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What's best for the children?

Raising children in Denmark



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About the booklet

This booklet is written for parents from another country who are raising children in Denmark. This can be a challenge. There are many differences in how to raise children from one culture to another. Raising children is a big part of a country's culture. As parents one can be confused and insecure when raising children in a foreign culture. Partly because the children – usually – adapt to the new culture faster.

This is not to say that there is only one way to raise children when living in Denmark. There needs to be freedom to do it in different ways. Which also includes ways influenced by the parents' native culture. This is about what is best for the children when they grow up in Denmark

– and not in the country where their parents or grandparents comes from. Let us just admit, it is difficult. When you arrive as a refugee or immigrant in Denmark you have suffered losses. You have lost all the good and well-known things from your native country. In a way you have lost your identity and a new one must be built. This takes time and can be difficult for both children and parents alike.

This booklet is meant as a helping hand in this hard and long process.

There are six chapters, which each end with one or two questions – for personal reflection or discussion with other parents.

Chapter 1.

Parents want the best for their children

As parents we want what's best for our children! However, we are not always able to do what's best for them. This applies for all parents. Nevertheless, parents coming from another country have the added difficulty that they cannot just raise their children in the same way as they were raised themselves.

This can make parents insecure. It's like playing a game without knowing the rules. Imagine playing chess without knowing the rules! You will be insecure. And insecurity is not a good foundation for raising children well.

When parents at the same time have to learn a new language, get a job or study to take an education and settle into a foreign country, it can be extremely hard when raising your own children also contributes to more difficulties.

It is difficult for the children as well. On the one hand they want to be as their parents would like and on the other hand, they don't want to be too different compared to other children at their kindergarten or school. It is important that parents try to see the situation from their children's point of view and understand

the pressure the child is under.

Sometimes the pressure from their parents goes in one direction while the pressure from Danish friends, teachers, football coaches etc. goes in the opposite direction. This is not an easy position for a child.

A few examples: If talking about sexuality is not allowed at home while it is compulsory at school, children can feel insecure. Or if a child only has to obey a few rules of behavior at home they might experience angry looks and words on the bus or at church if they behave in ways that Danish people don't like.

Raising children in Denmark

In some cultures, there is no tradition when it comes to talking about how to raise children. There is "just" a way to do it but no actual language to explain how and why. It is not like that in Denmark. Danish parents talk a lot about how to raise children. This might also be something that needs getting used to when you come from another country.

In addition, many adults and children who come to Denmark carry a lot of

traumatic experiences and problems. If a father or mother has post-traumatic stress disorder (PTSD) they will need special psychological treatment – and the children also – before they have the ability to consider how to raise their children in a foreign culture.

One place where parents who are refugees or immigrants may clash with the Danish way of raising children is at the kindergarten or school. Places where their children and Danish children are together. Be prepared that Danish kindergartens and schools do a lot to include you as parents in the daily life. Not only about education but also about how the children thrive and their relationships with the other children. This is not special treatment they give just to you. Receive this offer of cooperation as a gift and take part in it.

At the same time, it is important that you as parents from another background, feel free to ask – and even object – if something is not clear or you disagree. Speak up, don't hold back, be frank and curious. This will also help the Danish teachers in kindergartens and schools who might be insecure about how to handle a situation. Listen to them and expect them to listen to you as well. You are the ones who know your children best.

Refugee families often live in accommodation with little space and it can be difficult for their children to invite friends home to them. Try to make it possible for

your children to invite friends and look at it positively if your child is invited home with a friend from their kindergarten or school. This will often make it easier for them to settle into a new place.

It is common in Denmark that girls and boys play together and become friends. So, do not be surprised if your daughter is invited by a boy or your son is invited home to play with a girl. Also try to let your child participate when invited to a birthday party of a friend and don't hesitate to tell the parents, for example, if your child should not eat pork.

It can be a great help to have a Danish friendship family and even more so if they have children the same age as yours who have some activities in common or attend the same school. This will make it easier to see how Danish parents raise their children. Furthermore, it is possible to talk about how to raise children and get their recommendation and advice. Not that you should do exactly as them but to help you choose how to raise your children when now living in Denmark. Just one more thing: Do not use your child as an interpreter when going to the doctor or meeting public authorities even if they are good at Danish. Children should not be involved or informed about matters which are only meant for adults.

