



**European Expert Group Meeting  
“Confronting family poverty and social exclusion;  
ensuring work-family balance;  
advancing social integration and intergenerational solidarity  
in Europe”**

Convened as part of preparations for the  
Twentieth Anniversary of the International Year of the Family, 2014  
(Cfr. Report of the Secretary-General ,  
Preparations for and observance of the twentieth anniversary of the  
International Year of the Family in 2014,  
A/67/61-E/2012/3)

**6-8 June 2011**

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## **8. IFFD Courses**

*Official name of the Organization*

Šeimų Universitetas (Families University).

*Website of the Organization*

<http://www.seimu.lt/>.

*Name of the practice*

IFFD Programmes.

*Aim of the practice*

IFFD courses for parents are designed to suit the different stages of child development. All courses are structured on the participant-based case study method and use cases involving real situations. Cases are first analyzed by small teams formed by few couples, and then discussed in larger groups at general sessions moderated by experts in Family Development.

*Target group of the practice*

Our mission is to help families around the world to build stronger and happier relationships, through strengthening the role of fathers and mothers when they attend our courses.

*Name of the person who will make the presentation*

Paulius Gebrauskas.

*Position in the Organization*

Director.



# Family university

Paulius Gebrauskas, Director

June 7, 2012



# Reality – not happy children



Big divorce rate  
Low communication  
Busy



Physical punishment  
Adolescence violence  
Population decrease

# We believe....

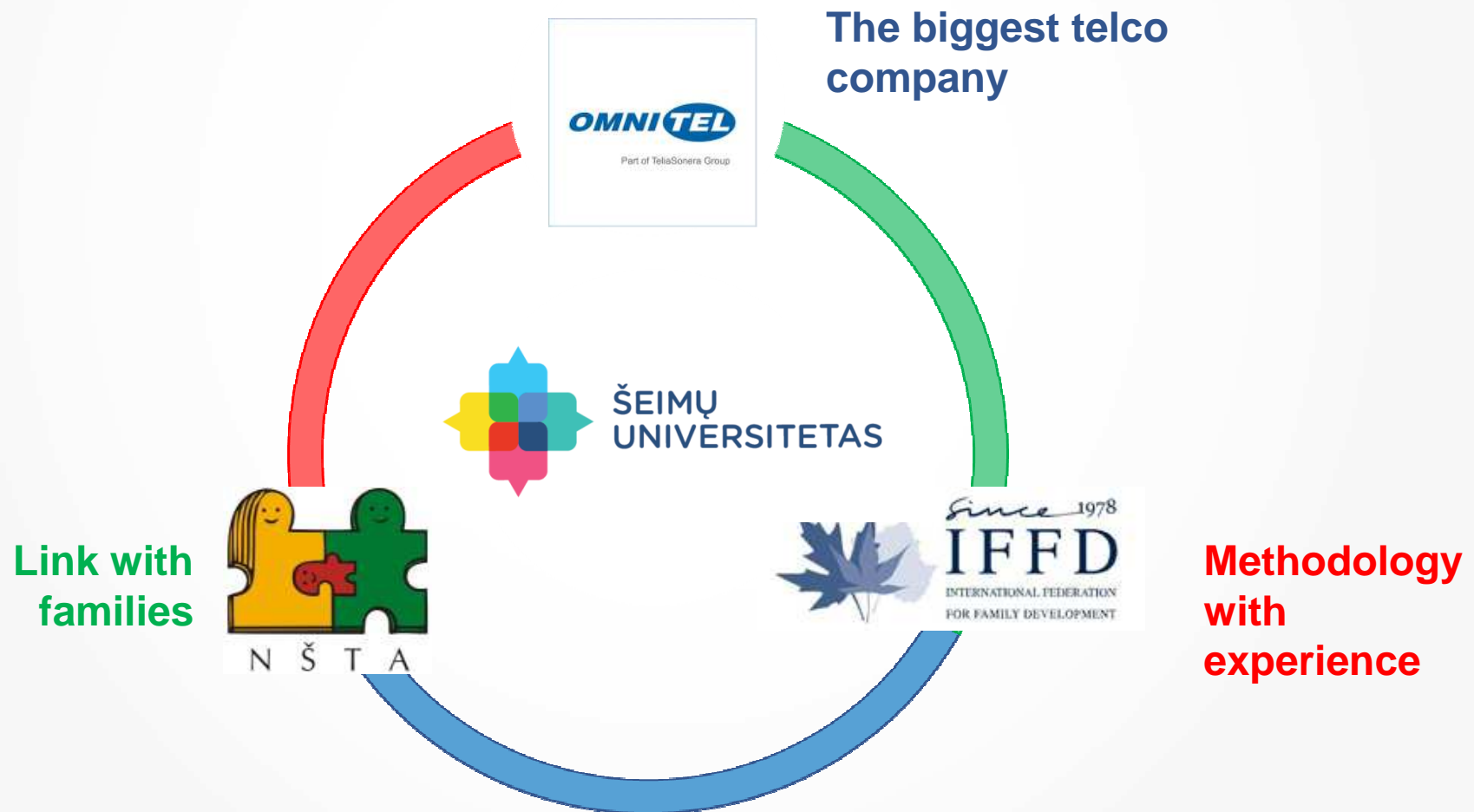
- New generation must grow creative and self confident. Strong and happy families can give **CREATIVE** and **SELF CONFIDENCE** persons.
- Happy and educated persons are **FUTURE OF LITHUANIA.**



**Family** is the  
most  
important  
place for  
child  
education



“Family university” is a national self educating program: started in 2010!





