

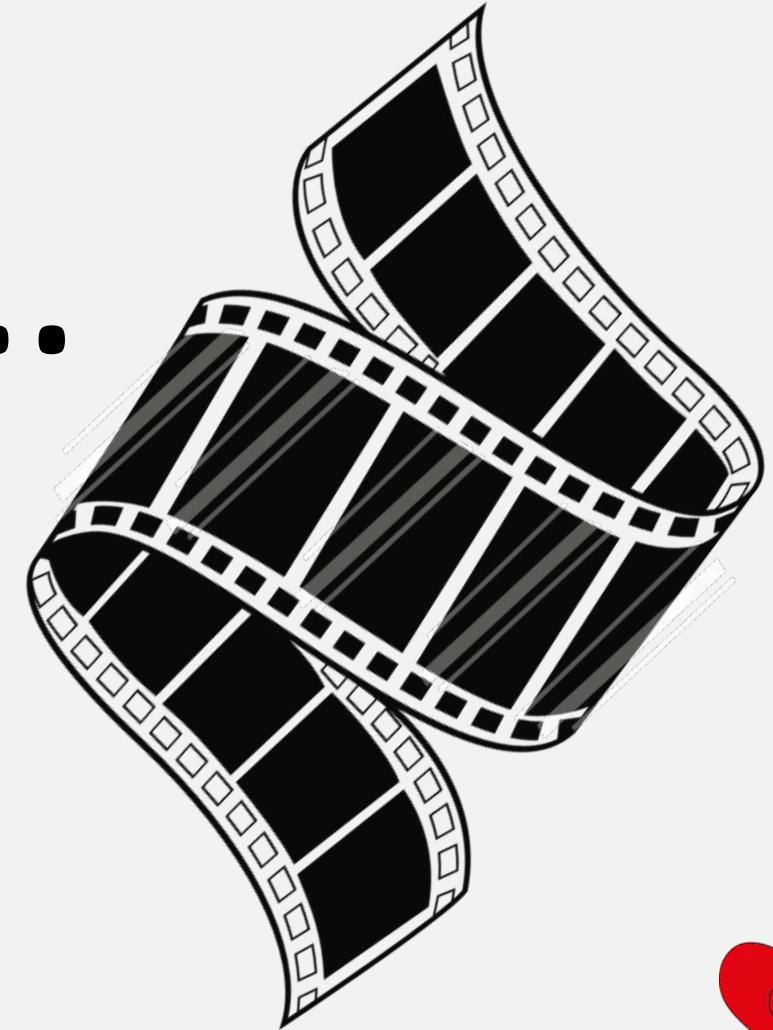
# HELA BARN

“Undivided Kids”

Mission & Vision August 2022

Sandra McGinn  
Maria Sköld

Meet Joseph...



What do you think the parents are doing  
that is difficult for Joseph?





## **HOW** to communicate

- Focus on how the parents talk to each other rather than on what they are talking about

## **WHO** is important

- Always the child in focus

## **WHY** change is necessary

- “I can only take responsibility for my own change”