Parental control and self-control

In Denmark the emphasis is on children growing up to be independent. Even

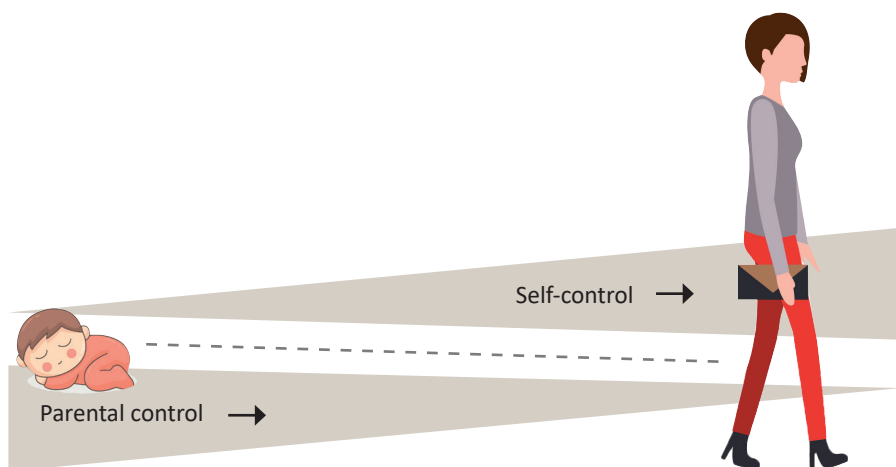
when it comes to family, religion and the culture they grow up in. Naturally this does not mean that they should abandon their family or their family's religion. However, when they are young adults they should have the freedom to choose whether they want to follow the traditions and beliefs of their family. One reason is that the honor of the family is not as important as it is for many refugees and immigrants.

In Denmark young children do not get as much freedom as older children. In the beginning parents have quite strict rules for their young children, e.g., what time

they should sleep and eat etc. How much candy they may eat or how much time they may use on their iPads, phones etc. Even though some Danish parents find it difficult to make decisions on behalf of their small children the idea is still that the parents should have more influence on the young children's daily routine than when they are older.

As the children grow older they get more freedom to make their own choices.

There will be less parental control as the children mature and they will get more self-control and independence. This is a way to illustrate it:





This demands that parents are good authorities in their children's lives – especially when the children are small. Before the age of two they should have learnt that it is the parents who make the decisions in their life, and not themselves. It is not about the parents bullying the children. This is about what is best for the child. Small children need the security of knowing that an adult takes responsibility for them to get a good night's sleep, healthy food, exercise and having their teeth brushed. The child should not have to make more decisions than it can manage. It should also learn good manners. Parents should still have a lot to say in the life of the child when it reaches the age where it goes to school and when it becomes a teenager. However, still less and less. Slowly step by step as the children mature they should get more and more freedom to do things on their own and decide for themselves. Until the age of 18– maybe earlier depending on their maturity – when the child has

reached the age of independence and the official age of adulthood where they will be able to drive a car on their own and have the right to vote in public elections. Naturally, this does not mean that you are not allowed or unable to tell your grown up child anything anymore. However, even when they have become adults we as parents still have the right to say what we feel and mean about their choices and decisions. Nevertheless, we do no longer have the right to decide on their behalf. Adult children are free to choose whether they want to follow their parent's advice or opinions or not.



Consider or discuss

- What is the relationship between parental control and children's self-control – in the Danish culture and in your own native culture?



Chapter 2.

Positive authority

I know that many parents arriving in Denmark as refugees or immigrants feel that they lose control when it comes to their children who are not yet adults. This is of course difficult. Parents can feel humiliated, for example, when their children learn the language of the new country much faster than them.

