

## Hvordan kan I hjælpe jeres barn?

Giv jeres barn en aktiv fritid.

Giv jeres barn mulighed for at lære nyt sammen med andre børn. Indmeld barnet i et af de mange tilbud, som findes i jeres kommune.

*“Det er vigtigt for mig at vide, at mit barn ikke hænger på gaden, men modtager spændende tilbud i fritidsordningen. – De er sammen på kryds og tværs, det nedbryder fordomme, og det er sådan, integrationen starter. Jo før de kan møde børn fra andre kulturer, jo bedre...”*

*Njobisa, forælder*

## How can you help your child?

Give your child an active leisure time.

Give your child the opportunity to learn new things together with other children.

Sign your child up for one of the many offers available in your municipality.

*“It is important for me to know that my child isn't hanging around on the street. Instead, my child is benefiting from the exciting leisure time activities on offer. – The children mix together regardless of their background, which breaks down prejudices. This is how integration starts. The earlier that children from different cultures meet each other, the better.”*

*Njobisa, parent*

### Om SFO

- Her går børn fra skolestart.
- Tilknyttet folkeskolen.

About the municipal leisure time care facility at schools (SFO – skolefritidsordning)

- Children can attend as soon as they begin at school.
- Located at the public municipal school (folkeskole).

### Om fritidshjem

- Her går børn fra skolestart.
- Selvstændigt dagtilbud.

About the after-school recreation centres (fritidshjem)

- Children can attend as soon as they begin at school.
- Not located at schools, independently run.

Man skal betale for at gå i SFO eller på et fritidshjem. Der er mulighed for at søge om friplads eller delvis friplads i kommunen, som desuden yder søskenderabat.

Payment is required to attend an SFO (skolefritidsordning) or after-school recreation centre (fritidshjem). However, you can apply to the municipality for a free or reduced-price place. Discounts are given for children from the same family.



Kontakt skolen eller kommunen for at høre mere.

Contact the school or your municipality for more information.



Denne folder kan hentes på Undervisningsministeriets hjemmeside på [www.uvm.dk](http://www.uvm.dk). Folderen er på dansk med oversættelse til engelsk, arabisk, tyrkisk, urdu og somali.

This folder can be downloaded from the Ministry of Education's website – [www.uvm.dk](http://www.uvm.dk). This folder has been translated from Danish into English, Arabic, Turkish, Urdu and Somali.

## Hvad laver jeres barn i fritiden?

## What does your child do in its leisure time?

Engelsk / English



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## Hvad laver jeres barn i fritiden?

Når jeres barn begynder i skole, vil dagen være delt mellem tiden i hjemmet, skolen og fritiden. Hjemmet er den grundlæggende ramme for tryghed og opdragelse. I skolen skal jeres barn lære en masse. Men hvad laver jeres barn i fritiden?

## What does your child do in its leisure time?

When your child begins at school, its day will be divided up into time spent at home, at school and leisure time. The home provides the essential framework for a child's upbringing and well-being. At school, your child has to learn all sorts of things. But what does your child do in its leisure time?



## Hvilke tilbud er der til jeres barn i fritiden?

Efter skoletid kan jeres barn gå i forskellige fritidsordninger. Det kan være en skolefritidsordning (SFO) eller et fritidshjem.

I Danmark går langt de fleste børn i en fritidsordning. Jeres barn vil også kunne få udbytte af dette tilbud.

Kommunen har også andre fritidstilbud – det kan være en billedskole eller en musikskole. Desuden er der idrætsforeninger, hvor børnene kan dyrke sport. Der findes ofte både pige- og drengehold.

*“Der er mine venner hjemmefra og så dem fra SFO'en. I SFO'en er det som om, vi er sammen på en lidt anden måde. – De voksne hjælper og viser os en masse ting. Jeg kan rigtig godt li' at være på træværkstedet.”*  
Esmeralda, 10 år

## What leisure time activities are available for your child?

When school is over for the day, your child can take part in different leisure time programmes. These take place at a municipal leisure time care facility at school (*skolefritidsordning, SFO*) or at an after-school recreation centre (*fritidshjem*).

In Denmark, almost all children attend one of these types of centres to take part in organised leisure time activities. *Your* child can also benefit from attending.

Your municipality also offers other leisure time activities – these might include art or music school. In addition, there are sports clubs where children can take part in different sports. There are often both girls' and boys' teams.

*“I have friends where I live, as well as friends at the SFO centre (skolefritidsordning). At the SFO it seems like we do things a bit differently. The adults help us with all sorts of things. I really like being at the woodwork centre.”*  
Esmeralda, aged 10



## Hvorfor er det godt med en aktiv fritid?

I et fritidstilbud møder børnene andre børn og voksne og får flere muligheder for at lære nyt. Det kan for eksempel være nye lege, sportsgrene, forskellige kreative aktiviteter eller udflugter.

Jeres barn vil få nye venner, som er vigtige for barnets trivsel både i skolen og i fritiden. Jeres barn vil også få mulighed for at udvikle sig sprogligt.

I mange fritidsordninger vil der være mulighed for lektiehjælp. Det vil sige, at de får hjælp til at blive dygtigere.

*“Min datter er blevet meget mere udadvendt, har fået flere venner og klarer sig bedre i skolen efter det første år i SFO'en.”*  
Tito, forælder

At lære nyt og at møde andre udfordringer fremmer nysgerrigheden og lysten til at lære. Det giver jeres barn gode forudsætninger nu og i fremtiden.

*“Vi ser børnenes forskellighed som noget positivt – en resurse. Vi taler meget om ligheder og forskelle – f.eks. i traditioner.”*  
Gladys, SFO-leder

## What are the benefits of an active leisure time?

When children take part in organised leisure time activities they meet other children and adults. They have the opportunity to learn about many new things. For example, this might include learning new games, new sports and different creative activities, or going on organised outings.

Your child will make new friends. This is important for your child's development and well-being, both at school and during its leisure time. Your child will also have the opportunity to improve its language skills.

Many centre's programmes also offer the opportunity of help with school homework. In other words, children are helped to become cleverer.

*“My daughter has become much less shy. She has made more friends, and she is doing better at school after her first year in the SFO.”*  
Tito, parent

Learning new things and meeting other challenges encourages curiosity and the desire for learning. This will give your child good skills and abilities that will benefit them now, and in the future.

*“We see the children's differences as something positive – a valuable resource. We talk a lot about similarities and differences – for example, regarding traditions.”*  
Gladys, SFO-centre leader