



SHINE

MODEL

- support for the well-being
of the whole family



Tukena



Shine model

Tukena foundation

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Shine - A small travel guide for families

This guide was created as part of the Shine (Loiste) project (2017–2020). The project supported families whose children have neuropsychiatric diagnosis (such as Autism Spectrum, ADD, ADHD, Tourette's Syndrome) by providing various coaching sessions throughout Finland.

In families where a child has a special need, conversations often focus only on things that aren't working or what the child cannot do. During the meetings of the project, we wanted families to pay special attention to all the good things they had.

This guide was created based on the experiences, conversations, and reflections gathered from various encounters. We hope that this guide will provide your family with practical guidance for your daily life as well. Although the project supported families with neuropsychiatric diagnosis, the guide is intended for all families where a child has special support needs.

You can use the guide in various ways:

- Gather as a family to fill out the guide together.
- Conversations often gain different strength when other families are sharing their thoughts. So, the guide can be used as a basis for discussions, for example, in peer support groups, or you can gather other families in similar situations around you.
- Professionals can use the guide when working with families.

Finally, we warmly thank all of you families, partners, colleagues, and professionals who were part of our journey in the Shine project. We learned a lot from you, and we hope that we have also been able to provide you with tools for your own journey.

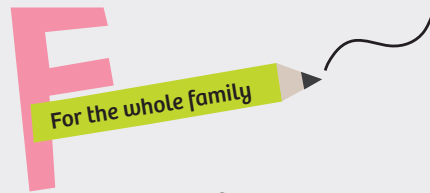
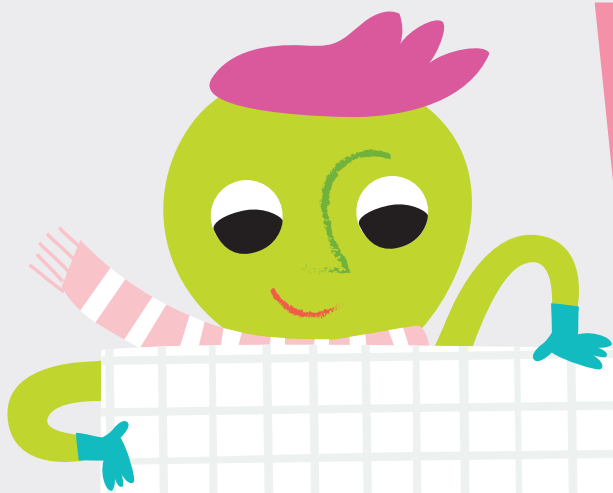
**Wishing for shine in your life,
Maisa Kosola and Marjo Kanerva**



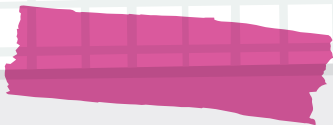
The Shine Journey is divided into six different themes. The beginning of each theme is designed for adults to become familiar with, followed by Luke, your guide, discussing the topic with the children. The guide contains activities for the whole family, but some tasks are intended for adults only. Along the way, we talk a lot about the significance of hope and emotions in everyday life. We hope you will take this journey as a special exploration and pause for your family's matters.

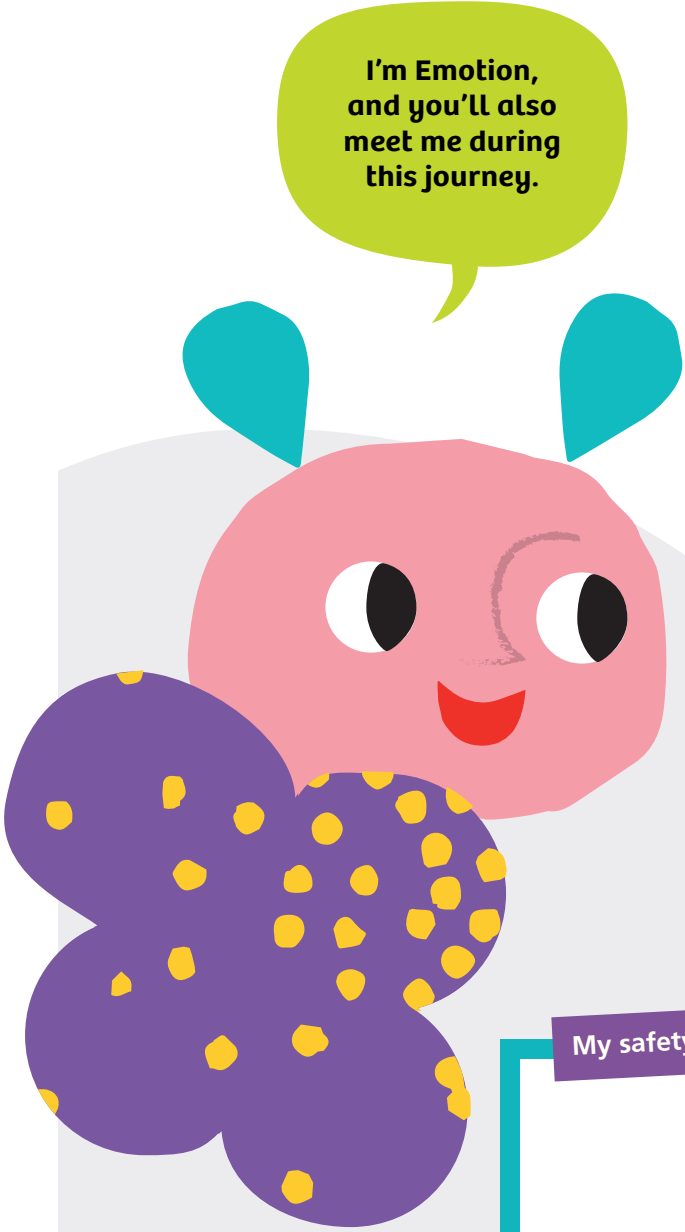
Luke is excited to be your guide on the Shine journey. Luke is particularly thrilled to introduce you to all Shine journey friends. Luke and friends have a lot to share on various topics. They have also come up with different activities for you to do together as a family. Luke is ready for the journey, are you?





Luke's first task: when you think of your family, what words come to mind? Write them down here:





**I'm Emotion,
and you'll also
meet me during
this journey.**

In recent years, there has been increasing discussion about the importance of emotional skills. Nowadays, children start developing these skills as early as kindergarten, and continue to do so throughout their school years. Although emotional skills are significant, many adults may still struggle with them. Therefore, it's valuable to reflect on your own emotional abilities as you help your child develop theirs.

Emotional skills are essential for a healthy self-esteem and mental well-being. Creating an environment where all emotions are embraced and managed effectively is crucial. While emotions themselves aren't negative, they can lead to harmful actions. We need skills to handle our emotions.

