



MOSAIC OF RELATIONSHIP

Beautiful and functional system

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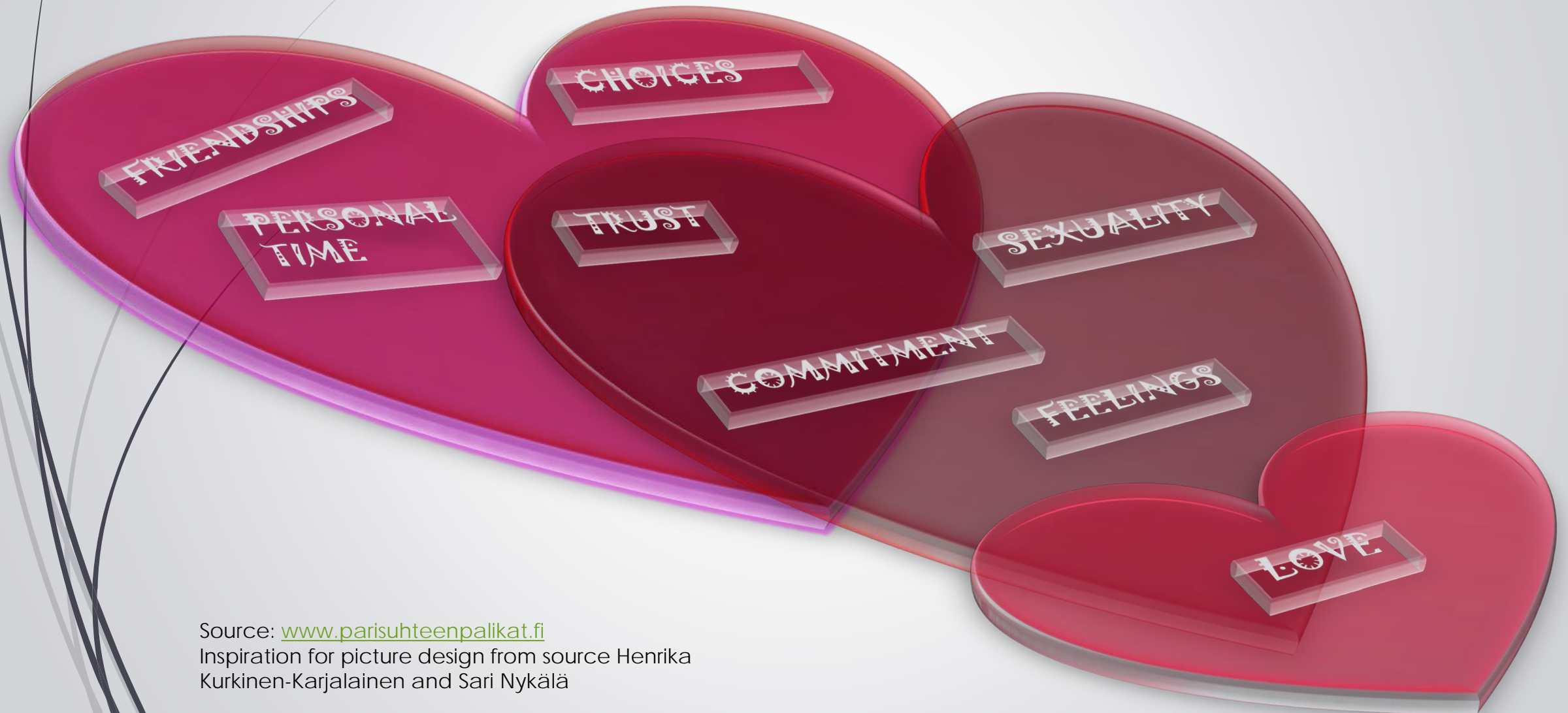
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SAVONIA

MOSAIC OF RELATIONSHIP



Source: www.parisuhteenpalikat.fi

Inspiration for picture design from source Henrika Kurkinen-Karjalainen and Sari Nykälä



MOSAIC OF RELATIONSHIP

Mosaic is a composition of small pieces just like relationships are. Together these pieces compose a beautiful functional entity. Love and desire for the combined future is needed to build this mosaic.

Love is the core and it's the supporting force of a relationship. Around this core there are relationship maintaining factors like feelings, commitment, trust and sexuality. Then there are factors which support the relationship like personal time, other relationships and choices.

Using sexual health perspective, the aim of this mosaic is to help discuss about relationship and family situations.

The inspiration for the creation of the mosaic of the relationship has been Parisuhteen palikat.
www.parisuhteenpalikat.fi/

"Communication is hard you see,
but in the end,
it is the key,
to that great relationship,
That we all want and need."
-Amy



LOVE

During life all of us experience a variety of emotions. Love is one the strongest ones. In love there are many different phases like life itself. Also challenging phases. The couple must commit themselves to each other to get through all the way to partnership. Love is also a matter of will; couple have to work hard together. Love is like a flower; it needs to be nurtured in order to thrive.