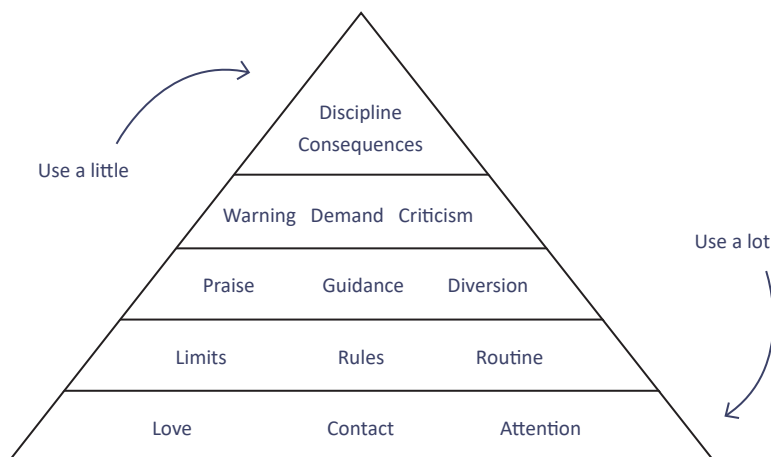
Some parents have experienced that their children have threatened to report them to the police or other authorities. Parents will be humiliated and powerless in situations like this and be tempted to regain control by threats, force or violence. Some other parents will feel tempted to give up the fight. They give in and leave too much control to the children.

Both solutions are bad. In the first case your authority is misused. In the second

case the parental authority that the children need is lost.

It is against the law in Denmark to beat your children. It is not a viable option to control children by beating them or using any kind of violence. You are allowed to use your physical strength as a parent to avoid danger for your child or keep them from doing something stupid. You are also allowed to restrain a very upset child until it calms down again.

Rather than using violence, parenting is about being a positive authority. Children need parents who are positive and strong authorities in their lives. This is not an easy lesson to learn, it needs practice – for a long period of time. In the pyramid of care and attention regarding upbringing of children, it looks like this:



What is at the bottom of the pyramid should be used a lot. What is at the top should be used rarely. Let us look at the layers of the pyramid:

Love, contact and attention

The most important thing when raising children is a loving, warm and trusting relationship with them. This applies to both the mother and the father.

The infant is very dependent on a good, loving and secure eye contact, for example, while on the changing table or in the sofa after being fed. In some cultures, a child is not allowed to make eye contact with a person of authority. However, in Denmark this is very important.

An infant gets its first impression that life is worth living through a safe and warm relationship with their parents. This relationship provides a safe foundation on which the child can develop further.

Some fathers are not used to having such

close contact with a small child, however, it is possible and very important to practice. Also, as a father.

Part of the loving contact and attention is for parents to be responsible and avoid what is dangerous or destructive and maintain what is important and good for the child. This will make the infant feel that the parents want what is best.

A few practical examples: By a firm look and voice the child should be told not to touch the hot teapot or the burning candle. The child must consistently be kept out of danger.

When a small child gets his or her first teeth the child needs to be taught that they need brushing even if it might be uncomfortable. If necessary, the child must be restrained until it understands that the teeth must be brushed twice a day.

Small children need a lot of encouragement as well. Raising children in a good

way does not primarily mean saying no to what is bad (though this is necessary) but more importantly is saying yes to what is good. Parents must do positive activities with their children: visit playgrounds, watch TV together, go shopping, play games, do physical activities etc. This time is not wasted. On the contrary this is very important and enables the child to mirror both their mother and father in order to discover how to behave.

It is of course impossible to give the child full attention all day long. And this is not what the child needs. On the contrary it is important for the child to discover that not everything revolves around it. Maybe there are siblings, a mother and a father who have to go to language classes or work, or parents who are tired and need to rest occasionally. As the child grows older this is an important lesson to be learnt.

When we do spend time with the child it is important to be present. Rather ten minutes undivided attention and then let the child know that it needs to play on its own or with others, than being only partially present and keep telling the child off.

Being sincere and honest is very important when raising children in Denmark. It is important that the child learns how to be polite, but honesty is more important. It is not enough that children put on a face to pretend to satisfy their mother and father or because they are afraid of

their parents.

It is very important that children can honestly express how they feel if they are scared without being ridiculed or beaten. It is important for children – even boys – to be allowed to cry whenever they feel like it.

It is also important that the natural curiosity around sexuality is not shameful. Even when this matter is difficult for some parents, they should try to address it in a natural and decent way according to their moral values.

If the child bears traumatic experiences from their past it is of great importance for the parents to listen when the child talks about it, and especially the sad and painful feelings. Be patient. The child might need to share this more than once.