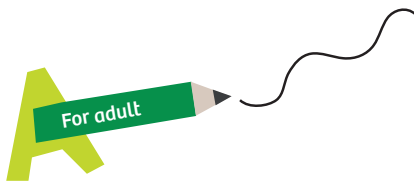
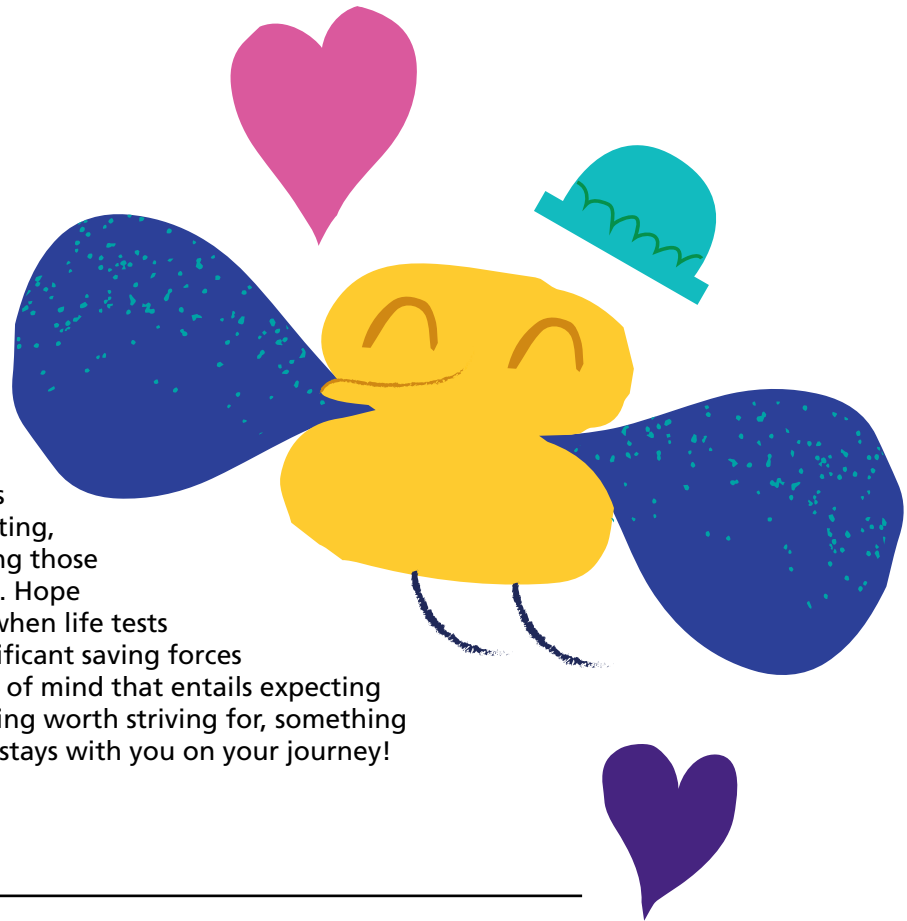
When a child has special needs, learning emotional skills becomes even more important, and perhaps also more time-consuming. We adults just need to be persistent and persevering. We know, easier said than done. We want to share a few tips to support you in learning these skills. Often, a child only calms down during a tantrum when the adult is calm. It's important to create a safety plan to help you calm yourself in difficult situations. It could be, for example, a power phrase: "I'll be fine" or paraphrasing Elton John, "I'm Still Standing." Write down your own safety plan below.

My safety plan:

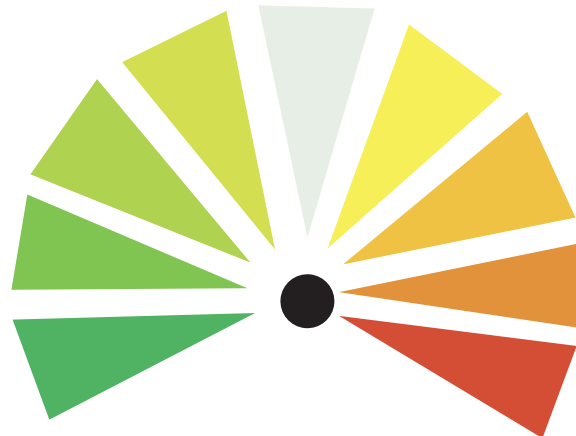


"I am Hope. I want to tell you about the importance of hope in various life situations."

Hope is not actually an emotion but a mindset. It is learned and typically acquired in childhood. Hope is a combination that consists of goal-setting, perseverance, and resilience in achieving those goals, as well as belief in one's abilities. Hope holds significant power and meaning when life tests us. It can even be one of the most significant saving forces during life's challenges. Hope is a state of mind that entails expecting good from the future. There is something worth striving for, something better ahead. Please ensure that hope stays with you on your journey!



Hope meter for adults:
Draw an arrow to indicate how confident or hopeful you are about the future.



Abilities, strengths and resources

During the hustle and bustle of everyday life, we often forget to pay attention to our own strengths and resources. Families with special needs may develop a negative self-image due to the need to justify their child's or the entire family's support needs to authorities, for example, explaining why the child cannot do certain things or why things do not go as smoothly as for other children. Other adults may also easily inform the family about things the child cannot do.

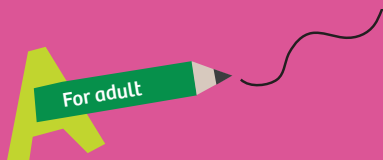
To maintain balance, it's important to recognize and appreciate the positive qualities in both children and adults, including siblings. When an adult takes care of their own resources, it is easier to be present in everyday life and support the child in their growth. Just as on an airplane, where you're instructed to put on your own oxygen mask before assisting others.

Strengths are the areas in which we shine. It can be a skill, ability, or characteristic. Strengths can be utilized in school, hobbies, relationships, and work. In some areas, we are naturally talented, while in others, we need to practice before they become strengths.

Resources can be external or internal, providing strength to overcome the challenges of everyday life. It's important to remember your own strengths and do things that make you happy.

**The more resources you have,
the better you can handle
challenging situations.**



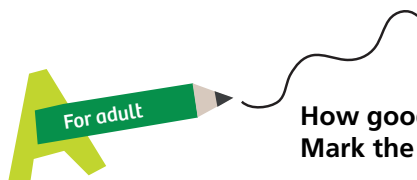


As adults, we have various roles in life, such as individual, work or employment, spouse, and parent. Each role should be balanced, and resources and strengths should be utilized. In many families where the child has special needs, the parental role may become overloaded, leading to the loss of individual and/or spousal roles. Too much pressure, for example from work, can lead to the exhaustion. Consider your own roles below. What roles do you have? Is a role overloaded, missing, or just in the right balance? What strengths or resources does the role entail? What small changes could be made to make the role more balanced?

Good job, Luke!
It's important to remember
that you can't be good at everything,
but there are things where you shine!
Write down every time someone tells you
something you're good at.

Luke and Tina have a task for your whole family. List below things you are good at. Each family member can write down their own strengths. Look at and admire all these things.

Emotional skills should be a strength for every adult.



How good are you at facing your own emotions?
Mark the scale below.



1=I don't know at all, 10=I'm excellent at facing my emotions

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

How good are you at facing your child's emotions? Mark the scale below.

1=I don't know at all, 10=I'm excellent at facing my emotions

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

When the adults understand a child's emotions, the child learns to accept their own feelings. This is an important part of well-being. Generally, children's happy emotions are easy to handle, but with difficult emotions, we may feel uncertain. In these situations, we might try to downplay the feeling, give advice before listening, or try to distract the child. Regardless of the emotion, it doesn't disappear even if we don't allow or acknowledge it. It may hide beneath the surface. Every emotion must be heard. If we disregard a child's current emotion, the feeling (and the child) often starts to shout louder.

