



# Sign Language training for parents



Our language development begins early in life. We need language in order to develop socially, emotionally and cognitively – simply to understand our surroundings. This applies to all languages, including Sign Language.

## Who is considered a parent?

If you, as a parent, need and want to learn sign language in order to support your child's development, you are able to attend Swedish Sign Language training for parents skriv (Teckenspråksutbildning för föräldrar, TUFF). The term “parent” refers to those who are specially appointed as custodians or who are married or cohabiting with a parent. The course is free of charge and is available in several locations across the country. You can choose where you wish to attend your training.

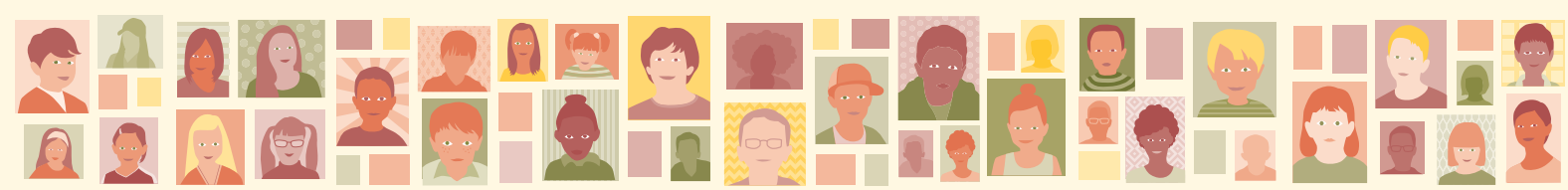
## Sign language or spoken language? Do I have to choose?

Nowadays, researchers agree that access to multiple languages provides people with cognitive bene-

fits. The sooner children gain access to language, the sooner adults' confidence in the child's ability to learn increases, and this in turn has a positive effect on the child's development. Research also shows that there is a connection between how well a child masters Swedish Sign Language and their skills in Swedish. Thus, we do not need to choose one language, but can utilise both languages depending on which language is most effective in various situations and with different people.

National Agency for Special Needs  
Education and Schools





## Content and course arrangement

The training consists of 240 hours and follows a curriculum that is prepared by the Swedish National Agency for Education. The training is divided into three education levels: basic, intermediate and advanced. The content and objectives are the same regardless of the training provider, although the course arrangements vary slightly. This includes anything from taking part in an evening course a few hours a week, a weekend course or to attend a camp for a week with your family. On certain courses, children and siblings are also allowed to come along. This means that they also have the opportunity to learn sign language and participate in fun activities.

## You will learn to

- understand everyday sign language,
- use sign language to describe and explain things,
- communicate with your child about everyday subjects and to some extent adapt your language to the situation,
- distinguish language structures and follow language norms of Swedish Sign Language,
- have faith in your own language skills and feel confident using Sign Language in everyday situations with people who use Sign Language.

## Where is the training offered?

The training is available in several locations across Sweden. There are various training providers that offer Sign Language training for parents. This may include independent adult education colleges or others that have been approved as training providers and that have received grants via the National Agency for Special Needs Education and Schools (Specialpedagogiska skolmyndigheten, SPSM). You can choose to study with the training provider that best suits you and your needs. You can also switch between different training providers during your 240 hours.

## What prior knowledge do I need?

To be able to effectively take advantage of the course content, you need basic knowledge of sign language. You may have acquired this knowledge during an introduction to Swedish Sign Language arranged by your local county council or learned the basics by some other means. If you are unsure whether your prior knowledge is sufficient, the training providers are able to assist you.

## Free training

The training, accommodation and child-minding costs are free of charge, however, you pay for food and drink. You may receive certain compensation for lost income from employment and travel expenses from the Swedish Board of Student Finance (Centrala Studiestödsnämnden, CSN).

### More information and how to apply

At SPSM's website [www.spsm.se/TUFF](http://www.spsm.se/TUFF) you can read more about the locations where TUFF is provided, the various training providers and their arrangements as well as facilitation of child-minding etc. You can also send an e-mail to [statsbidrag@spsm.se](mailto:statsbidrag@spsm.se) or call +46 (0)10-473 50 00. Information on how to apply as well as other more detailed information is available from the training provider of your choice.

### An equal education for all

At the National Agency for Special Needs Education and Schools, you receive support in the creation of universally accessible learning environments that allow all pupils to develop. We provide special education support to schools and kindergartens throughout the country, answer questions, and offer courses and conferences. We also run several special schools, allocate state grants and develop teaching materials.