

LET'S TALK ABOUT CHILDREN FINLAND



Thank you for being interested in the Let's Talk about Children.



MIELI the Finnish institute for mental health is the home base of Let's talk about children. MIELI develops, educates and consults in the matter. LTC has been developed and implemented in Finland by emerita professor Tytti Solantaus since 2001.

WHAT IS THE LET´S TALK ABOUT CHILDREN?

- A way to take children´s and families well-being into consideration in all the services (for adults and children) and offer help when needed -before the everyday obstacles turn into problems.
- The approach is used preventively in many children's developmental contexts, and the intervention is in universal use, for example, in schools and day care.



STRENGTHS AND VULNERABILITIES

- The Let's talk about children (LTC) is a discussion method, that relies on the strengths each family has. LTC- action plan is made to strengthen the strengths and to take action on the vulnerabilities families might have.



WHY TALK ABOUT CHILDREN?



1.INDIVIDUAL LEVEL

To build resiliency and offer protective factors to **individual** children and adolescents so that they can cope despite of the obstacles that life may offer. LTC brings a tool and a place for shared understanding.

2.POPULATION LEVEL

To ensure well-being on **population level** by developing a Let´s talk about children service system. The focus is in children´s well-being in all the services and in childrens developmental environments like schools, day care etc.LTC´s aim is to prevent over-generational problems.

HOW TO TALK ABOUT CHILDREN?



- Caregivers have the best knowledge of their own family and that is in the centre of the discussion. The appreciative, equal way of talking is the key in Let's talk about children.
- The Resiliency and well-being of families starts from the everyday life. So we talk about everyday life, we talk about all the themes, people and environments children and families have, to make sure we make visible all the strengths and vulnerabilities they have.



EXAMPLES OF THE THEMES OF THE LTC-DISCUSSION

Daily routines

The child's mood and emotional well-being
curiosity and joy of learning

Sense of belonging

Interaction with adults at home and in other contexts

Play and interaction with other children

Sharing emotions

Parenting

The relationship of parents



The Let's Talk about Children (LTC) -intervention is a two-step model:

1. The LTC discussion

- usually conducted in one or two sessions - makes the strengths and the vulnerabilities of the child and family visible. After that the action plan is made together with caregivers.

2. The LTC network meeting

- brings together the professionals from different services, relatives, teachers and other important persons in childrens lives.



Evidence based intervention

The Let's talk about children has been proved to be effective.

Effective - a positive result in children with depression and anxiety symptoms, and a positive social behavior

Safe - Does not Increase Parent Anxiety, Depression, Shame, Stigma, or child Concerns

Feasible - Suitable for family and service culture

LTC- and ECT-family interventions are compared in adult mental health services in relation to childhood emotional, behavioural etc. symptoms
Randomized study, N 119 families, parent in treatment for depression (+ other options) and follow-up for 1.5 years

Methods

Solantaus, Paavonen, Toikka, Punamäki et al.

2009, 2010, 2013



The Let's talk about children in Finland 2021

- In all kinds of services
 - Social and healthcare – adult and child/adolescents
 - Prisons and criminal justice institutions
 - Refugee centres for families and minors
 - Child developmental contexts
 - Day care and preschool
 - School system
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- Many countries: the Nordic countries, Japan, Greece, Australia, USA etc

THANK YOU FOR LISTENING!
WE´RE HAPPY TO HELP IF YOU HAVE QUESTIONS

Let's Talk about Children | The Finnish Association for Mental Health (mieli.fi)
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