- *Why did you fall in love with your partner? What kind of things connect you?*

FALLING IN LOVE

It all starts with a crush. You think about him/her all the time and you want to see he/she is perfect.

TOGETHER, BUT SEPARATELY

After falling in love, you live everyday life together and start to know each other better. You also start to search for the boundaries in your relationship. This is a step in which a part of the couples break up.

PARTNERSHIP

You are together what you are. After getting all the way to partnership and true love both accept each other as they are and themselves too. You face together all ups and downs.

(Väestöliitto 2015.)

FEELINGS

Relationship is formed by two different kind individuals. It's natural that both have different ways to show and tell their feelings. Also life situations reflect on the relationship and happiness. Adapting to a new homeland can be difficult. It's very important to turn difficulties in assets and use this kind of strength in the relationship.

It's easy to tell your own true feelings in secure and balanced relationship. Because then you don't have to fear your partners domination or recrimination. Sometimes in all relationships disagreements arise, but the most important thing is to take into account the partner's opinions, and to resolve disputes at an early stage.

- ▶ *How do you show your feelings to each other?*
- ▶ *How do you resolve disputes? What kind of matters do your disputes arise from?*

When the relationship is multicultural cultural differences can cause complexity in it. It's very important to talk things through at the beginning of a relationship. What the expectations and demands of cultural considerations are in your relationship, and how you can together build a workable and joint relationship. Adapting to the partner's homeland may be the first test of relationship, but after surviving it that strengthens the relationship and adds a sense of belonging.

- ▶ *How do cultural differences affect your relationship?*



COMMITMENT

Committing to a relationships takes its own time. It should be remembered that everyone is an individual at this matter. The commitment to a relationship and partner happens both on the physical and spiritual level. These include, for example common goals and future plans as well a joint procurement. Mutual respect and appreciation to each other strengthen the feeling of belonging together. The commitment is also will to love and be loved .

- What does commitment mean to you? How do you see your common future?

Multicultural relationships are often influenced by cultural differences. That's why it is very important to discuss where the relationship is going and what you want it to be. In different cultures the commitment can mean different things than we are used to in Finland.

When a person moves to a new country her/his living conditions transform. It can be a radical change. In order to feel accepted in a new society, you need assistance from your loved ones to adapt to a new homeland. Occasionally adapting to a new society the challenges can be intergenerational as well as things to do with the couple relationships.



TRUST

Trust is the base of a healthy and strong relationship. Mutual respect and trust of your partner's views strengthen a relationship. When there is trust in a relationship it is easier to talk openly. Trust is reflected on everyday life in many ways, especially the belief in your partner's abilities to cope with life.

- It's good to discuss with your partner how she/he sees trust to be. What kind of matters is your trust built on in your relationship? Will you be able to trust your partner?

LACK OF TRUST

Relationship is between two different personalities, so the views of the trust and its interfaces may differ. Sometimes in a relationship there may be times when trust is shaken. Especially if in problem situations the exchange of views is a difficult. The key to rebuild the trust is open discussion and a desire to have it to return.

- It's good to think together what kind of things can strengthen trust in a relationship. What things make it difficult to trust your partner? Are the concrete actions more important than the conversation?





SEXUALITY

Health care professionals have a duty of confidentiality , which they must tell the immigrant client. The client may not be aware of it. If a client needs an translator for fluent communication, it would be important to use the same sex professional translator.

Each person's sexuality evolves and transforms through life. It's important that both feel accepted as themselves in relationship. Open discussion of your own sexuality and desires establishes a relationship.

- Respect your partner's opinions and wishes, share also your own thoughts. What kind of thoughts and feelings you have about sexuality?

OWN SEXUALITY

Self-acceptance affects the development of human relationships. It's important to listen to yourself about what feels good and natural. When you learn more about your own sexuality, it's easier to talk with your partner.

There are no health benefits in girls' and women's circumcision and is under Finnish law a punishable offense.

- Would you like to discuss matters related to sexuality?

SEXUALITY IN A RELATIONSHIP

To build a solid relationship you have to have mutuality and open discussion. Talking about sexuality with a partner can seem difficult, but it is important that both can express their opinions.

- What is the role of sexuality in a relationship? Do you feel that talking about sexuality is challenging?

CONTRACEPTION

In a life situation where having a baby is not current you should use contraception. Suitable contraception supports your both sexual health and well-being. In Finland there is a wide range of contraceptive products out of which you can select the most suitable one for you.

