

## FamilyNests:

### FamilyNest Aurora

Aurorankatu, Helsinki

*Metro stop:* Kamppi (450m), Rautatietori (750m)

*Tram stop* (200-450m): Kansallismuseo,  
Luonnontieteellinen museo

*Bus stop* (250-400m): Arkadian puisto, Kansallismuseo,  
Kauppakorkeakoulu, Pohjoinen Rautatienkatu

*Own car:* street parking (chargeable Mon-Sat)

No pets allowed!

### FamilyNest Rastila

Retkeilijänkuja, Helsinki

*Metro stop:* Rastila (500m)

*Bus stop* (400-500m): Rastila M,  
Venemestarintie

*Own car:* free parking (4h) Retkeilijänkatu

Pets welcome!

## Contact Information:

Co-ordinator

tel. 0400 326 859

Manager

tel. 0400 326 858

E-mail: [ero.helsingin.yhdistys@mll.fi](mailto:ero.helsingin.yhdistys@mll.fi)

## Further Information:

[www.helsinki.mll.fi/lapset-ensin-erossakin](http://www.helsinki.mll.fi/lapset-ensin-erossakin)



[www.facebook.com/lapset.ensin.erossakin](https://www.facebook.com/lapset.ensin.erossakin)



[www.instagram.com/lapset.ensin.erossakin](https://www.instagram.com/lapset.ensin.erossakin)

**Warmly welcome to get closer at FamilyNest!**



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# FamilyNest

REUNITES THE CHILD AND HIS/HER DISTANT PARENT



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MANNERHEIMIN  
LASTENSUOJELULIITON  
Helsingin yhdistys

LAPSET  
ENSIN  
– erossakin.

## FamilyNests Support Secure Attachment

Parental separation and family breakup come often as a shock to child's sense of security. Child's coping with separation and adjusting to the change is usually best supported if he/she is able to maintain good and close relationship with both parents at the moment of separation and afterwards. Shared parenting protects the child from the negative effects of family breakup. The relationship between the parents terminates, but parenting continues.

FamilyNests are backup homes where the child and his/her distant parent can meet, play and spend time together. FamilyNests are provided by MLL Helsinki association.



FamilyNests can be used if parental separation is acute and living arrangements remain unsolved, or if the other parent live far away or need support with child care. FamilyNests can also be ideal for meeting the child's grandparents, separated blended family members or other important people on neutral setting. FamilyNests are located in Helsinki and can be reached by public transportation. Playground and grocery stores are located nearby.

## Practices

Parents can directly reserve FamilyNest for their child's meeting or alternatively, someone acquainted with the family's situation can refer them to the service. FamilyNests are free of charge and they can be reserved for a single or several meetings, each ca. 1-3 hours of duration.



First a welcoming visit to FamilyNest with both parents is agreed. Separation from the child's perspective as well as the practicalities and time schedules of using FamilyNest are discussed. Parents can additionally book a time to discuss and get support in drafting a mutual parenting plan.

Trained volunteers enable agreed meetings at FamilyNest. A volunteer welcomes the family to FamilyNest, provides support during the meeting - if the family asks for assistance. Otherwise the volunteer allows the space for the interaction between the child and his/her parent.



## Rules

FamilyNests serve separated families when parents are able to mutually agree upon the child's meetings and do not need controlled or supported meetings as defined by Finnish law. No reports of the families or meetings are written or recorded. The service is based on volunteerism and trust. Parents are always responsible for their child during the meeting.

The following rules apply:

- Child has the right to meet his/her parent
- Meetings are held in the best interest of the child
- Meetings take place only when not intoxicated
- Quarrelling between parents is avoided when child is present
- Come to agreed meetings or cancel it beforehand