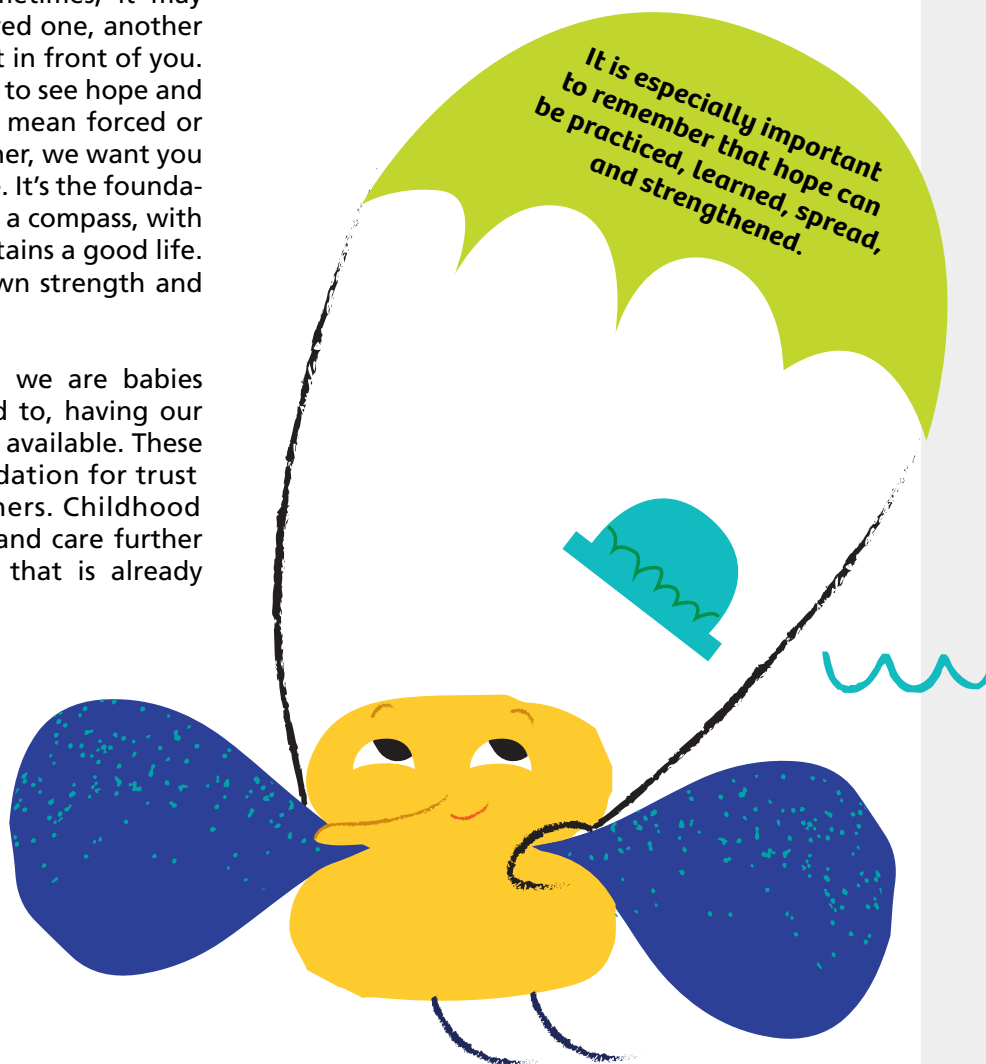
Take a moment to think how your own parents or other adults from your childhood handled your emotions when you were a child, for example, when you were angry, sad, happy, or excited. What could you learn from these situations and reactions when facing your own child's emotions?

If emotional skills are not yet your strength, we recommend starting to practice step by step. This way, you can become an even better parent in facing your child's emotions.

Hope is an uplifting force

The lives of many families with special needs can involve various challenges. Sometimes, it may feel like as soon as you've survived one, another is just around the corner or right in front of you. In these moments, it's important to see hope and its significance in life. We don't mean forced or overly positive thinking, but rather, we want you to see hope as a supportive force. It's the foundation of a good life. Think of it as a compass, with guiding dynamic power that sustains a good life. Hope should be seen as your own strength and resource.

Hope begins to develop when we are babies as we experience being listened to, having our needs met, and having someone available. These early experiences lay the foundation for trust in life, in ourselves, and in others. Childhood experiences of safety, warmth, and care further strengthen the sense of hope that is already deeply embedded within us.

A yellow, rounded character with a smiling face is holding two large, dark blue balloons. Above the character is a large, light green umbrella. A small blue hat with a green band is floating near the umbrella. The background is white with teal wavy lines at the bottom and right. The text "It is especially important to remember that hope can be practiced, learned, spread, and strengthened." is written inside the umbrella.

It is especially important to remember that hope can be practiced, learned, spread, and strengthened.

Participation

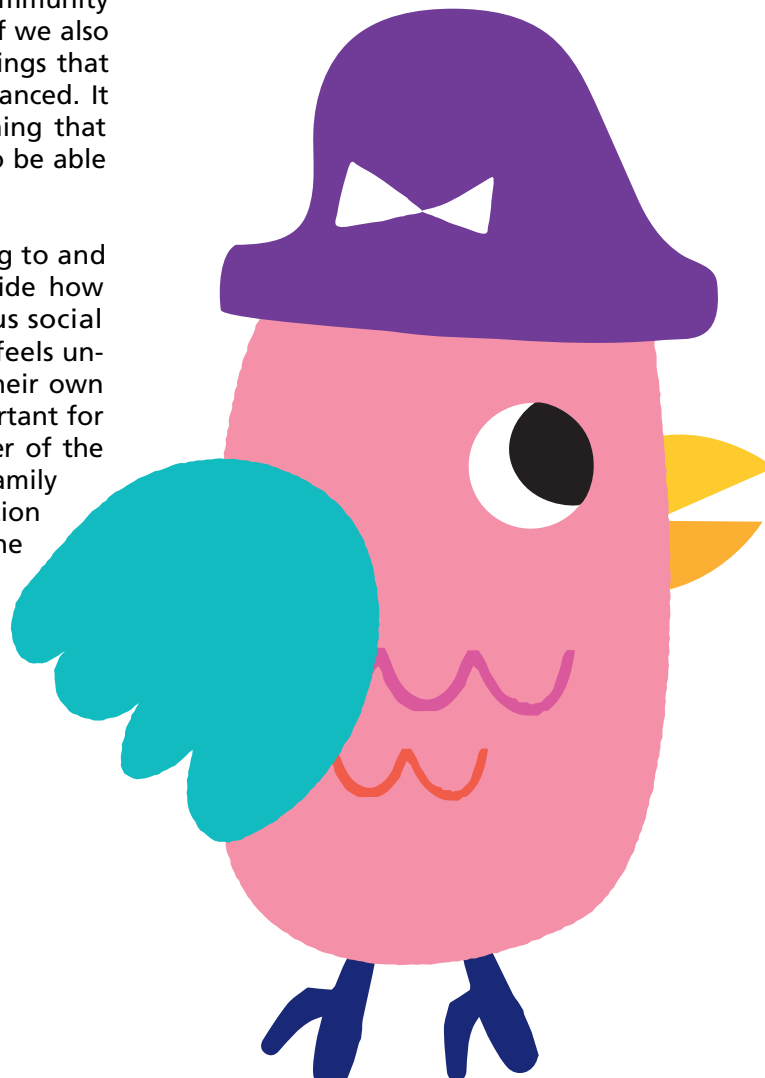
People naturally want to belong to a community, such as a family, a work community, a group of friends or a school class. Belonging to a community and being part of it makes us feel good. If we also have the opportunity to influence the things that affect us, our well-being is strangely enhanced. It is clear that we cannot influence everything that happens in our lives, but it is important to be able to play a part where we can.

Inclusion is an essential part of belonging to and influencing society. It is up to us to decide how much we want to be involved in various social issues. If a child, young person, or adult feels unable to influence decisions or events in their own life, life can feel meaningless. This is important for the wellbeing of the family. Every member of the family should have the right to influence family affairs and to be heard. A child's participation is as important as an adult's! It enhances the child's skills, self-confidence, and ability to take responsibility.

In matters concerning children, it's important to listen to them, acknowledge their opinions, and let them know that their views are taken into account.

Children desire genuine opportunities for choice.

A child's participation is as important as an adult's!
It enhances the child's skills, self-confidence, and ability to take responsibility.