Are different kind of contraceptive products familiar? Have you found a suitable contraception product? What would be the most suitable contraception product to your life situation?

ABORTION

Abortion is allowed in Finland, but it should be remembered that it is not a form of contraception.

FRIENDSHIPS

Experience in the creation of relationships starts out in childhood. In a relationship both have their own ideas from friendships and being together. Functional association requires consideration of both opinions and making compromises.

Moving to a new country sets challenges to other human relations. It's possible that important contacts with on your own and your partner's family, relatives and friends are hampered or break down completely when moving to a new country. To create social contacts in a new homeland requires activity. Everyone needs to be surrounded by a safety network, which they can rely on in the different situations of life.

- What kind of friendships/companionship you have in Finland?

In multicultural relationships cultural differences can cause confusion when building relationship. Moving to a partner's home country and getting to know her family requires adaptation, especially if your own family lives in another country. In a case of conflict your partner's support is particularly important. Also is important to attempt to resolve the issues before they become problems.

- How did your partner's inner circle welcome you to Finland?



PERSONAL TIME

Functional relationship is also maintained by having own time. Having own peace and things brings variety to life and give space to breathe in a relationship. After being a little bit away from each other you can better enjoy being together. It's also important to know how to do things alone

- Listen to your partner's wishes. When is it time to do things together and when alone?

FREE TIME AND HOBBIES

The Power of maintaining a relationship is in the mutual well-being. Free time activities and hobbies have a positive effect on your mental and physical well-being.

Regular activities are also a great way to discover like-minded people from other population groups. Creating a social network in a new homeland have a primary importance for integration.

Everyone can find a suitable hobby, there is a big variety of hobbies. All the way from individual hobbies to group activities. Guided hobbies in Finnish cities and municipalities are organized for example sports and youth activities, adult education centers, sports clubs and churches. Guided hobbies are often available also in english. You can choose anything from, for example, music, cooking, craftsmanship to athletic pursuits. The prices of hobbies vary greatly, however there are some inexpensive alternatives. Remember also that there are many free sporting activities!

- Activities individually and together - whichever suits you better?



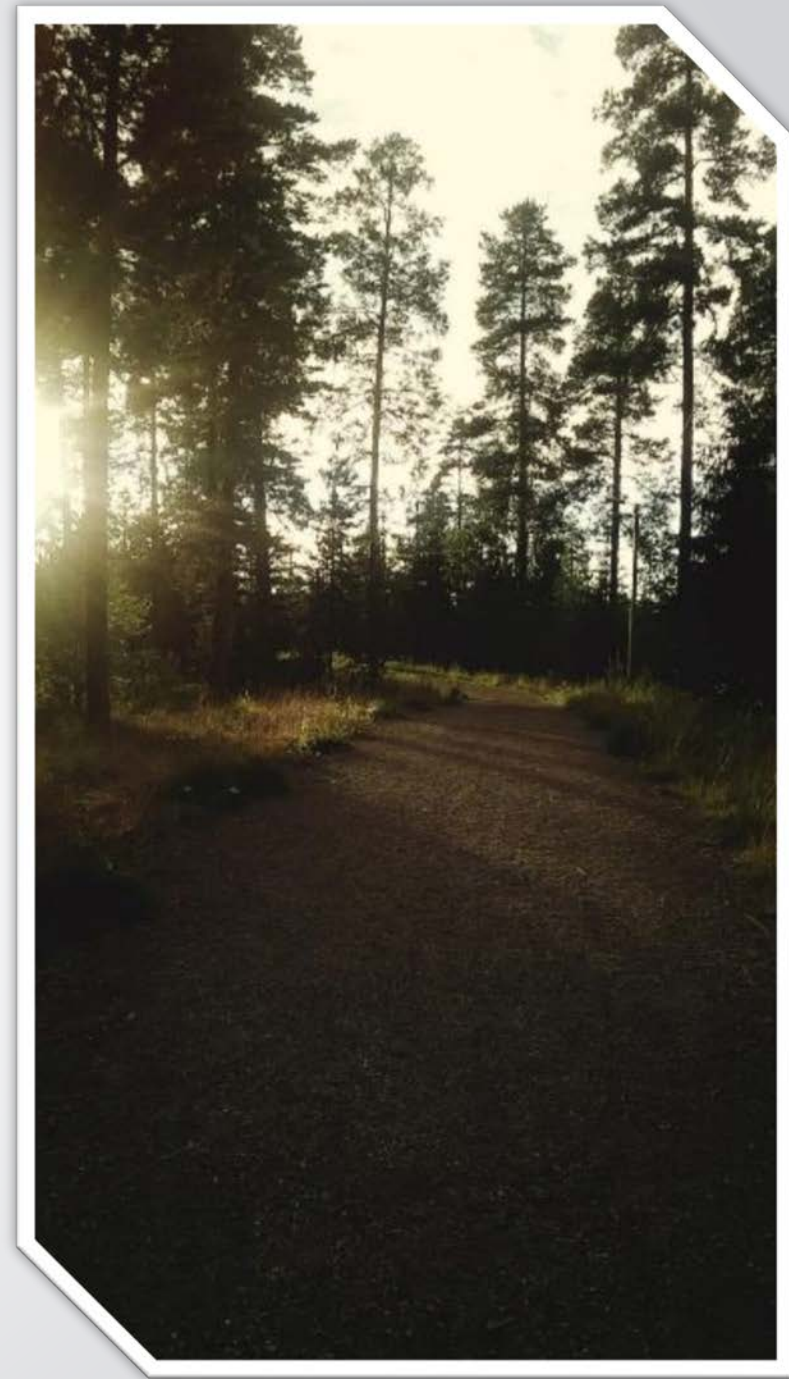
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Physical activity recommendation in Finland for 18-64 year old people: Move several times a week briskly at least for 2 hours 30 minutes OR 1 hour 15 minutes tiresomely. (UKK-Instituutti 2009.)-+