## **WHAT** does Hela Barn offer?

- An opportunity to gain new perspective as a parent and enable personal change



# **Five child-focussed sessions with parents in conflict**

Pre-meeting – Individual meeting

Meeting 1 – Evaluation and goals

Meeting 2 – The child's voice

Meeting 3 – Parental communication

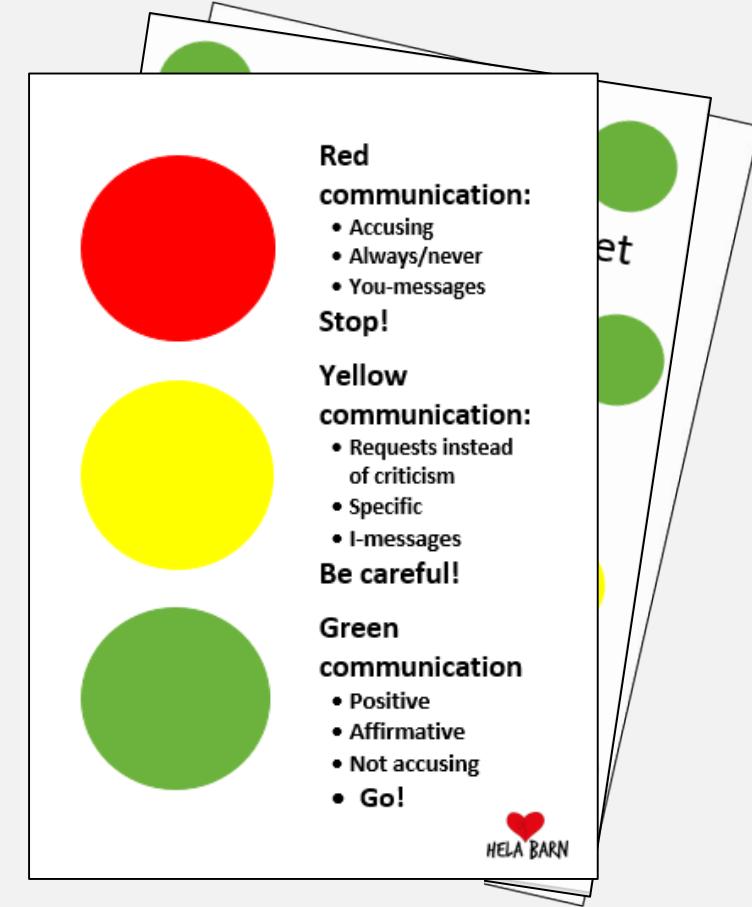
Meeting 4 – Looking back and future plans

(Possible follow-up meeting – “boost”)



# Pre-meeting - Individual meeting

- Set the tone and clarify the purpose
- Introduce rules and approaches:
  - The stop light
  - Rubbish basket
  - Personal change and motivation
- The parents' background stories
- Do you want to participate?



# Meeting 1 – Evaluation and goals

<b>Difficulties</b> <p>J gets scared when dad raises his voice, which he often does. Now J refuses to stay at Dad's, and I can't force him. I get stressed because Rob thinks it's my fault and that I'm influencing J. I get tired and easily irritated. The conflict takes all my energy.</p>	<b>What can we change?</b> <p>We can try to find ways to talk about important things without arguing. J should want to be with both parents without us forcing him.</p>
<b>What works well?</b> <p>Dad helps J with math, which is challenging for J (and me). This year we solved the summer planning without major conflicts.</p>	<b>What do I want for my child?</b> <p>J should feel safe with either of us. J should feel calm and happy. J should just be able to be a kid without worrying about us.</p>