A stylized illustration of a green frog with large white eyes and a pink mouth. The frog is wearing a pink and white striped scarf. It is sitting on a yellow surface, with its front legs extended forward and its back legs visible behind it. The frog has a small purple spot on its back.

But that doesn't mean you get to start bossing people around. If you want to take control of something, you also have to take responsibility for your decisions. Let me give you an example: if you decide to start doing karate and your parents pay all the fees, you can't switch to basketball the following week. Of course, you can change your mind later and switch to basketball, but only after discussing it with your parents.

Paul and Luke have a task for the whole family:

Participation is a feeling

As we know, emotions affect everything and are also involved in every decision we make. Even if you have researched all possible facts before making your final decision. By taking your child's feelings seriously, you are also conveying to the child that you take them into account when making decisions.

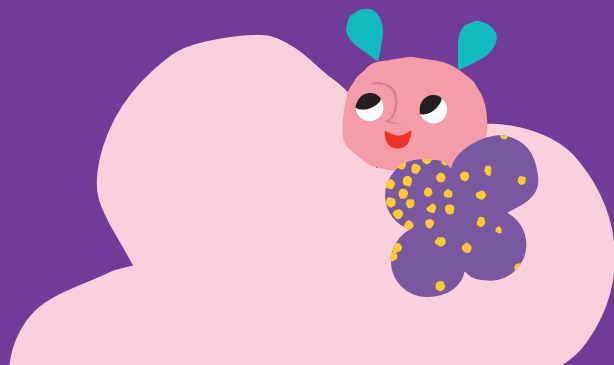
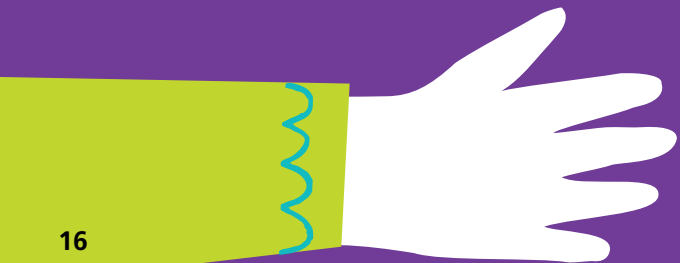
In situations where you disagree with your child, it can be particularly difficult to accept their feelings. Before you start defending your position, pause for a moment to think that these situations are an incredible opportunity to learn about your child and their feelings. The child is not just nagging you back but trying to tell you about their own feelings. Discontent doesn't disappear by denying it; it remains inside somewhere.

The next time your child wants to discuss the rules of the home, for example, about curfew, take a moment to think about what could possibly be behind the child's request. Are they envious of their friends' curfew, or could there be a fear of being left out? Don't dismiss this feeling as insignificant, even if you are frustrated by an ongoing conversation that may have taken place several times. You don't need to start being flexible about curfew in the future but explain why you want the child to come at the agreed time and help him or her deal



with any unpleasant feelings, such as disappointment about your decision and the emotion behind the request.

Participation is also a feeling. It arises from feeling part of a meaningful community and being able to participate in its activities. We experience joy and belonging in these situations. For example, if your child's support needs limit your family's ability to participate in communities important to you, what feelings does this evoke? What changes or support would you need to enable participation?



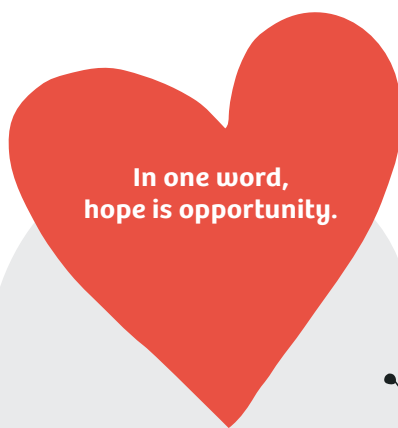


In experiencing participation, we feel hope

Being together with others creates a sense of belonging for us. If you get the chance to be involved in making decisions, it gives you confidence and hope for the future.

What if there is no hope? The comforting thing is that you can start to recover by talking to other people. It's important to talk about a good picture of the future and what has happened in your life, and to reflect on how things were when they were good. As we are able to live a meaningful life that suits us, hope quietly begins to awaken again. In difficult moments, it is important to see and recognise all that we have already done and all that we can still do. Noticing even a little progress is important for hope.

Hope is not just a passive emotion, it include tolerance of despair, a sense of purpose and a sense of looking to the future. Above all, hope is shown through what we do and how we behave.



**In one word,
hope is opportunity.**



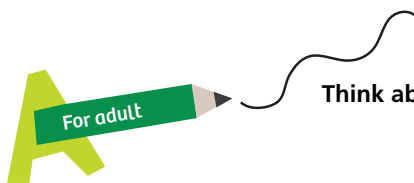
Self-knowledge

Good self-esteem is important for your well-being. This applies to both children and adults. When we can look at our own strengths and support needs with honesty and acceptance, we generally feel better. The earlier you can work with a child to address their support needs, the easier it will be for them to accept them as part of their identity. It is important to help your child see that all people need support at some point in their lives and that asking for help is normal. Good self-knowledge also helps self-esteem to develop and grow. Self-knowledge consists of values, identity, self-esteem, temperament and emotional skills.

It's good to teach self-compassion to a child from a very young age. Pay attention to how the child talks about themselves.



- Values are the things that are important and meaningful to you.
- Identity is how you see yourself. Identity is based on one's own personal characteristics, which can develop through interaction with other people.
- Self-esteem is a truthful assessment of yourself. Is it a positive assessment of yourself?
- Temperament includes behavioral traits that are typical of you. Knowing your temperament helps you understand why you experience things in a certain way.
- Emotions are with us all the time in our daily activities. It is important to be aware and conscious of our own emotions, and this will also help us to become more self-aware. Self-awareness could also include self-compassion. It requires a friendly and warm attitude towards oneself. Self-compassion is particularly important for our well-being and our ability to cope. It is important to notice and be aware of one's own emotions, which also strengthens self-esteem.



Think about the following things and write them down on this page.

VALUES

What things are important and meaningful to you? If your child were becoming independent, what life advice would you give them?

SELF-KNOWLEDGE

Is your assessment of yourself truthful? Is it positive or negative?

IDENTITY

How have the events in your life influenced the formation of your identity?

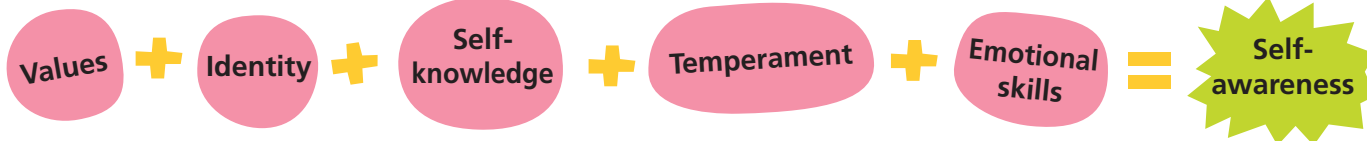
EMOTIONAL SKILLS

There are three ways to react to your own and your child's feelings. The first is rejection, where you push the emotion away. The second is overreaction, which is over compassion. The third is reassurance, where you acknowledge and explain all the feelings. These can vary depending on the emotion or the situation. Reflect on different emotions and your way of reacting to them. Could you make some changes?

TEMPERAMENT

Temperament is about the way we act and react in different situations. How do you react in these situations?

