. After the discussion, we can together think about whether you need support and who could help you to get it.

## Topics covered in a “Let’s Talk about Children” Discussion:

- What is your child’s daily life like in school or day care, at home and in their free time?
- What protective factors are there in your child’s life?
- What are the strengths and vulnerabilities in your child’s daily life?

In this context, the word “strength” means anything that functions normally.



The word “vulnerability” refers to anything that is causing concern at present or might develop into a problem if nothing is done about it.



Strengths and vulnerabilities emerge in the interaction between the child and his or her environment, and adults can affect them.

## Protective factors help children to cope by enhancing their resilience

Examples of protective factors:

- A well-functioning daily life: routines, meals and enough rest
- A good relationship with family
- At least one trusted adult outside the family (from school or day care, a hobby or the reception centre, for example)
- An age-appropriate understanding of the family’s situation
- A sense of belonging to a group (at school, in day care, in free time)
- Having friends
- Having hobbies

Participation in a “Let’s Talk about Children” Discussion is voluntary and does not affect your asylum matter or decision.