The importance of exercise in human mental and physical health is significant.

For more information and tips on activities:

http://www.ukkinstituutti.fi/tietoa_terveysliikunnasta



CHOICES

RELIGION

Religion consists of different dimensions and it is usually closely linked with culture. It can be thought that the different dimensions of religion are its worldview, related experiences, different rituals and the surrounding community. Religion is a very personal thing and faith often affects both the world view and view of life.

In partnership it would be good if the couple's values don't deviate too sharply from each other.

- What does faith mean to you? In what way does it appears in everyday life? What things unite you?



CHOICES

PARENTHOOD

At some stage in life getting children may become current. Having children is an exciting and highly anticipated event, after which the family takes a new kind of shape. Before the birth an expectant mother and her partner are going through many changes. A pregnant woman goes through both physical and psychological changes. It's important that the woman's partner sympathizes in these changes to the best of their ability. Building and sustaining an open discussion in a relationship also helps in parenting challenges.

- What kind of thoughts do parenting raises?





PREGNANCY

In Finland the maternity clinic follow-ups are free of charge throughout the country. The maternity clinics monitor the progress of the pregnancy and give support for the future parents to grow in parenthood. In terms of the safety of the expectant mother and the fetus it is important to go to maternity clinic follow-ups. If necessary, the expectant mother can be referred to specialized care. Have a medical examination before the end of your fourth month of pregnancy. You will receive a pregnancy certificate from the maternity clinic after your pregnancy has lasted at least for 5 months. You need this certificate when applying for allowances from Kela. (Kela 2015.)

- What kind of feelings does pregnancy raise? What kind of practices are associated with pregnancy at your culture?

LABOUR

The maternity clinic and a maternity hospital cooperate closely with each other to provide safe labor for pregnant mothers. The partner or support person accompanies the mother during the labor, if the mother wants it.

If you have a circumcision, an opening operation will be performed in connection with labor. It also can be carried out during mid-pregnancy. It's important that the hospital staff know about your circumcision beforehand so that it can be taken into account during labor.

- What kind of habits are related giving birth in your opinion? Do you have any questions about the progress of childbirth? How is the birth regarded as in your culture?



PUERPERIUM

After the birth, the mother and the newborn will spend necessary time in the hospital, which is individual. The baby is with the mother around the clock rolling treatment, if there is not a medical barrier. This is to support the development of early interaction between mother and baby. The nursing staff will guide you as to the necessary care and breastfeeding of the baby.

- What are the ways you think puerperium involves?

GROWING IN PARENTHOOD

Everyday life becomes different after the child is born. A child needs a lot of care and attention, because he/she is completely dependent on his/her parents. It takes time to grow in parenthood. Each one grows at their own time. The parents should discuss together about their hopes and goals with raising a child. The parents' main task is to show your child that he/she is loved as himself/herself.

- In what way can you support each other's growth to parenthood? What challenges do you think are related to parenting?



IN THE NET



- ▶ Information about partnership and parenthood: http://www.vaestoliitto.fi/parisuhde/tietoa_parisuhteesta/
- ▶ Multicultural relationship: http://www.vaestoliitto.fi/monikulttuurisuus/tietoa-monikulttuurisuudesta/monikulttuurinen_parisuhde/
- ▶ Sexuality in a relationship: <http://www.vaestoliitto.fi/seksuaalisuus/tietoa-seksuaalisuudesta/aikuiset/>
- ▶ <http://www.kela.fi/web/en/pregnancy>
- ▶ <http://www.infopankki.fi/en/frontpage>