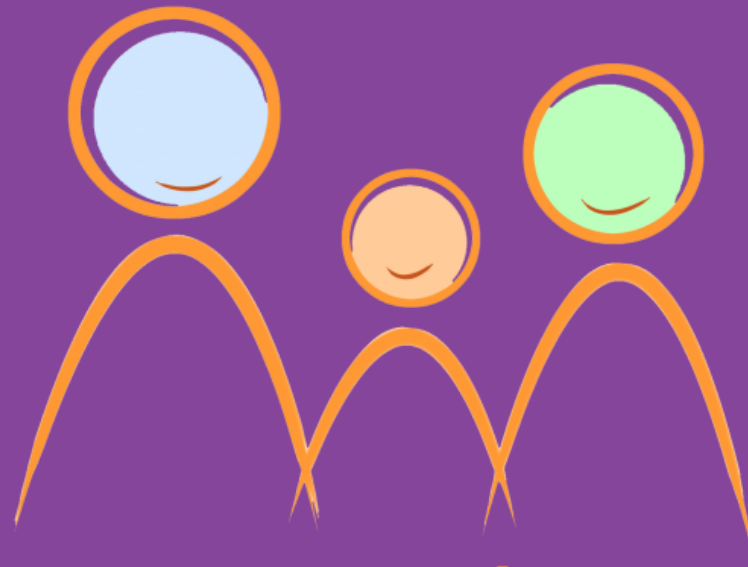


Parenting awareness for young people
PAFYP
2019-1-UK01-KA205-060936
www.parenting4youth.eu



PARENTING 4 YOUTH
Parenting Awareness for Young People

PAFYP will enable young people, families, school teachers, educators & healthcare professionals to be aware of the impact of mild/moderate Perinatal Mental Illnesses (PMI) demand driven & cocreated with partners from 5 EU countries.

PAFYP will prepare young people pre-birth for their new role & help them avoid PMI; currently feelings of being a failure as a parent lead to a reticence in seeking help: 58% of pregnant women/new mothers fear they would be judged and babies taken away (Equality & Human Rights Commission report).

PAFYP's parenting best practice guide will provide advice and support in a way can easily be cascaded to others. PAFYP will also improve the skills of educators and healthcare professionals equipping them to address parenting issues, including PMI, confidently & effectively

[READ MORE](#)



25th - 27th of February 2020

Open Europe - Reus, Spain

**Project meeting in Reus Spain
25 - 27 FEBRUARY 2020**

Open Europe (host organisation) delivered two workshops:

The "FIT PREGNANCY AND BABY - I" workshop presented an overview on the changes a woman experiences during pregnancy, the benefits of prenatal exercises, particularly prenatal yoga, and tips on diet and nutrition during this period.

The second workshop - "FIT PREGNANCY AND BABY - II" dealt with postnatal care, exercise, and nutrition.



Some photos from the workshops:
- psychological during prenatal and postnatal stages
- "Baby Blues" and Post Partum Depression



Lawrence Cohen is a psychologist specializing in children's play and play therapy and the author of 'Playful Parenting and The Opposite of Worry!'



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