Limits, rules and routine

Children need limits, rules and routines to feel safe. Especially today where TV, internet, cellphones and other factors make things unclear for all of us. This makes it very important to have sound rules for bedtime, how long to stay out, playtime, mealtime, time for TV and all other kinds of time.

It is impossible to schedule in terms of limits, rules and routines for the specific home. This is for the parents of each home to decide for themselves. Furthermore, stick to what they have decided. Naturally this must change as the children grow up. Children should also have a say in this.

However, the parents have the last word. The best way is to have few rules which are enforced rather than a lot of rules that are impossible to keep. It is also quite alright for children from around the age of six until they leave home to have some duties during the week. This could include tidying, filling the dishwasher or cleaning the toilet. It is the parents who should decide which duties and how many. This is a way to give children some responsibility for the daily life of the family. The most important factor for children

to be comfortable with limits, rules and routines is that the parents are good role models. They should keep their promises and not make promises they can't keep. Parents should not lie when children are not allowed to lie. The father should clean up after himself if children are supposed to clean up when they drop something on the floor. Parents should admit their mistakes etc. We need to be role models for our children. Especially, regarding the role of being a girl or a boy. Girls look up to their mothers – and other women – to see



what it means to be a real woman. Boys look up to their fathers – and other men – to see what it means to be a real man. Children learn more from the actions of their parents than from what their parents say they should do!

Praise, guidance and diversion

You also need to use praise, guidance and diversion when raising children in order for them to experience their mother and father as good authorities.

Be aware that “praise” is not placed in the first layer of the pyramid on page 9 because it is much more important for the children to feel loved because of who they are rather than having to earn love from their parents by doing well at school, good behavior etc. Children need to know that they are loved by their parents no matter how well they do or behave.

This is not to say that praising (or criticizing) the child is not allowed. It is important for the child to be shown very clearly what is good or bad regarding their behavior. Praise your children when they behave themselves, do well or make something nice. Nevertheless, unconditional love is by far the most important. Children need a lot of guidance as well. How else will they find their way in a big, confusing and dangerous world? Guidance means to show the way for your child – first and foremost by being a good example but also by guiding them in using the internet, iPad, what language

is appropriate and how to behave in the traffic and with other children etc.

However, remember that there are limitations to the amount of guidance a child is able to cope with at a time. Remember that they will try to behave in the same way as you are behaving.

The meaning of “diversion” is to guide the children away from undesired behavior.

If children are about to start arguing you could suggest playing a game or sitting them down at the table with paper and crayons in order to “dissolve” the conflict in a nice way with some quality time around the dining table.

Some parents are very good at diverting their children. This could also be a matter of playing football with the teenage boys so that they don’t spend time in bad company.

Don’t think that it is possible to solve every single problem in this way. Sometimes it is important to tackle a conflict with your children. If they don’t learn how to handle conflicts in their childhood, it can be a problem when they get older.



Consider or discuss

- Why is it more important to teach children to be honest than polite?
- What are the three most important rules in your home – and what are you going to do in order to enforce them?



Chapter 3.

Clear parenting makes children feel secure

I know that some parents who are refugees or immigrants are afraid to be clear and consequent towards their children. Maybe because they don't experience that all Danish parents are like this. However, even though there is a difference between small and older children it is important for all children to experience clear and consequent parenting. This brings us to the top layers of the pyramid on page 9.

Warning, demand and criticism

While praise, guidance and diversion mostly are about saying yes, warning and criticism is mostly about saying no. Children need both and especially that we sometimes say no.

Children, for example, should not be allowed to watch everything on the TV or the internet. They should not be involved in the adults' world too soon. There are a lot of things on the internet and TV which are damaging for children and we do our children a favour by saying no to this. – Even though children often object when we say no.

It is good for children that we demand

something from them as well. Of course, there is a difference regarding what is expected of a small child and an older child. Nevertheless, a 3-year-old child can help tidy up and a 10-year-old can be expected to tell the truth.

If children don't do a job well enough it is important to tell them this and criticize what they did. However, we must always take into consideration their maturity and abilities. You mustn't criticize a 2-year-old for spilling their milk because at 2 years old a child does not have the motoric skills to hold a cup. Furthermore, you must not criticize a left-handed child for using their "wrong hand".

