

Project for strengthening young parenthood



Vanuva-project

Strengthening young parenthood – Vanuva is a project in which we support young parents in parenting and inclusion in society. The target group is parents under 30 years of age who are living in Pirkanmaa, Finland and who do not have a job or place to study or have difficulties in advancing their studies. The participant may be pregnant or may already have children.

Support and inclusion

We support the ability of young parents to function as parents. We strengthen parental self-esteem and self-efficacy. We support the strengthening of the parent's own educator role and try to prevent the transmission of an underprivileged social position to their own children. We also help with employment and applying for studies.

Multi-professional cooperation

The project is funded by the European Social Fund and implemented by Tampere University of Applied Sciences. In the project, we have assembled a multi-professional network of experts from public, private and non-governmental organizations in the Pirkanmaa region. The network has 35 members.

Intervention groups and 360VR videos

We organize intervention groups for parents, which we design according to the needs of the participants. During the meetings, we watch 360VR videos produced in the project on themes related to parenting and discuss the ideas that emerge from them. We draft a personal inclusion program for participants. After the intervention groups, participants meet weekly in a guided peer group.

- Participant becomes interested in the project
- Initial interview
- Meeting to get to know the members of the group
- Guided interventions (3 meetings)
- Drafting a personal inclusion programme
- Guided peer group (8 meetings)

Help in coping with everyday life

By March 2023, three intervention groups of parents have been organized and a total of 13 parents participated in the groups. Participants have experienced the atmosphere of the groups as safe and the groups have provided important peer support. The groups have also helped in coping with everyday life, including giving a reason to go outside with the baby.