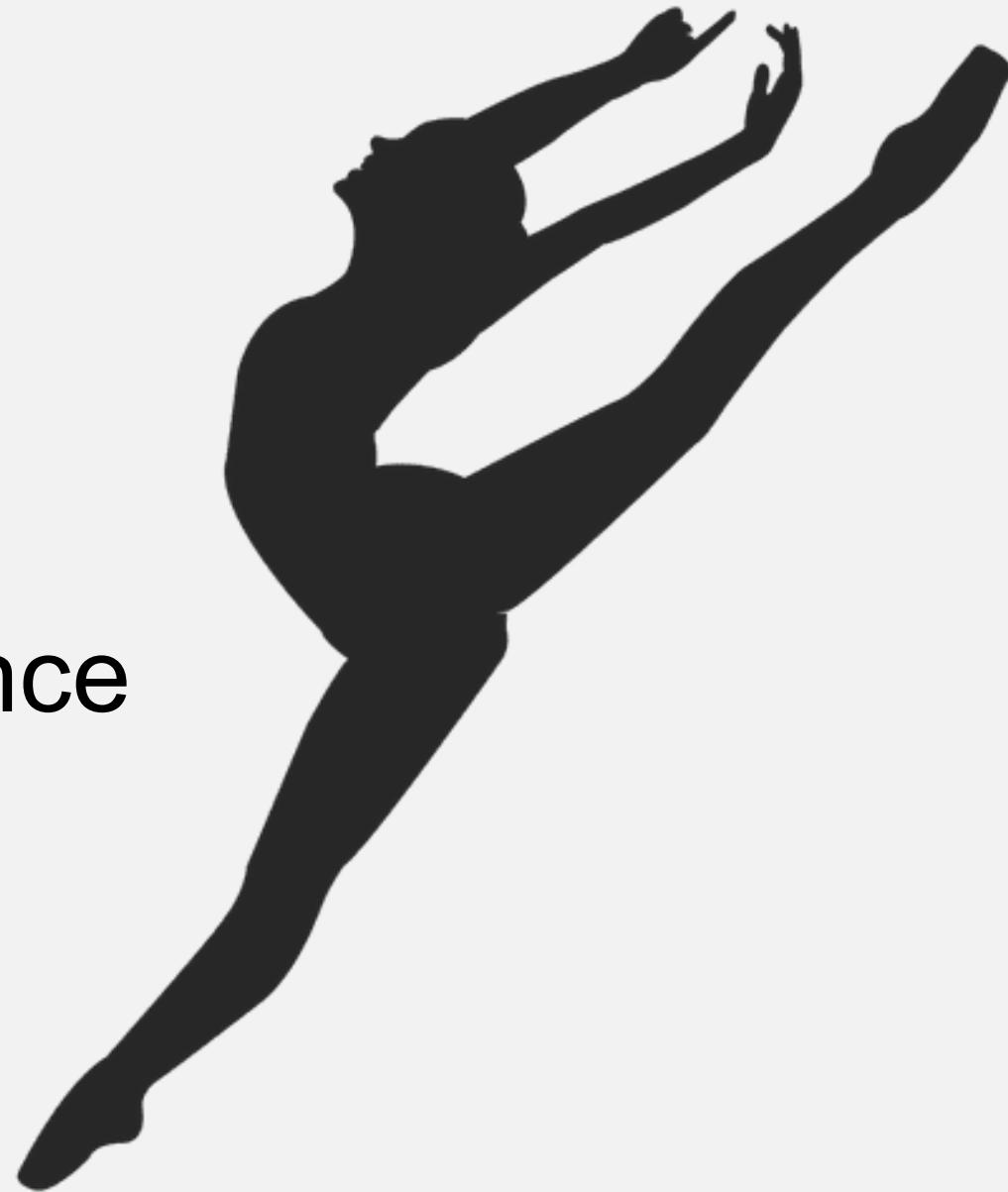


*“People do not get divorced for no reason. A divorce is often preceded by a couple being unhappy together for a long time, and sometimes by a deep hostility. Often both parents have a - mostly unfounded - fear that the other parent will hurt the children, in the same way that they feel hurt by the other. They are convinced that they must fight the other parent for the sake of the children – because they love the children, they must save them from the other parent. If they stopped arguing, it would feel like they were abandoning the children.”*

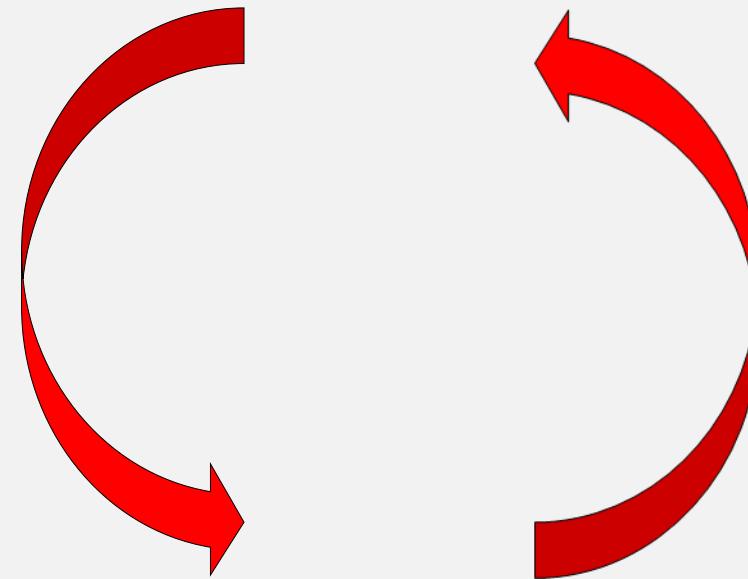
*Justine van Lawick (translated from “Våld i nära relationer”)*