If teachers complain about a child's behavior at school, the parents are responsible for following up and reprimanding the child. However, the criticism shall be directed at what the child has done wrong or has not done. The child must not get the feeling that "all of me" is wrong.

When a child does something wrong or stupid we also need to tell them. They must not bully others or lie or take what doesn't belong to them.

However, as I mentioned earlier, it is even more important to have a good contact with your children and show them love more than saying yes to what is right and no to what is wrong.

Discipline and consequences

Sometimes it is necessary to discipline a child, but it shouldn't be that a parent spends the whole day continually telling the child off. This will affect the warm, loving relationship with the children.

If you scold them all the time you will undermine your own authority because the children will not know when you are really serious.

If you need to discipline your child, then get it over and done with and clean the air, but remember this:

Do not discipline your children if they have already admitted what they did or did not do.

If possible avoid disciplining a child in front of others.

Do not discipline your child when you are very angry. An adult should be controlled and keep their dignity while disciplining. After disciplining a child, it is very important that you bring the child back into the "fellowship" of the family as soon as possible.

The desire for forgiveness and a new beginning must always be our foundation for disciplining. We must not discipline in order to be mean. On the contrary, we want to bring what is wrong into the light

to be forgiven and forgotten.

It is important that you ask for forgiveness if you have disciplined your children for something they haven't done.

Sometimes it is necessary that your child sees and feels the consequences of a wrong or stupid action. Do not make empty threats. Do not threaten to send your child back to their home country if he or she disobeys. If you make threats, you should be able and willing to follow them through.

For example, if you say to your child that there won't be any candy this evening if they don't eat their dinner, then it is very important that you stick to what you say. Even when your child gets angry and upset. Show your child in other ways that you still love them also when they disobey you.

There should be a close connection between the child's wrongdoings and the consequences, so the child can learn from the experience. If your nine-year-old boy has once again missed the toilet when weeing, the consequence could be that he needs to clean the toilet afterwards. If your eight-year-old girl has thrown a cup of milk on the floor in rage, then you could make her clean it up. Naturally, we must never humiliate or make fun of our children. This makes it hard for a child to feel loved by his or her parents.

When children are disobedient

Even though you have tried to follow

the pyramid for raising children, many parents experience that their children disobey them. Sometimes this is more common among boys.

One challenge might be that the children were raised in a different way before coming to Denmark. Maybe parents were allowed to hit their children where they came from and children obeyed their parents to avoid being beaten. In Denmark where hitting children is against the law it may seem impossible to make them obey you. In cases like this, parents might often feel powerless and give up.

What can be done if children do not want to have their teeth brushed or don't want to put the iPad away? Let's look at these two examples:

1. A 7-year-old boy is told to go and brush his teeth, but he doesn't want to do it. His mother or father gets angry and repeats the demand, but he still rejects. The easy solution is to give in or use violence even though it is illegal. Instead the parents need to make a clear decision that the child shall brush his teeth. The parents shall tell him: If you don't do it yourself I will go with you and watch you do it. If he still rejects the father must restrain him while his mother brushes his teeth. In a few days he will learn that this is so important for his parents that he might as well just do it himself. This demands persistence and firmness from the parents and focus on one thing at a time!

2. A ten-year-old boy has played a game on his iPad for a couple of hours in the living room. Now his parents think this is enough and tell him to stop because they want to do something together as a family. However, he does not stop. Maybe his father takes the iPad, but he just goes to his room to play on the computer.

The parents stand firm on their demand and follow him to his room demanding that he doesn't use the computer. If he does not stop, they must turn off the computer. The boy needs a very clear signal that the parents mean what they say. Of course, you need to be wise and don't stop him playing in the middle of a game. Also, it is important to avoid shouting and screaming. It is good if you can offer him another activity if possible. Basically, you are doing your child a favor by being clear and consistent.



Consider or discuss

- How can you tell your child off or scold him in a good way?
 - What could or should you do if your child doesn't do what you demand of him or her?



Chapter 4.

