



# Tungumálastefna fjölskyldunnar

## Family Language Policy



Rafræn fræðsla fyrir foreldra á fjölbreyttum tungumálum

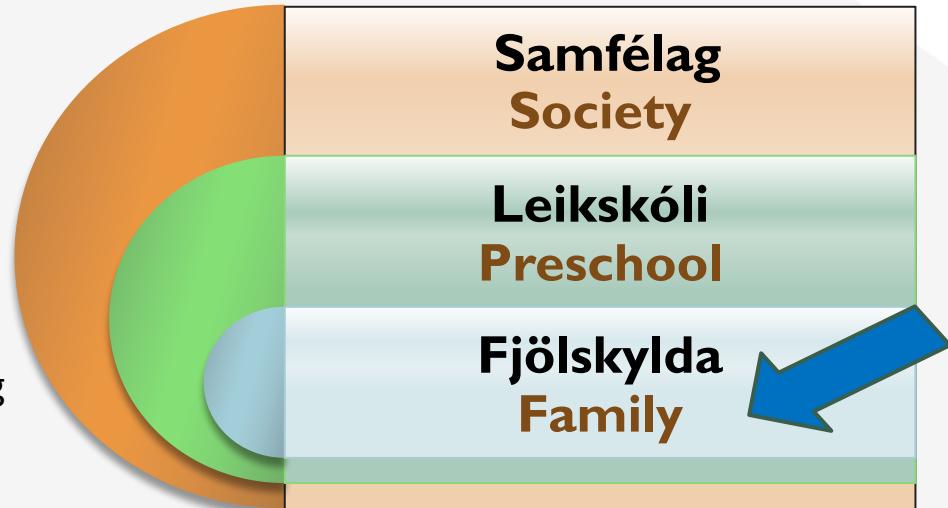
Online seminar for parents at preschools in various  
languages

LÁTUM DRAUMANA RÆTAST



# Málstefna - Language policy

- Hvaða tungumál? Tungumálaval.  
What language/s? Language choice/preference.
- **Viðhorf** gagnvart okkar tungumáli? Gagnvart öðrum tungumálum?  
**Language attitude** towards our language?  
Attitudes towards other languages?
- **Notkun tungumála** í samskiptum við barnið og í umhverfi þess?  
How are the languages used in communication with the child and his/her/its environment?
- Efni til að efla og viðhalda tungumál: bækur, námsefni, fjöl- og samfélagsmiðlar, ferðir, o.fl.  
Resources used for language management:  
books, educational materials, trips, media and social media, etc.



- ★ Málstefna Evrópu  
European Language Policy
- ★ Íslenska til alls: málstefna Íslands  
The Icelandic Language Policy
- ★ Málstefna Reykjavíkurborgar  
Language Policy in Reykjavík City

# Staðhæfingar eða ranghugmyndir um tvítyngi hjá börnum? Facts or myths about bilingualism among children?

1

**Tvítyngd börn hafa seinkaðan málþroska.**  
Bilingual children have language delay.

2

**Tvítyngd börn eiga ekki að blanda saman tungumálin.**  
Bilinguals should not mix their languages.

3

**Tvítyngd börn hafa fullkomlegt og jafnt vald að bæðum tungumálum.**  
Bilinguals are equally and fully fluent in both languages.

4

**Tvítyngi er skaðlegt fyrir námsárangur barnsins.**  
Bilingualism is detrimental to school success.

5

**Eftir barnsaldri er ekki lengur hægt að vera jafnvígur á bæði tungumálin.**  
After childhood it's no longer possible to become a fluent bilingual.