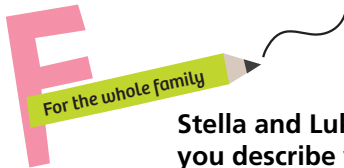
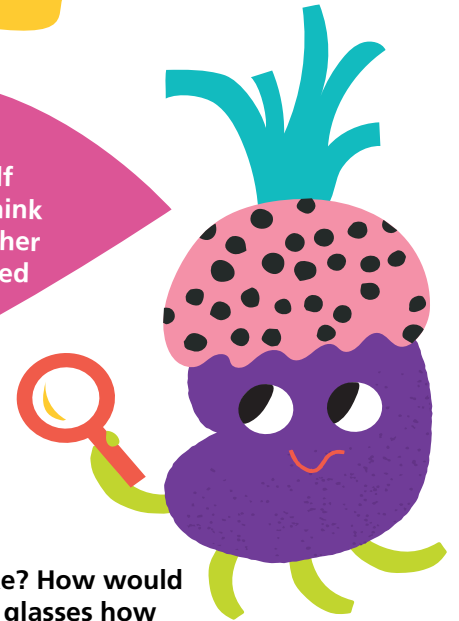
- 1) Making decisions
- 2) Being late
- 3) Meeting new people
- 4) Negotiations concerning the child



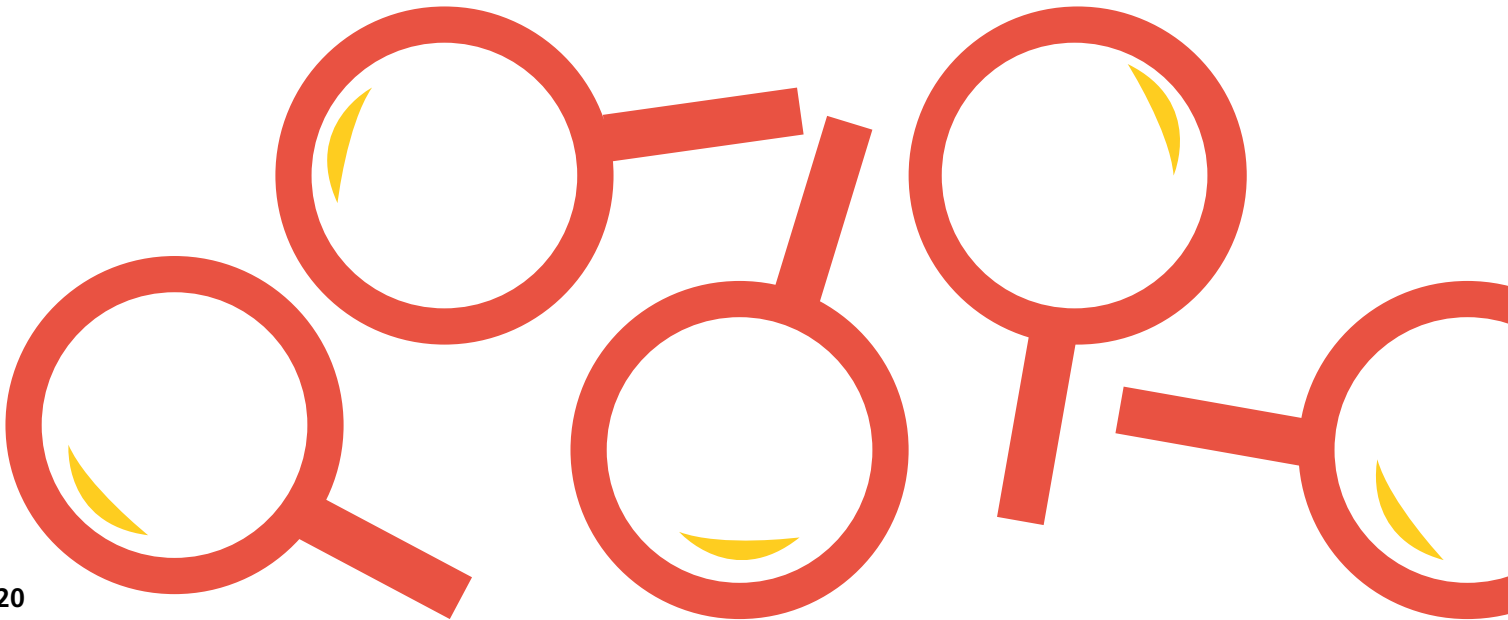


Hi Stella Self-Knowledge. You seem to be in a good mood.

I feel good because I've learned to recognize the things, I'm good at and the areas where I need support. So, I've learned to know myself. Accepting oneself isn't always easy, but it's important! When you think positively about yourself, it's easier to be with other people and accept their different traits. I've learned that I'm a good person!



Stella and Luke have a task for the whole family. What are you like? How would you describe yourself? Each family member writes on magnifying glasses how they would describe themselves. What is the first thing that comes to mind about yourself?



By facing difficult emotions, we strengthen self-knowledge

Children with special needs often face many more difficulties in their daily lives than other children. They may hear people around them wondering why something is not working or they start comparing themselves to other children. This can have a negative impact on a child's self-esteem, and self-confidence. They may speak about themselves in a rather unpleasant tone, which triggers a strong reaction in us adults that can be challenging to handle.

In situations like these, it's tempting to ignore both the child's and our own feelings and perhaps, shift the attention elsewhere. However, this is not a good reaction, it is more like cheating. Facing difficult emotions helps us to cope with them. If you can face your own and your child's emotions in these situations, it is a chance for an open and close relationship between you.

How to support a child in difficult situations? Pause and show that you're there for the child and care about them. Listen with an open mind to what they want to share, try not to get frustrated or over-react. Be present in the moment and in the feeling with the child. You can offer them the opportunity to come into your arms. As the emotion starts to ease, you can think together of an activity that the child can start doing. The feeling itself lives in us for about eight minutes. If we don't handle it or

feed it properly, it can live in us for decades. Children with special needs should receive praise and reminders of their own strengths, a few wheelbarrows more than other children, to prevent distortion of their self-image.

Giving praise after a tough day might seem difficult but try to point out a few things the child has done well by the end of the day. The next page talks about self-compassion and why it's important—a skill worth teaching children early on.



Moving from harshness towards hope and self-compassion

Parenting a child with special needs can influence how we see ourselves. Handling this responsibility can be tough, leading to exhaustion, guilt, or self-criticism. During these times, accepting compassion can be hard, and self-compassion may seem out of reach.

It is good to remember that self-compassion is important for our well-being and our ability to cope. We are more prone to self-criticism than self-compassion. It is much easier to be more compassionate towards other people, such as family members, friends, or colleagues. When was the last time you encouraged yourself or said something comforting to yourself?

Contrary to what we often think, harsh self-criticism is known to impair effectiveness,

even as a parent. Unreasonable expectations of oneself can also indicate a lack of hope. One of the first steps towards self-reflection is to notice your own harshness in your thoughts as well as your emotions. As human beings, we are not finished, we are imperfect and incomplete. Yet we are good enough. Instead of eliminating harshness, we should try to understand it. What would happen if I let go of my own harshness? What would you say to your friend if they were in the same situation as you?

Research has also shown that coping challenges and low self-efficacy can have a significant negative impact on parent-child interactions.