Teenagers and grown up children

It brings difficult challenges when you are a parent of a teenager. When girls and boys reach puberty their desire for independence and self-determination will increase. They enter a stage of their life where they are both children and

adults. The teenage years is like a bridge from childhood to adulthood. However, it can be particularly difficult for both the children and parents alike when they have been in Denmark only a few years and not their whole life.



On this bridge parents still need to be close to their children, however they also need to dare let go more and more. Basically, it is good and healthy for children to become independent. Still there can be conflicts while going through this process of detachment.

Some children manifest their independence by shouting, crying and the slamming of doors. For others this process means taking a stand against the beliefs and standpoints of their parents. These reactions might be even stronger among teenagers when their parents come from another country. These teenagers need to be adults in a way that might be very different from the life of their parents.

It is not uncommon for teenagers to be confused and insecure. They might try to hide it by putting on a very tough attitude. If you are a refugee or immigrant as well, you might be even more insecure inside while putting on a very cool and provocative face. This will demand a lot of patience from their parents!

Teenagers need the ability to withdraw from their parents. They need to distance themselves from their parents in order to figure out who they really are. Until now they have been so close to their parents that they haven't been able to understand who they are. Teenagers need to find out who they are in relation to their father and mother, who are the most important people in their lives so far.

They are developing themselves from many sides of their parents but also with sides from other people as well. They also need to distance themselves from things they don't identify with. This is done by testing a lot of attitudes, appearances, friends and ways of behavior while being a teenager.

In some cultures, this is dealt with by demanding a certain behavior from teenagers. This is not the way it is done in Denmark. Teenagers must have some freedom to figure out who they are and what they want. Parents must care for their teenagers but not keep them under surveillance all the time.

This might be difficult for parents from another culture. On the one hand, they want to pass on some values and traditions – maybe beliefs – that they have been raised with to their grown-up children. On the other hand, it is not fair to demand that the children adopt everything from their parents.

It is important that refugees and immigrants find a balance between giving their teenagers some values from their culture of origin but also allowing – or at least accepting – that they live with some values that in some ways differ from those of their parents, because they are growing up in Denmark. Especially if they expect to be in Denmark for many years. The difficult part is that often neither the parents nor the children know how long they can or will stay in Denmark. If

permanent residency is certain it is easier. It is more challenging to adopt Danish values if you fear being sent back to your home country or another country. In any case, it is important that parents listen to their teenagers. They ought to listen to their teenagers and try to see things from their perspective. This does not mean that they should not disagree or challenge their teenagers. They need this as well. Nevertheless, the basic attitude of the parents should be a wish to understand their children and support them in finding out what is best for their children and their future lives.

When children become adults

In Denmark girls and boys are equal. They have the same rights when it comes to education and making their own decisions at the age of 18.

For some refugees and immigrants, it will be frightening if their child wants to leave home at the age of 18. Especially if it is a girl. They might find it humiliating and they fear what could happen to their daughter if she leaves home before getting married.

Naturally, the parents should talk to their grown-up daughter or son about leaving home. Maybe it is possible to postpone it a year or two, but parents also need to understand that it is normal in Denmark and they are no longer allowed to keep their child from moving away when they turn 18.

It is probably a better idea to make an agreement with the daughter or son about keeping in close contact when they move away. Maybe by calling or visiting each other regularly. Remember that as parents – in the long run – your relationship with your adult children will improve by showing them confidence, trust and allowing them to become independent. Whatever values have characterized your home, will be taken with them, if your relationship has been formed by mutual respect.



Consider or discuss

- What are the consequences that girls and boys are equals in Denmark?
- What would you do if your 18-year-old daughter wanted to leave home?



Chapter 5.

Being male and a father

It might be especially difficult to find your role as a man or a father. In Denmark we have gender equality which means that men or fathers do not have more influence over their children than women or mothers do. Some men from other

cultures do not have much trust in teachers in kindergartens or schools or social workers, in general, staff from the state who among other things tend to take care of children.

Many fathers feel they are stripped of



the position they had in their home country when they live in Denmark. This can cause frustration and anger. In cases where the wife is working and supporting the family financially the husband might feel insignificant and worthless. He feels humiliated and powerless. This state of mind does not help in caring for the children.