**PEach**  
for bilingual children

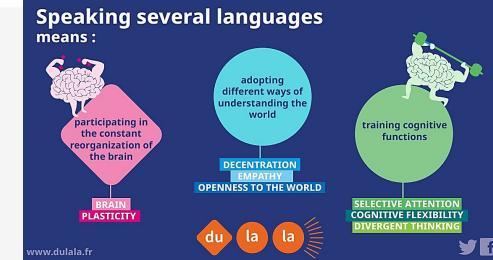
[www.youtube.com/watch?v=FHA0SRimMeo](https://www.youtube.com/watch?v=FHA0SRimMeo)

# Ávinnigar tví- og fjöltyngis

## Benefits of Bilingualism and Plurilingualism



- Er ekki sjaldgæft – meira en helmingur heimsins íbúa er tví- eða fjöltyngd
- Hefur ekki neikvætt áhrif á greind barna og félagslegan þroska þeirra
- Sterkara málvitund (metalinguistic awareness)
- Færri möguleiki á taugahrörnunarsjúkdóma (neurodegenerative diseases) t.d. Alzheimer's
- Mun fleiri tækifæri til samskipta á mismunandi tungumálum
- Dýpri og víðari skilning á menningarheima
- Fleiri náms- og starfstækifæri



- is not rare – more than half of the world population is bilingual or plurilingual
- does not have a negative effect on children's cognitive and social development
- have tendency to have stronger metalinguistic awareness
- less possibility to develop neurodegenerative diseases, such as Alzheimer's
- More opportunities in communicating with a wider group of people
- Deeper and wider understanding on cultures
- More opportunities for education and career



# Áskoranir við tví- og fjölyngi

## Challenges with Bilingualism and Plurilingualism

- Hægara málþroski í byrjuninni
  - tímabundið
  - þau ná aldurstengdri færni og eintyngd börn í hverju tungumáli fyrir sig – ríkulegt málumhverfi!
- Málblöndun í byrjun máltökuskeiðar
  - eðlileg fyrir fjölyngd börn á meðan þau eru að byggja upp málkerfi
  - Þetta er ekki merki um rugl heldur er þetta hluti af ferlinu
- Minni orðaforði á hverju tungumáli fyrir sig
  - EN almennt innan eðlilegra marka
  - fer eftir málsemið (orðaforði innan heimilis, skólans, o.fl.)
  - fjölyngdir einstaklingar geta náð skólaorðaforða eintyngdra jafnaldra
- Hægara við að kalla fram orð og nefna myndir
  - aðeins millisekundur
  - því að orðin frá tungumálunum eru að keppast
  - fleiri tilfinningar um að vera „með á tungubroddinum“
- Neikvætt viðhorf – Málótti - Málftátækt
  - barns, foreldra, skóla, vina, samfélags
  - þ.a.l. óhagstæðari málumhverfi fyrir barnið í einu eða öllum tungumálum





# Tungumálastefna fjölskyldunnar

## Family Language Policy

- Tungumálakunnátta foreldra
- **Viðhorf** gagnvart tungumálunum
- Hvernig eru tungumálin **valin**, **skipulögð** og **notuð** í fjölskyldunni.  
Hvaða aðferðir eru notaðar?

- Languages that parents know
- **Attitudes/Ideologies** towards the languages
- How the language/s are **chosen, practiced** and **managed** within the family. What is the family language strategy?



<https://www.youtube.com/watch?v=PeO3XxHojJM>

With subtitles in various languages



# Markmið án áætlunar er bara ósk - Antoine de St. Exupéry

## A goal without a plan is just a wish

What are your **language goals**?

- ★ What languages does the child need?
- ★ What levels of fluency?
- ★ Are the goals realistic?

Analyze the **situation**:

- ★ Who speaks what language and when?
- ★ How much exposure does the child get in each language?
- ★ How do you support the child's preschool/community language?

**Choose a strategy and family language policy that suits your family**

**Many ways to do this right.**

**The strategies can also change over time depending on your family situation.**





# Hvaða tungumál eigum við að nota við börnin okkar? What languages to speak with our children?

When multilingual parents struggle with deciding what language to speak with their newborns, they can ask themselves:

- ★ Can I make subtle **jokes** in the language x?
- ★ Can I express **how I feel** in language x?
- ★ Can I express in language x **how my child feels?**
- ★ Can I sing **lullabies**, nursery **songs**, and do I know **rhymes** in language x?
- ★ Can I talk about family **anecdotes** in language x?
- ★ Can I give **compliments** and **comfort** in language x?