**"You close your eyes and breathe
You'll still make it through everything
Even though something took your
strength when you cried no
This is the highway of madness
You open your eyes and breathe
Maybe tomorrow you'll understand
you're still alive
You're still alive"**

**From a Finnish band Haloo Helsinki's
song "Highway of Madness"**

For adult

**Which song gives you strength?
What is a song that you feel brings
comfort to your current life?**



Synergy

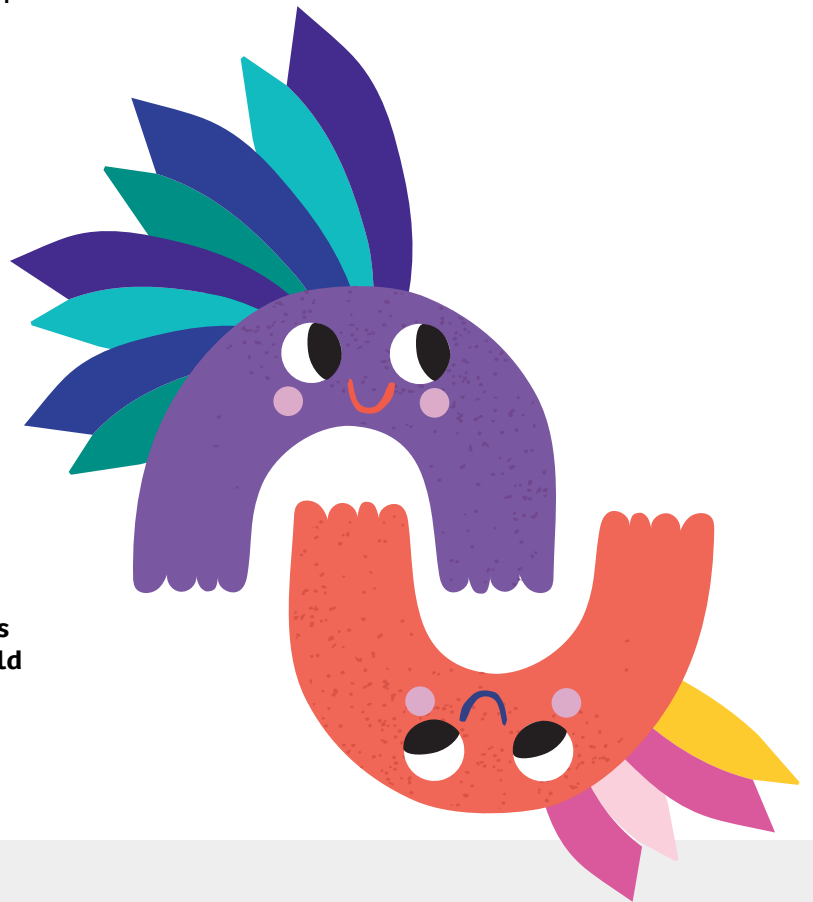
Two together is more than two individuals apart, which is why there's synergy. Basically, the energy is from both sides and gets the wheels turning in the right direction.

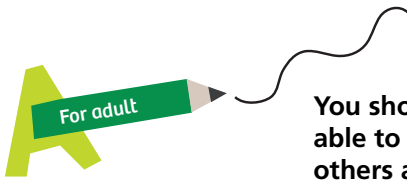
Your family's close and meaningful relationships form your social network. Each family member's network is unique. It often includes not only family but also relatives, friends, hobbies, neighbors, as well as school and work colleagues.

The network typically changes over time and according to life circumstances. A functional network enables social interaction, provides security, and offers support in current life situations. The size of the network isn't as important as its ability to meet your family's needs. With important people, we can share joys and sorrows, and draw strength from them when facing challenges. Who are the people bringing positive energy into your life?

Families with special needs are often surrounded by different authorities and workers. Do you feel that these workers are also part of your network? What kind of energy do you receive from them?

Children with special needs may need more practice in developing and sustaining friendships compared to other children. How could your network support the child in practicing these skills?



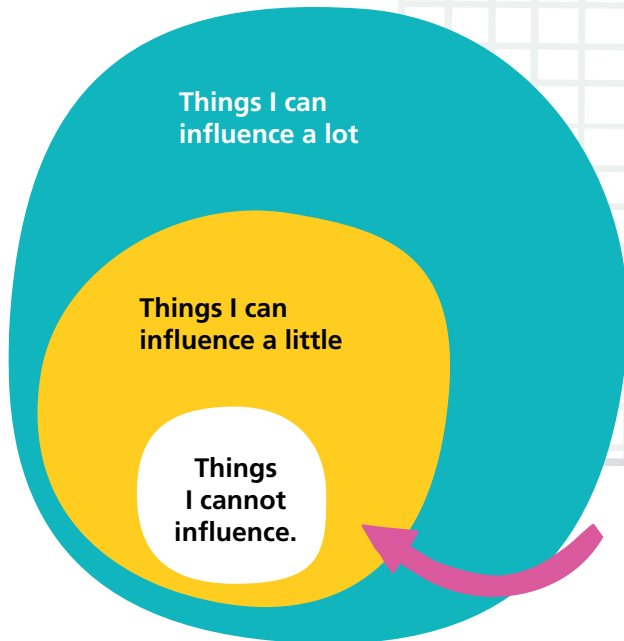


You should focus your energy on the things you can influence. We may not be able to influence other people's behavior, but we can choose how we relate to others and how we want to treat them.

Reflect and write down what you want to take with you to your meetings:

- With family members
- With friends
- With colleagues
- With the authorities

If you have a difficult situation with someone, you can reflect on it through these three points:



We often waste our energy on things we cannot control. Accepting such situations often brings peace, allowing us to redirect our focus to other, more important things.

F

For the whole family

Here are my friends Simon and Elliott. We often do fun things together, like playing soccer, digging holes, and exploring ants.

Sometimes we do have arguments. I didn't understand at all yesterday, why my friends got mad at me. I felt really upset. Mom used pictures to explain what happened in the situation and why the argument occurred. Elliott and I had different understandings of where the boundary of the football field was. After that, I apologized to Elliott and we agreed on where the boundary should be.

Sometimes I find it hard to understand why people get angry with me. That's when it's important for adults to explain.

Hi Luke! We have noticed that you don't always understand why we get angry. But we've learned to understand you, and nowadays we know how to explain different situations to you better. Despite our differences, it's nice that we are friends and can learn to understand each other.

Simon has a question for Luke and Elliott.

I've found it difficult to make friends. Before I met you, I didn't really have any friends. How can you meet new people and make friends?

I started a new hobby, circus, and have made many friends through it.

I was practicing at home with my mom, how I could ask others to play football with me in the yard.

F

For the whole family

Luke, Elliott and Simon have a task for the whole family:

What makes a good listener?
Are you a good listener?

.....

Which friends have you cheered on and why?
Who has cheered you on?

.....

Who could you
praise today?

.....

Is it okay to tell negative things about a
friend to other people? If a friend tells you a
secret, is it okay to tell it to other people?

.....

Synergy is created through good communication

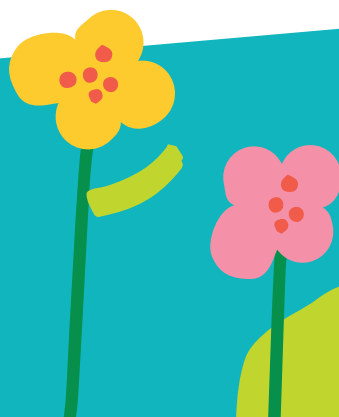
Safe relationships, where children can share their joys and sorrows, are the foundation for a lifetime of learning. It's important that we can talk with the child about all their feelings. In busy situations this can seem particularly difficult, but in fact these are the very situations where we adults should pause.

Let's imagine that in the morning you are in a hurry to get to school and work. In the hallway, the child announces that they do not want to go to school. What is your first feeling or thought?

What do you say to the child when you have something weighing on your mind and your thoughts are already running away to the first task of the day? It may be easy to ignore the situation and say, "Yes, you just have to go to school."

However, it is difficult to fight against emotions and it rarely saves time. Once again, pause for a moment and open up a conversation with your child. You can say to the child, for example, "You're tired this morning, aren't you?" or "You don't want to go to school because there's math today." Even if your guess is wrong, the connection is open, and you may be able to find out what's behind the reluctance.