Optional jump – Bounce  
a little



# Meeting 2 - The child's voice





## **Exercise:**

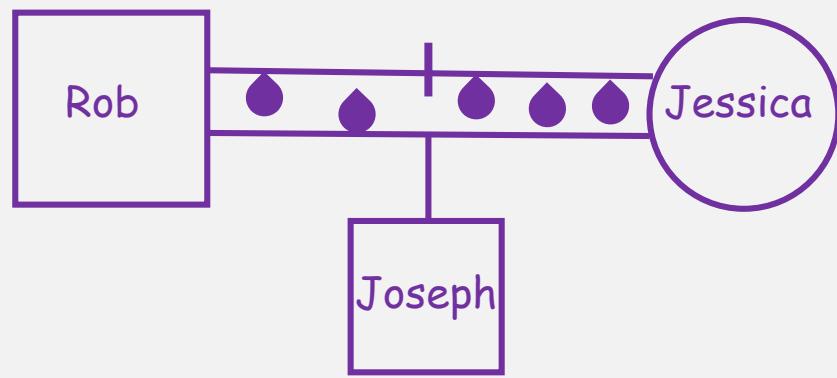
Turn to your neighbour and start arguing.

When you receive a note:

Follow the instructions without sharing  
with your “new enemy”.



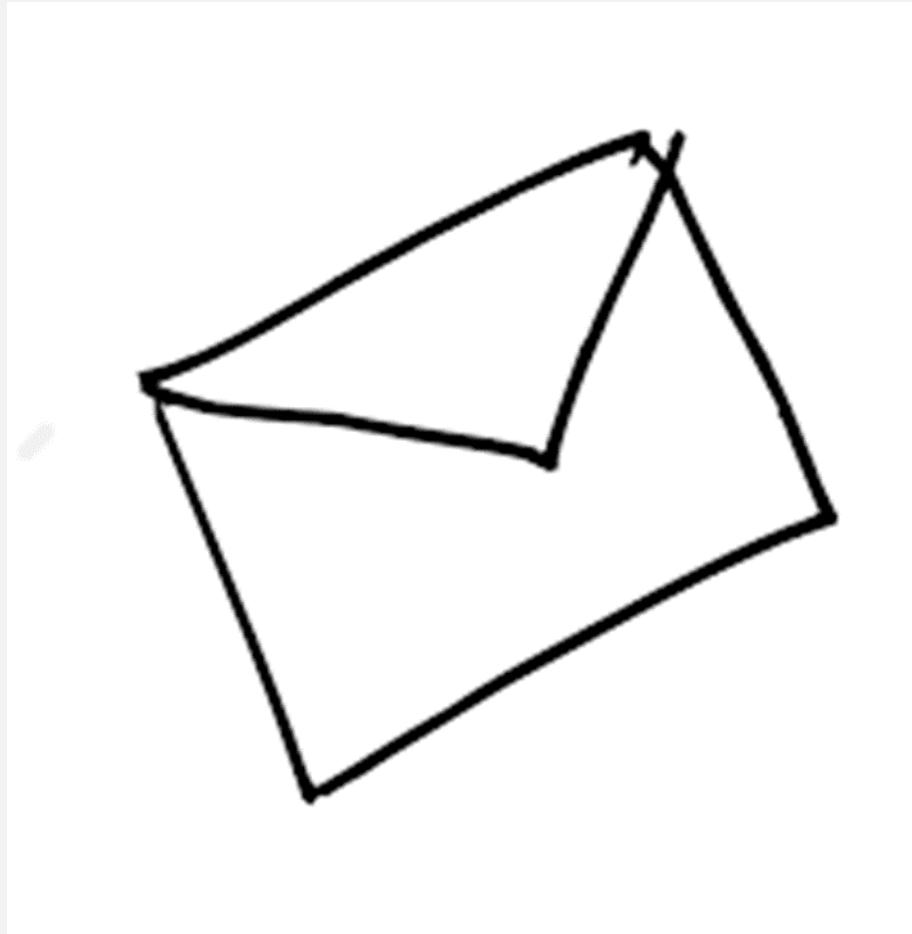
# Meeting 3 - Parental communication



R=Rationality  
E=Emotion



# Meeting 4 - Looking back and future plans





Joseph, my sweet,

I want to write a letter to you about my life with your Dad, before we got divorced. A little about what was good then, but also what became difficult for you during our separation. And how it is now.

It's not easy for me to write this, because I've been so mad at Dad. I'm a little less angry now. Maybe you've noticed.

When Dad and I had you, life seemed to shimmer a little extra. I especially remember your first four summers outside Grandma and Grandpa's farm, where daddy grew up. We swam and fished together. You actually took your first steps there, in their garden.

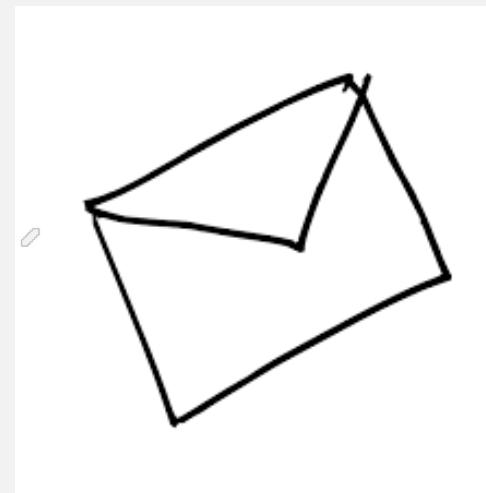
Then began our unhappy years. We moved, changed jobs and everything got messy. In all the mess, Dad and I kind of lost each other. We didn't make time for one another. We argued a lot. In the end it became too hard, we gave up and moved apart. It must have been difficult for you, the atmosphere in the house was so bad.

Both dad and I are starting to see how pointless it is, always arguing. It's difficult, but we're trying hard to find ways to make peace. Now, at least, we've agreed on summer holidays. And we're even planning a birthday party for you, imagine that!

And do you know how glad I am that I met your dad, because we had you.



# Meeting 4 - Looking back and future plans



# Voices from children and parents

*"My parents are usually proud of me - now I'm really proud of them"*

*"Now mom and dad can solve things, completely without a fuss!"*

*"Hela Barn has helped me to talk about my ex with the kids without being mean."*

*"We had the opportunity to practice conversations in safe conditions. It increased respect for each other."*