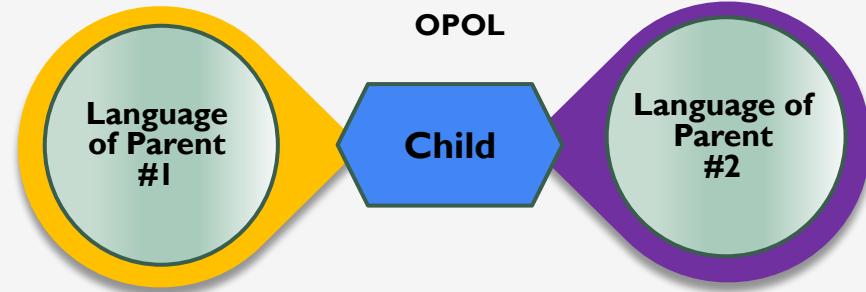
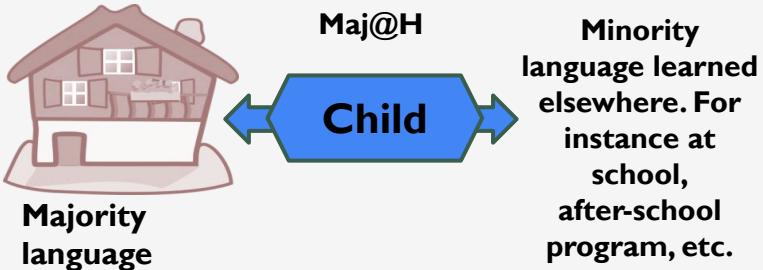
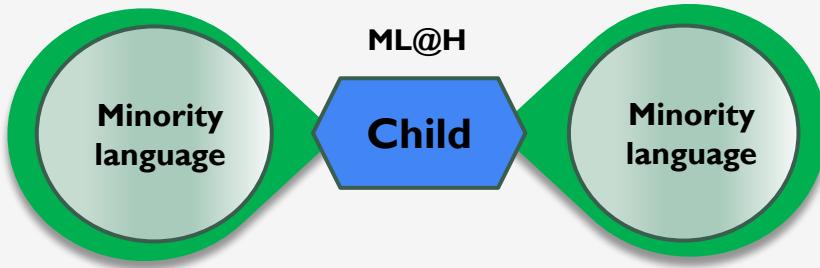
Remember in choosing a language, the **goal** is to **maximise the exposure to each of the languages** we want the children to learn.





# Helstu tungumálaaðferðir innan fjölskyldu

## Common Family Language Strategies



**Mixed methods**  
Each parent uses  
2 or more  
languages with  
the child

based on time  
and place

etc.

based on circumstances

**There are many ways to do this right**  
but keep in mind, failing to plan is planning to fail



# Að stilla tungumálalaðferð innan fjölskyldu

## Adjusting Family Language Strategies

Whenever changes happen in the family and there is:

- less time to dedicate to the child
- less exposure in the target language
- a shift in the child's language use

Possible reasons:

- starting daycare/preschool
- illness of the child or a family member
- parent who travels or work long hours
- separation of parents
- a move
- arrival of a sibling, etc.



<https://bilingualfamily.eu>



# Tví- og fjöltyngd systkini

## Bilingual or Plurilingual Siblings

- Parents have **less one-on-one time** with each child
- The older sibling might prefer **the daycare/preschool language**
- Children's **ages** and **personalities** play a role
- Siblings can **influence** each other's language choice/preference

“Children make their choice independent of the strategy the parents use.”

- Suzanne Barron-Hauwaert (2011:160)



<https://bilingualfamily.eu>



# Nánar upplýsingar um tungumálastefnu fjölskyldna

## More information about Family Language Policies

- ★ PEaCH guide “How to raise a bilingual child”  
<http://bilingualfamily.eu/resources-for-parents/>
- ★ Online articles by Rita Rosenback  
<https://multilingualparenting.com/>
- ★ Online articles by Dr. Ute Limacher-Riebold  
<https://utesinternationallounge.com/>
- ★ Scientific publications
  - by [Prof. Annick De Houwer](#)
  - by [Professor Elizabeth Lanza](#)
  - by [Dr. Suzanne Barron-Huawert](#)



# Málheimur barnsins

Hversu mikill tími og gæði tungumálanna er í umhverfi barnsins til að geta lært tungumálin vel?  
Íslenska á að vera velkomin heima fyrir líka.