It's important to remember that none of us are perfect and everyone makes mistakes. There are moments when we may not notice the feelings our child is expressing because our minds are preoccupied with the many tasks of daily life. Our own emotions may have taken precedence over the child's feelings. In these situations, it's important for us adults to bring out the repair kit. If you realize such a situation has occurred, it's fair to admit to the child that you were wrong or unfair and apologize. These acts of repair are more important than the mistake itself. The child also learns from these situations and learn to do the same.



Hope needs other people around

In challenging life situations, it's important not to remain alone but to try to find other people around you. Particularly, peer support is known to have tremendous power for both coping and hope. Hope is crucial in interacting with others; it's not just the individual's solitary strength. Hope means the ability to be together with other people, even when the situation seems hopeless.

Hope develops, grows, and spreads with others. Hope develops especially when we feel heard, seen, and our existence matters to others.

Mutual trust is essential. Both children and adults need moments of encounter, listening, and seeing. When a child considers their own uniqueness, it's important to help them see hope and their own ability to cope in the future. It's meaningful to be surrounded by people who create and sustain hope.

A stylized illustration in dark blue and teal. In the foreground, a large dark blue hill features a silhouette of a child sitting and looking towards the right. To the left of the child is a stylized tree with a rounded canopy. In the background, another dark blue hill has a small house with a chimney emitting a wisp of smoke. A yellow sun is visible in the sky. Teal wavy lines represent water or grass. The text 'Shared hopelessness creates hope.' is written in white on the right side of the foreground hill.

**Shared
hopelessness
creates hope.**

Support needs

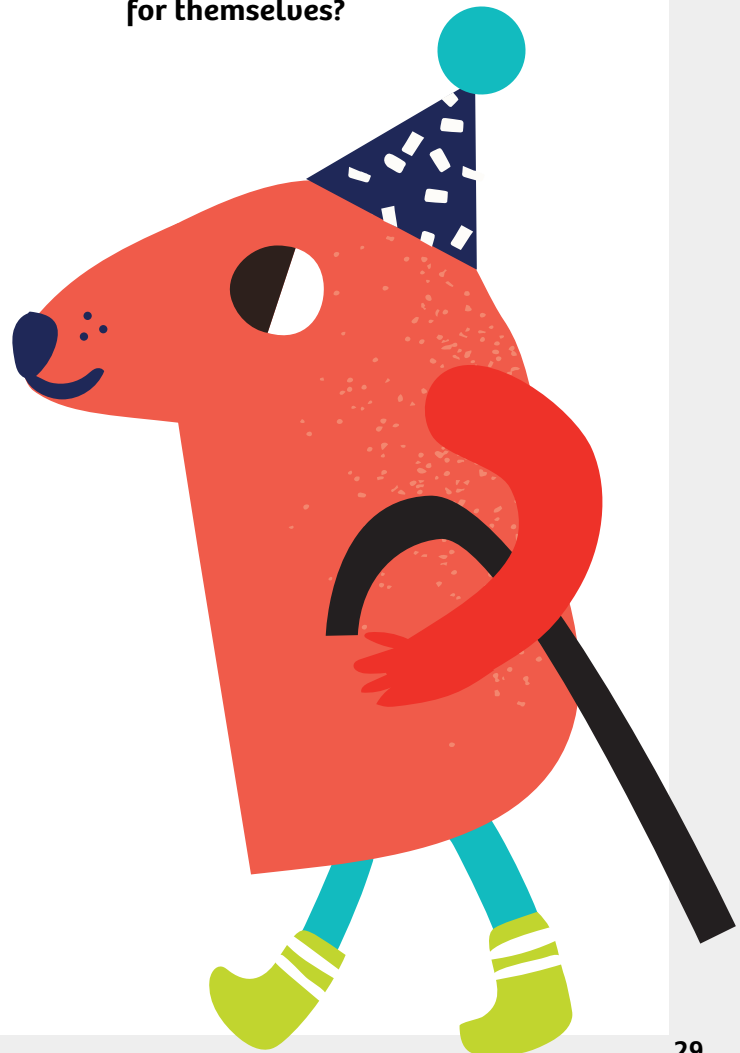
Everyone needs support from others at times. It can sometimes be difficult to admit this to ourselves, and the barrier for asking for help can be high. We try to manage on our own for as long as possible, and we seek help only when absolutely necessary.

During the Shine journey, we have already discussed how having resources as parents and “putting on your oxygen mask first” makes it easier to support child in their challenges. Therefore, we encourage seeking help a little too early rather than too late.

Generally, the people around us are happy to help, but they cannot know about our need for help if we don’t tell them. Throughout life, we need both formal and informal support, and both are equally important. Formal support can include therapy, visits to the health center, social rehabilitation, or disability and social services. Informal support includes help from neighbors, relatives, or parents of the child’s friends.

Sometimes it can be difficult to tell close ones about the child’s uniqueness and support needs. They may have previously given odd advice or made belittling remarks about the child. However, it’s important to consider the appropriate and necessary ways to share information about the child and the entire family’s situation with close family and friends. Sufficient information also helps other adults accept the child’s uniqueness.

Does the child have ways to ask for support for themselves?





What signs do you recognise, that your family needs support?

What kind of support could help you achieve an even better everyday life?

What kind of support is your family currently receiving?



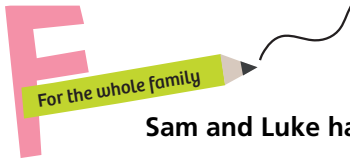
Hi! I'm Sam and I have a walking stick because I need support in my life. I need support in moving around, but also in many, many other things, such as listening to others, telling the time, and doing homework. For me it's okay that I need support from other people.

And now I'll tell you a secret: I've noticed that parents also need support in many things. For example, my mom doesn't know how to use a computer at all, and my dad doesn't know how to do the laundry! Have you noticed in which areas your parents need support? I have a question for Luke: what areas do you need support in your life? Has it been easy to ask for help from other people?

Hi Sam! Last time, I got help from my grandpa with my homework. It was really nice that he helped because I wouldn't have been able to do it alone. My aunt helped me one day to deal with a sad thing. It felt too big to handle alone, but it was a lot easier when I could talk to her about it.

I also enjoy helping other people. For example, I helped Elliott one day to find his hat when he had once again lost it. Helping somehow makes me feel really good about myself!





Sam and Luke have a task for the whole family:

What was the last thing you needed support with? Who did you get help from?

What kinds of things do you usually need support with?

Who did you last help?
How did it make you feel?

Learning emotional skills requires perseverance

Sometimes it may feel like the daily life with a child with special needs is just about learning different things. In addition to learning physical skills, you also need to learn social skills, among other things. Even though the journey may seem like climbing a mountain, we want to instill confidence in you that all that effort will surely pay off someday. Keep up the good work!

One thing that supports emotional skills is teaching the child ways to regulate stress, as they don't have them automatically. When stress levels are high, it's difficult to control one's own emotions and behavior. It's good to discuss with the child and articulate what situations burden them. Also, think together about ways to reduce stress, for example listening to music, playing games, or going outdoors. The same discussion with other adults who are involved in the child's life.

When stress levels rise, both children and adults can experience anxiety and irritation. This may be particularly evident in challenging situations. In these moments, it's crucial to ask for help, but in a high-stress situation, that can be difficult. Functional capacity may also be lost. When your child faces a stressful situation, instead of making demands, approach the situation with compassion first and lend your own coping skills. Together, consider how each family member recharges their own batteries. Are there enough opportunities to do this?