**“Family university”  
success – in the hands of  
parents.**





# What is “Family university”?



**Essence -**

**children upbringing via intensive  
relations between wife and husband**



**40 years  
of experience,  
in 5 continents of the  
world**

# Participants – 100% volunteers!



Speacially trained leaders of  
“Family university”

**MODERATORS**



ŠEIMŲ  
UNIVERSITETAS

Most active  
participating  
families

**COORDINATORS**


**FAMILIES**

Families  
participating in  
“Family  
university”  
programs

# Currently 5 programs:

- **“First steps” (up to 4 years)**
- **“First letters” (4-8 years)**
- **“First decisions” (8-10 years)**
- “Pre-adolescence” (10-13 years)
- “Adolescence” (13-16 years)





*“Here everybody is **DOING THERE OWN CONCLUSIONS**, learning from other experiences and can decide what to take to their family.”*

*“From each meeting I leave with a list of **SMALL, BUT VERY PRECISE POINTS**, which I want to implement in my family.”*

*“Family enrichment course was unbelievable. Like many years ago we **RE-DISCOVERED THE FUN OF FAMILY LIFE** and we enjoy it now every single day. It is something indescribable, as nobody teaches us, but family life is improving.”*

**Why are parents  
relations so  
important?**



# Research



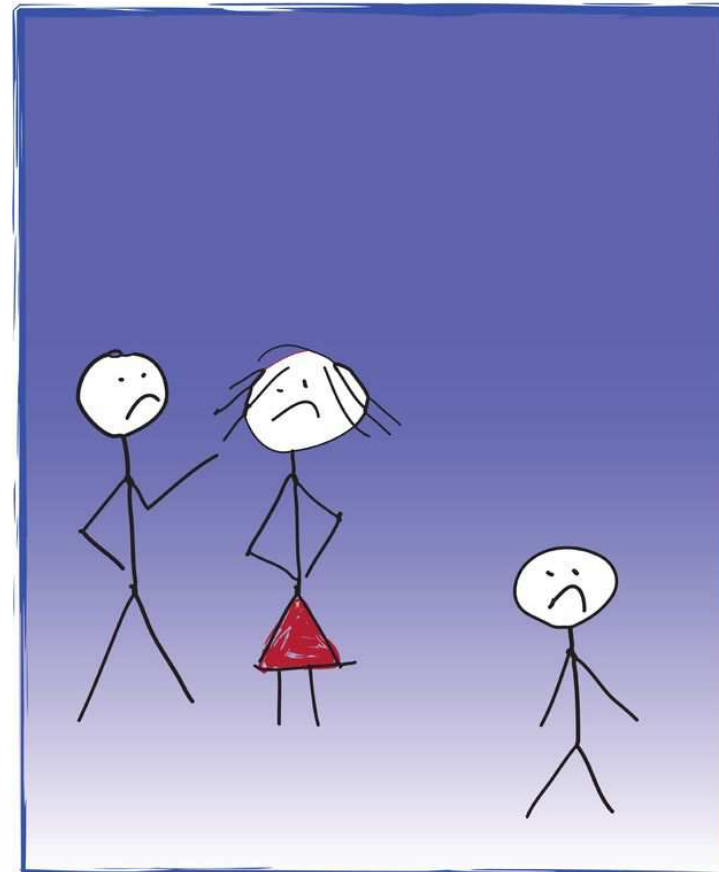
- Ankstesni tyrimai buvo orientuoti į moterų padėtį šeimoje, šeimų ekonominę padėtį bei poros tarpusavio santykius, tačiau **į tyrimus nebuvo įtraukiami vaikai.**
- Poros tarpusavio santykių ir palyginamasis Europos vertybių tyrimai atskleidė **poros tarpusavio bendravimo svarbą ir stoką.**

*Tėvų ir vaikų santykių tyrime anoniminės apklausos metu buvo apklausta 500 Lietuvos gyventojų (iš jų 57 % moterų ir 43% vyrų), kurie turi vaikų iki 16 metų amžiaus.*



## Research

**Low communication culture between husband and wife decreases relations between children and parents**



## Main points from research

**Man and woman do not participate in family life equally.**

Women take too much responsibility in family life, which de-motivates men to participate more.





# Why “Family university”?



- 100 % based on **motivation of society members** – participants and moderators.
- Learning process **is very natural.**
- It fosters to develop equal and intensive relations **in family life.**
- **No “golden pills”**– method encourages families to discuss, learn from each other, develop.
- Parents get **pedagogical skills** in children education.



**Let's inspire parents to inspire children!**

**Web page: [www.seimu.it](http://www.seimu.it)**