## Child's Language Environment

How much time and quality in languages is your child exposed to in order to learn their languages well? **The Icelandic language should also be welcome at home.**

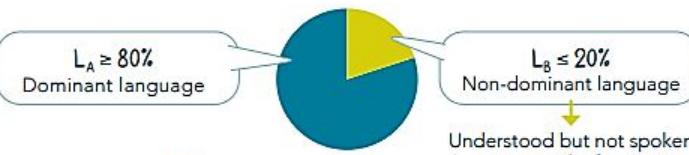
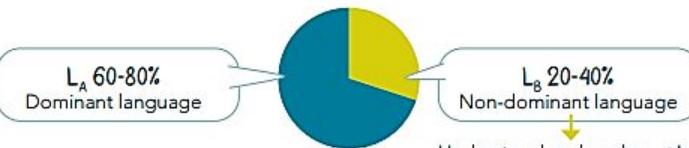
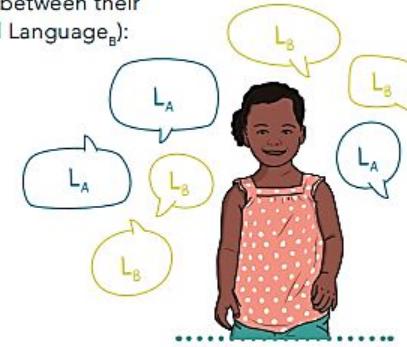
u.þ.b. **50% vöku**stunda og gæða málörvun í íslensku til að ná aldurstengdum námsviðmiðum  
(Dr. Elín Þöll Þórðardóttir, professor í tvítyngi og talmeinafræði)

að lágmarki 25–30% aðgang í fleiri tungumálum hvert fyrir sig.  
(Dr. Grosjean & Dr. Byers-Heinlein, 2018)

around **50%** of their waking hours and quality exposure in Icelandic to be able to reach age-appropriate academic milestones  
(Dr. Elín Þöll Þórðardóttir, professor in bilingual speech-language pathology)

a **minimum** of 25–30% exposure to each of their language in order to not forget it.  
(Dr. Grosjean & Dr. Byers-Heinlein, 2018, experts in bilingualism)

Children divide their time between their languages (Language<sub>A</sub> and Language<sub>B</sub>):



Exposure to languages is dynamic, varying over time.

Bilingual child and their language - 1.

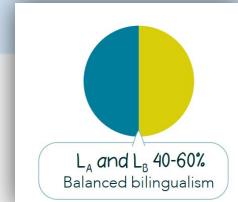


# Málþroski og læsisþróun tvítyngdra barna yfir tímann

## Language and literacy development of bilingual children over time

- Tví- og fjölyngi: Hæfni til að nota mörg tungumál í mismiklu mæli (Evrópuráð).**  
Bilingualism or plurilingualism: “Ability to use several languages to varying degrees” (Council of Europe)
- Nokkrar tegundir af tvítyngi: Some types of bilingualism:

Málskipti Language shift	Aðgerðalaust tvítyngi Passive bilingualism	Virkt tvítyngi Active Bilingualism	Algert tvítyngi Balanced bilingual
<ul style="list-style-type: none"> <li>Barnið hættir að tala eitt tungumál og skiptir yfir í nýtt tungumál</li> <li>The child stops to speak the mother tongue and and is replaced by another language</li> </ul>	<ul style="list-style-type: none"> <li>Barnið er sterkara í einu tungumáli, yfirleitt samfélags- og skólatungumál. Barnið skilur hitt tungumálið en getur ekki tjáð sig.</li> <li>The community and school language is the stronger language, while the minority language is understood but not spoken.</li> </ul>	<ul style="list-style-type: none"> <li>Barnið er sterkara í einu tungumáli, yfirleitt samfélags- og skólamálið. Barnið skilur og talar hitt tungumálið.</li> <li>The community language is stronger, the child still speaks and understands the minority language.</li> </ul>	<ul style="list-style-type: none"> <li>Jafnvægi á tveimur tungumálum (skilningur, frásögn, lestur og ritun, menningarmál)</li> <li>Equal proficiencies in all the languages (comprehension, interaction, literacy, cultural knowledge)</li> </ul>



# Móðurmál Samtök um tvítyngi

## Móðurmál Association on Bilingualism

[www.modurmal.com/](http://www.modurmal.com/)

[www.facebook.com/Modurmal](http://www.facebook.com/Modurmal)



<b>Arabic Assalam</b> مرحباً بكم في منتدى الأمهات لغة الأم، تعرّفوا من المعلمات، برجي بالضغط هنا	<b>Arabic Sure I Can</b> أهلاً وسهلاً في قسم اللغة العربية في مجتمع اللغة الأم، تعرّفوا من المعلمات، برجي بالضغط هنا	<b>Bulgarian</b> Welcome to the Bulgarian group. For further information, please click here	<b>Czech</b> Vítejte do České školy na Islandu. Pro další informace prosím klikněte zde	<b>Filipino</b> Mabuhay! Matagayang pagdala sa grupo ng mga wikaeng kinagsaán ng Pilipinas. Para sa karangdagang impormasyon, pindutin itsa
<b>Hungarian</b> Welcome to the Hungarian mother tongue group. For more information, please click here	<b>Japanese</b> 母国語会日本語グループのページへようこそ！詳しくはこれらをクリックしてください。	<b>Korean</b> 한글학교에 오신 것을 환영합니다. 자세한 정보는 여기에서 찾으세요	<b>Latvian</b> Welcome to the Latvian mother tongue group. For more information, please click here	<b>Lithuanian</b> Sveiki, kviečiame prisijungti prie Islandijos lietuviškių mykylės "Trys spalvos". Daugiau informacijos raste čia
<b>Nepalese</b> Welcome to the Nepalese mother tongue group. For more information, please click here	<b>Polish</b> Witamy na polskiej stronie językowej oczyszczonych. Więcej informacji można znaleźć tutaj.	<b>Romanian</b> Bine ați venit în grupul Móðurmál românesc. Pentru mai multă informație, apăsați aici.	<b>Russian</b> Добро пожаловать в группу по изучению русского языка. Для большой информации, пожалуйста нажмите сюда	<b>Russian MIR</b> Welcome to the Russian mother tongue group MIR. For more information, please click here
<b>Serbian</b> Добродошли у групу спрске језик. За више информација притисните сада	<b>Slovak</b> Vitajte v slovenskej škole. Viac informácií nájdete tu	<b>Spanish</b> Bienvenido al grupo español de Móðurmál. Para más información, haz clic aquí	<b>Thai</b> Welcome to the Thai mother tongue group. For more information, please click here	<b>Ukrainian</b> Паслоа просимо в групу з вивченням української мови. Для більшої інформації, будь ласка натисніть сюди

Library and language classes in different mother tongues for bilingual children  
**Móðurmál Library** <https://www.facebook.com/bokasafnmodurmals/>  
10 practical advice for parents in different languages