For hope to last, we need support from others

We need the support of another person to strengthen and sustain hope for us. It is important to realise that sharing our weaknesses strengthens us from within and admitting them is not weakness. It is difficult to read another person's thoughts and feelings, so we need to learn how to share our inner self with another person. Too much perseverance can pay off at some point, for example in the form of exhaustion or depression. The worst cost of all is loneliness.

Care is a central aspect of hope. It involves both giving and receiving support, as both roles are crucial. Hope signifies a commitment to living a fulfilling life, embracing both the positive and negative aspects, while engaging in supportive relationships with others.

Future planning

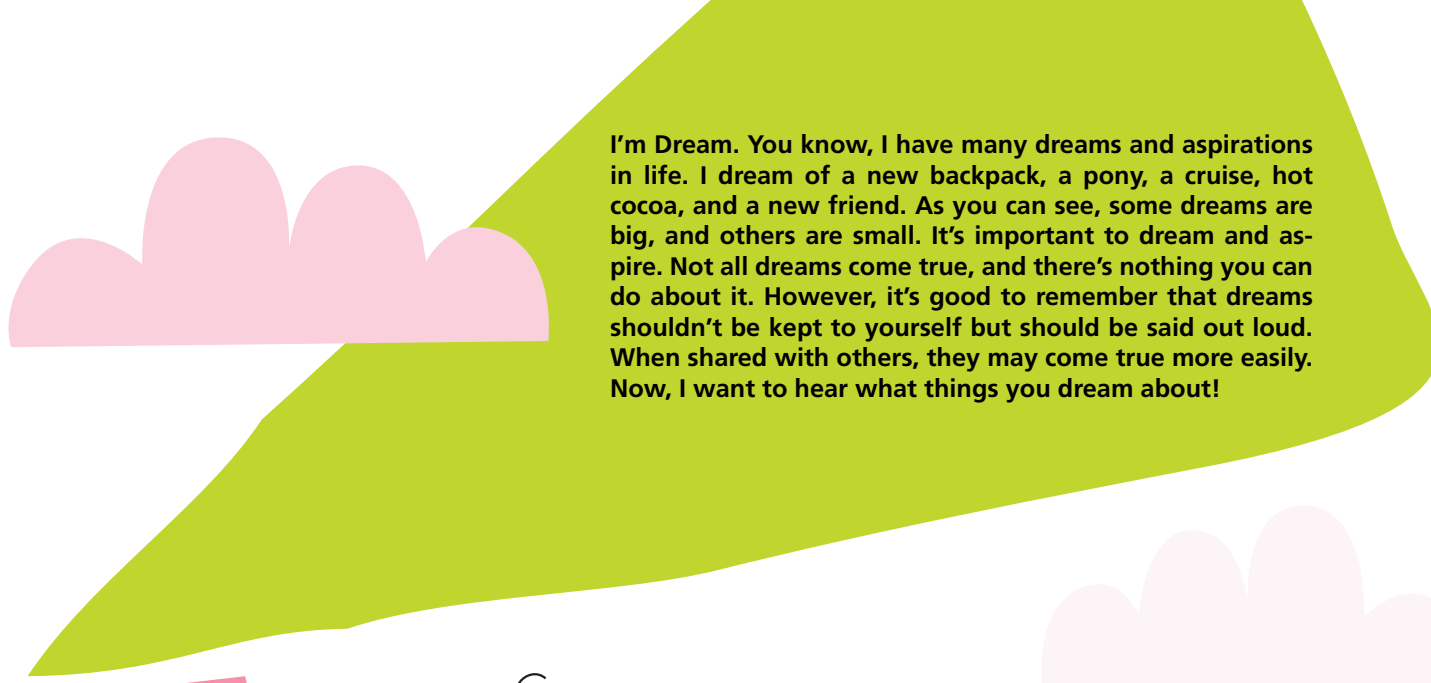
The final part of the journey looks towards to the future. We pause for a moment to dream. To make dreaming possible, we need to dare to wish ourselves well, to look boldly at our lives and to be sensitive to our own needs. We also need the ability to imagine what life would be like at its best. It is important to remember that not all dreams have to come true for us to live a good life. The size of the dream doesn't matter either, everything counts.

Saying farewell to a dream that remains unfulfilled can be daunting and disappointing. The familiar saying goes, "It's not the destination but the journey that matters." This applies to dreaming as well. Sometimes the journey towards the realization of a dream can be more valuable and more important than the ultimate realization of the dream. During that journey, we often grow as individuals, find purpose in our daily lives, and gain clarity in our emotions, thoughts, values, and life decisions.

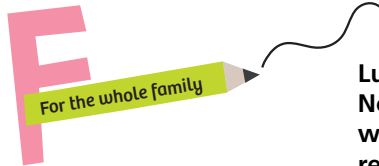
We cannot predict, nor we fully know, what the future will bring. We cannot always control everything, but we can dream, envision, and set goals to create the best possible life for ourselves and our loved ones. We hope you will remember two things: hope and dreaming. Neither should be forgotten or stopped.

Support the child in seeing all the things that are going well in your life.





I'm Dream. You know, I have many dreams and aspirations in life. I dream of a new backpack, a pony, a cruise, hot cocoa, and a new friend. As you can see, some dreams are big, and others are small. It's important to dream and aspire. Not all dreams come true, and there's nothing you can do about it. However, it's good to remember that dreams shouldn't be kept to yourself but should be said out loud. When shared with others, they may come true more easily. Now, I want to hear what things you dream about!



Luke and Dream have a task for the whole family:
Now, dream together! Dream big and boldly! Mark in the dream clouds which of these dreams could be realized. If something cannot be fully realized, could it be partially fulfilled?

Each one of us needs resilience

Resilience helps us to cope positively in difficult situations. In the face of challenges, resilience helps us to adapt, cope and recover. We are better able to reorient ourselves in the face of change. In addition to self-awareness, resilience is strengthened by rest, recovery and exercise, among other things. A warm and strong relationship with a trusted adult best supports a child's resilience. Just one safe adult is enough to form this bond. Resilience helps a child to cope better with disappointment and failure.

Resilience is illustrated by a very flexible tree, which can bend in different directions in all kinds of weather, but in the end, it always comes back upright and continues to grow regardless of the storm. The way a tree bends and recovers is influenced by our individual traits, abilities and skills. How do you react to difficult situations? Do you become paralyzed or do you start to look at things from different angles and try different options? A resilient person starts seeking solutions while feeling capable of coping with the situation. They also have the ability to find hopefulness. It's important to feel that you can talk about difficulties and ask for and receive help in challenging situations.

How can resilience be strengthened? First, think about how you approach challenges and what motivates you? You don't have to navigate everything alone, asking for help is acceptable. The most important thing is to recognize your strengths and put them to use in a situation. Above all, try to accept change and the changes that come with it feelings.

Change comes to all of us, and futile counter arguments just waste energy. Resilience also requires a big dose of compassion and the ability to nurture hopefulness.

One of the reasons we've gone through emotional issues is that when your child moves away from home, you can see that they have good emotional skills that you've worked on together.



Hope gives faith in dreams

Hope is in the present, it looks at the past and is slightly in the future already. Hope sets the direction towards the future and strives towards it. It's important to see the past and reflect on what aspects have influenced our lives and shaped us.

What strengths has the past taught you? Happiness is experienced here and now. We can have the most impact on this moment, but it's important to understand that the past also affects this day, and each day builds the future.

How do you view the future? It's important to let the mind wander through the past, present, and future. It creates hope around us, and we can set goals and look ahead. We can go far by making peace with the past and consciously influencing the future.





Write down together as a family things you're grateful for.

A series of horizontal dashed lines for writing, spanning the width of the page.

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