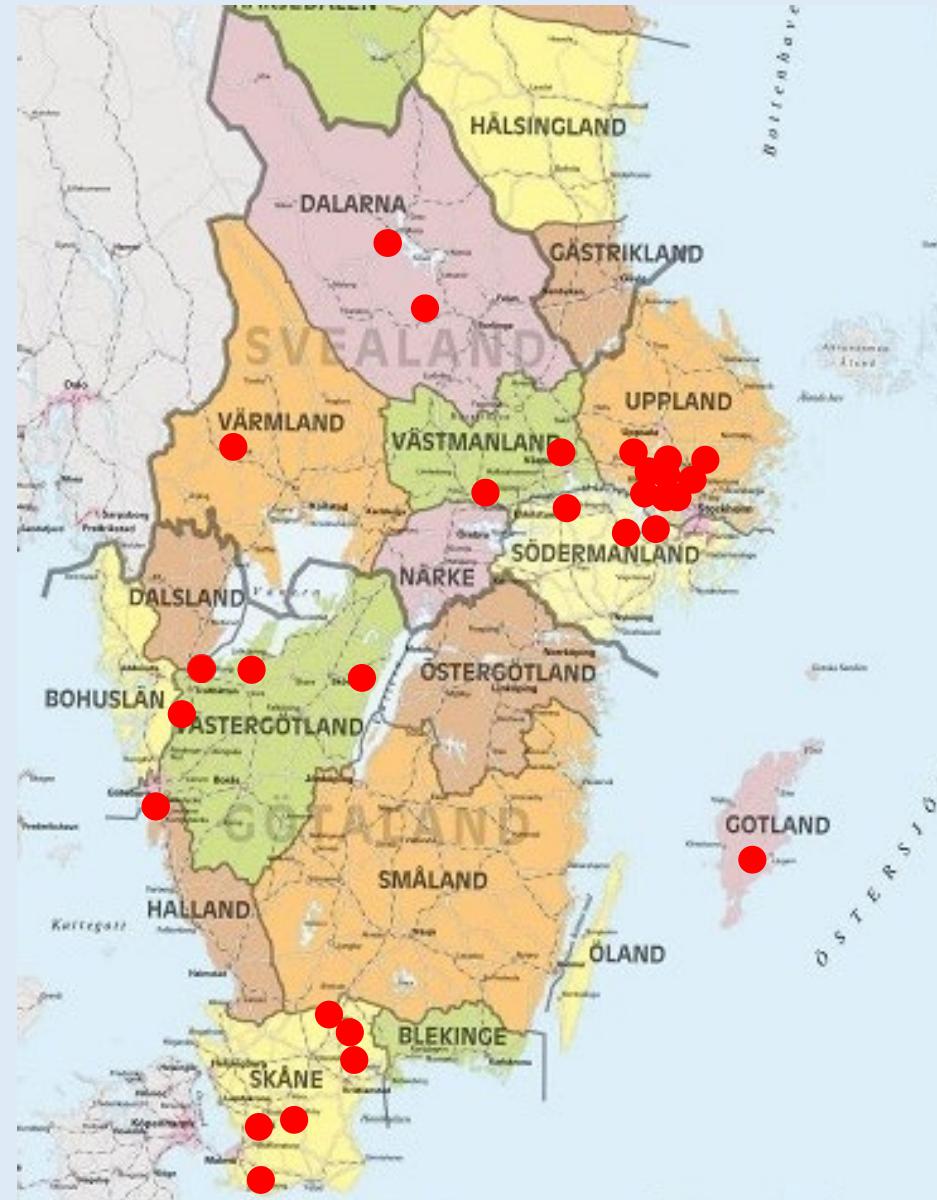
*"In the past it's always been a blame game. But here it's not about whose fault it is."*

*"All parents who separate should have the opportunity to attend Hela Barn."*



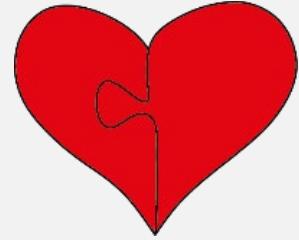
# A growing network

- Mora
- Gagnef
- Värmland
- Västerås
- Arboga
- Vallentuna
- Upplands Bro
- Danderyd
- Järfälla
- Solna
- Sundbyberg
- Ekerö
- Stockholms stad
- Täby



- Huddinge
- Botkyrka
- Strängnäs
- Vänersborg
- Grästorp
- Lilla Edet
- Mölndal
- Hjo
- Gotland
- Osby
- Östra Göinge
- Kristianstad
- Hörby
- Eslöv
- Trelleborg





# THANKS FOR LISTENING!

For more information:  
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