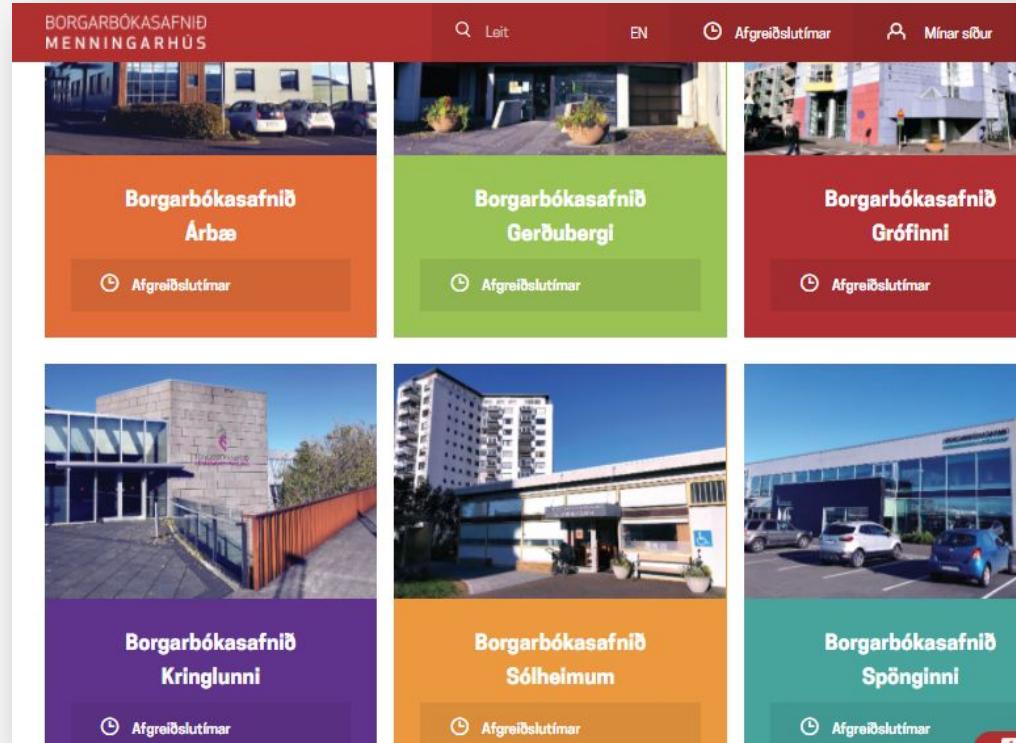


# Borgarbókasöfn

## Public City Libraries

<https://www.borgarbokasafn.is/>

- Borgarbókasöfn bjóða upp á margskonar þjónustu og viðburði. Fjölskyldur geta átt gæðastund í umhverfi sem skapar jákvætt viðhorf til íslenskrar menningar. **Ókeypis fyrir börn.**
- Public libraries offer various services and events. Families can spend quality time in an environment that encourages positive view towards Icelandic culture. **Free for children.**



# Hljóðbækur Audio books

- **Barnaefni á íslensku** til að hlusta á.  
Efni fyrir leikskólabörn og  
nemendur á yngsta stigi  
grunnskólans.
- Children's books read aloud.  
Reading materials for preschool  
children and students in the  
primary years of compulsory  
school.



The screenshot shows the Storytel website interface. At the top, there is a search bar with the text "Börn og fjölskylda". Below the search bar, there are three dropdown menus: "FLOKKA", "TUNGUMÁL", and "TEGUND". A grid of four book covers is displayed, each with a play button icon. The titles and authors of the books are: "Stóri og svoltið pirrandi filli" by David Walliams, "Verstu börn í heimi" by David Walliams, "SÓLARGEÍSLAN" by Elinhver Ekkineinsdóttir, and "EINHVER ÞURHORNAR" by Elinhver Ekkineinsdóttir.

<https://www.storytel.com/is/is/tags/2512-Boern-og-fjoelskylda>

The YouTube channel page for "Barnaefni á íslensku" is shown. The channel has 1.23K subscribers. It features a video thumbnail for "gurinn" and several other video thumbnails showing children reading books. The channel description reads "Barnaefni á íslensku" and "HJÓTTUÐUR Á SÓGUM".

<https://www.youtube.com/channel/UCWtM2349RzhD6jxS5E6B4xg>

The Spotify interface shows a playlist titled "Fyrir börnin - sögur" created by Bjarni Þór Jónsson. The playlist has 14 likes and 32 songs, with a total duration of 4 hours and 8 minutes. The cover art for the playlist features several children's book titles.