Men might be tempted to use violence when losing their former role. However, some fathers choose another strategy. They distance themselves. They resign. Everything concerning the children is left to the woman or mother. This is a bad idea because both boys and girls need a present, loving and confident father in the family.

This makes it important for men to find new value or a new role because fathers who feel worthless will not do much good in the lives of their children. This value is found when fathers practice being a parent of authority and care as described in the beginning. There are some places in Denmark where “father-schools” called Baba, take place and where it is possible to get help concerning this.

Put away your cellphone and be present

This is not only about keeping boys away from criminal behavior but also to give them a good and healthy life. Finding a new value might be hard for a man and father because it demands looking at yourself in a new way. Especially regard-

ing the fact that your position is not founded in traditional male gender roles, but you must earn your position by being trustworthy and caring.

Therefore, it is important as a father to put away your cellphone and be present when at home with the children. It is vital to play and talk with your child and to do things together, whether it is on a one to one basis with your child or as a part of the family activities during the day: e.g. shopping, cleaning, putting to bed etc. Remember to go on trips, play games or wrestle for fun. Having a close relationship makes it much easier to gain a healthy authority.

Boys at the age of 10-12 years should not hang out in the streets until 11 pm. The father has a special responsibility to tell them that this is not an option. First of all, by building a safe and warm environment at home. If children feel comfortable and safe at home, they don't feel the need to stay out at night – or if they are out, they know to come home at the appropriate time set.



Consider or discuss

- Why is it both difficult and important to be an authoritative and caring father?



Chapter 6.

Raising children from a Christian perspective

If you are a refugee or an immigrant who is a Christian and attends a Christian congregation or church, God and the Bible is also involved when raising children. This is a large subject but just a few things are mentioned here:

As a Christian parent and wanting what's best for your children this includes passing on faith in God the Father, Son and Holy Spirit to them. You cannot make your children believe but you are able to make a connection with God by telling them about Him, taking them to church and things like that.

The Bible is not a book about raising children. However, we find subjects of importance:

First of all, the Bible makes it clear that children are gifts from God but also an assignment for their parents. God has given us the responsibility to raise our children and He will support and help us with this task. We are able to communicate with Him through prayer and thank Him for all the lovely things regarding our children and share the difficult things with Him. Secondly the fourth commandment states: "Honour your father and mother".

This means we need to teach our children to respect us as adults. Just as well as the Bible stresses that parents must be reasonable towards their children. Paul writes: "Fathers, do not aggravate your children, or they will become discouraged." So, this is a balance between teaching your children respect and obedience and respecting them as equal human beings who should become independent of you.

The third thing I would like to mention is that the Bible emphasizes that parents should teach their children the Christian faith. Jesus states: "Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, to the end of time."

If children are baptized as infants, they should get to know Him to whom they belong through baptism. Furthermore, even if they are baptized at an older age they should get to know God and the Bible. Teaching the Christian faith includes among other things:



- Telling about God and what is in the Bible, for example by reading a children's Bible
- Praying to God with your children, teaching them that they can pray to Him as well.
- Taking the children to church or Christian meetings hoping that there is something that they will benefit from as well.
- Encouraging and helping them to attend Sunday school or a Christian club for kids/juniors.
- Having a small ritual when the children are put to bed, for example, singing a song and praying the Lord's Prayer.
- Talking to other Christian parents about raising children in the Christian faith.



Consider or discuss

- How would you and possibly your spouse create a Christian home for your children?



Useful links

www.mindspring-grupper.dk/gruppedeltagere

A course to help adapt and live in Denmark in relation to bringing up children. There are courses for children, young people and adults.

www.adamogeva.dk

Honest and nonjudgmental information and guidance for children and young people about the body, feelings and sexuality. Can help parents as well to understand and talk with their children about these topics.

www.flygtning.dk/frivillig

Can give information about Danish Refugee Council's Voluntary Advisory Services (Dansk Flygtningehjælps Frivilligrådgivning) which can advise and guide about the Danish law and contact with the official authorities.

www.dlm.dk/lm-danmark/integration

Danish Lutheran Mission's multicultural advisers can help with initiating a contact to a friendship family with children of the same age as your own. Here, you can share experiences and the challenges of bringing up children.



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What's best for the children?

Raising children in Denmark

This booklet is made in close cooperation between the author
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