<https://open.spotify.com/playlist/0GJrCpTVwnEsZrB5LYEEtk>



<https://www.ruv.is/krakkaruv/>

- Íslenskt sjónvarpsefni og efni tengt menntun fyrir krakka og unglings
- Icelandic tv shows and educational shows for children and teenagers

The screenshot shows the homepage of the Krakkaruð website. At the top, there is a navigation bar with the logo "KRAKKARUV" and links for "HORFA", "HLUSTA", "KRAKKASKAUP", "SÖGUR", "SENDU MYNDBAND", and "MENNTARÚV". Below the navigation bar, there are several video thumbnails. One thumbnail on the left features four children sitting on a couch, with the text "Stundin okkar" and "bessi með Fílabrautinni, Jóganu og rímnaflæðinu". Another thumbnail in the center shows a woman holding a framed picture, with the text "KRAKKA KRASTÍÐ Krakkakastið Saga Garðarsdóttir". To the right, there are more thumbnails for "Húllumhæ Hrekkjavökpema", "Hljómboxið Fuglahlíðtur mætir Stjórnunni", and "Lestrarhvutti þáttur 5 af 26". Below these, a red banner section titled "NÝJAST" displays three more video thumbnails: "Krakkafréttir", "Hugarflug", and "Jógastund". At the bottom of the page, there are three large logos: "KRAKKARUV" (with gears icon), "MENNTARUV" (with flower icon), and "UNDRUV" (with stylized letters icon). A tagline "LATUM DRAUMANA RÆTAST" is also visible at the bottom.



# Rannsókn um fjölyngd börn í íslenskum leik- og grunnskólum

## Research on Multilingual Children in Compulsory Schools

Fjölyngd börn - Rannsóknarstofa um þróunar og lífssitu fyrirbæraðra barna

Watch later Share

HVAÐ GETA FOREELDRAR FJÖLYNGD

Hvað geta foreldrar fjölyngdra barna gert?

Watch on YouTube

Fjölyngd börn

Myndband með íslenskum texta

Dr. Sigríður Ólafsdóttir

Dr. Sigríður Ólafsdóttir, lecturer at the University of Iceland

<https://menntavisindastoffnun.hi.is/is/rannsokna-og-fraedslustofa-um-throska-laesi-og-lidan-barna-og-ungmenna>

### Subtitles in various languages

- **íslenska / Icelandic**

[https://www.youtube.com/watch?v=2xFltc49TU&feature=emb\\_imp\\_woyt](https://www.youtube.com/watch?v=2xFltc49TU&feature=emb_imp_woyt)

- **enska / English**

<https://www.youtube.com/watch?v=Hufwvrf2bYk>

- **pólska / Polish**

<https://www.youtube.com/watch?v=QDqrTXIsNGc>

- **portúgalska / Portuguese**

<https://www.youtube.com/watch?v=iapFuFN5DcY>

- **filippseyska / Filipino**

<https://www.youtube.com/watch?v=Q0C9WjthEWY>

- **rúmenska / Romanian**

[https://www.youtube.com/watch?v=a\\_2j033imFg](https://www.youtube.com/watch?v=a_2j033imFg)

- **arabíska / Arabic**

<https://www.youtube.com/watch?v=9g7oj942luA>



**Ekki hika við að hafa samband við okkur ef einhverjar spurningar vakna varðandi efni fyrirlestursins.**

**Please don't hesitate to contact us if you have more questions and comments about the presentation.**

[mml@reykjavik.is](mailto:mml@reykjavik.is)

Miðja máls og læsis web page

[www.mml.reykjavik.is](http://www.mml.reykjavik.is)



Did you know?

 **NEW IN ICELAND**  
[New in Iceland](https://newiniceland.is) – Counselling Centre for Immigrants

Immigrants can get assistance to feel safe, to be well-informed and supported while living in Iceland. You can talk to us in English, Polish, Spanish, Portuguese, Arabic, Lithuanian, Russian and Icelandic. We provide telephone interpretation services free of charge. [https://newiniceland.is/](https://newiniceland.is)