

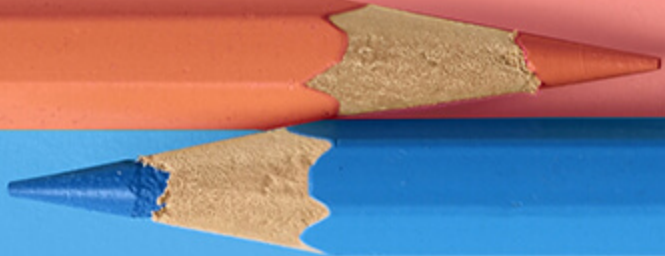
PARENTING 4 YOUTH

Parenting Awareness for Young People

NEWSLETTER 3

The Parenting Awareness for Young People is an Erasmus+ KA2 project carried out by 6 organisations - BUCOVINA, IRIS, OPENEUROPE, European Development Foundation and Kilcooley Womens Centre, under the coordination of Devon Mind. It aims to address this issue by bringing together the expertise and skills of these different organisations from across the European Union.

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PARENTING TOGETHER

2nd of December 2020
1:30 PM CET time
2:30 PM EET time

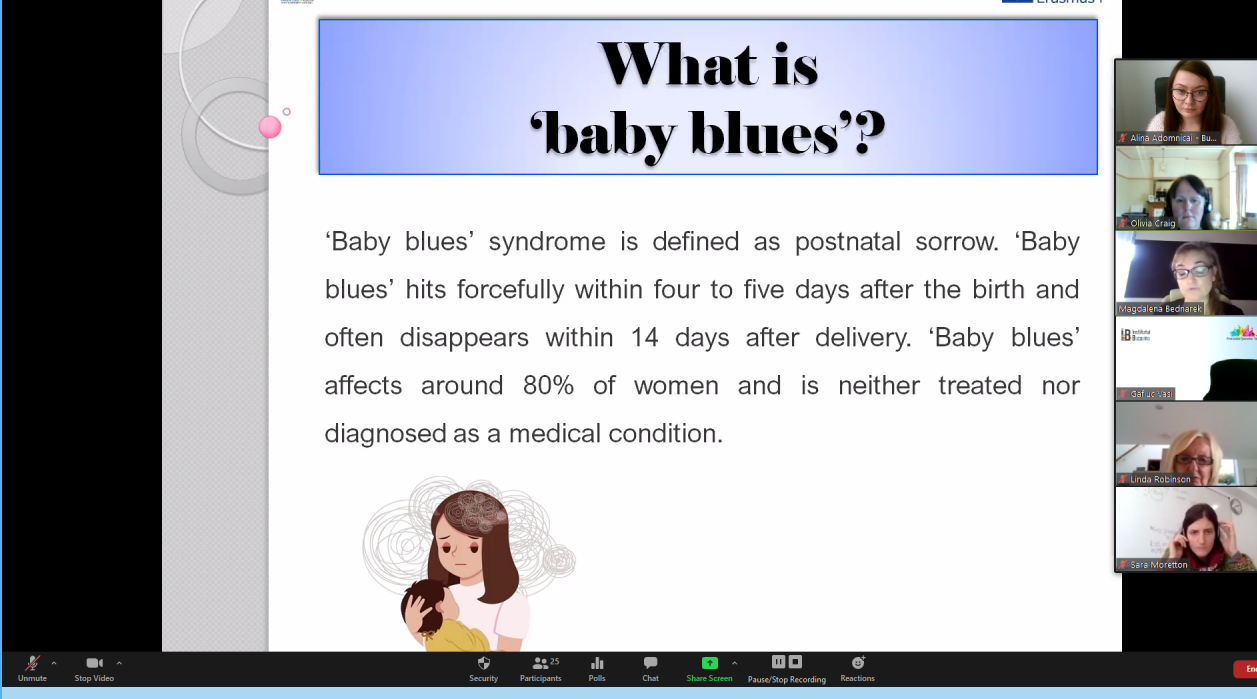
Agenda

- IRIS, Poland**
How to rock baby blues
- Bucovina Institute, Romania**
Helping young people to express their emotions and feelings
- KWC, Northern Ireland**
Creative play to promote resilience and positive behaviour in early years
- EDF, Bulgaria**
Peaceful baby sleep day and night

On the 2nd of December 2020 Webinar "PARENTING TOGETHER"



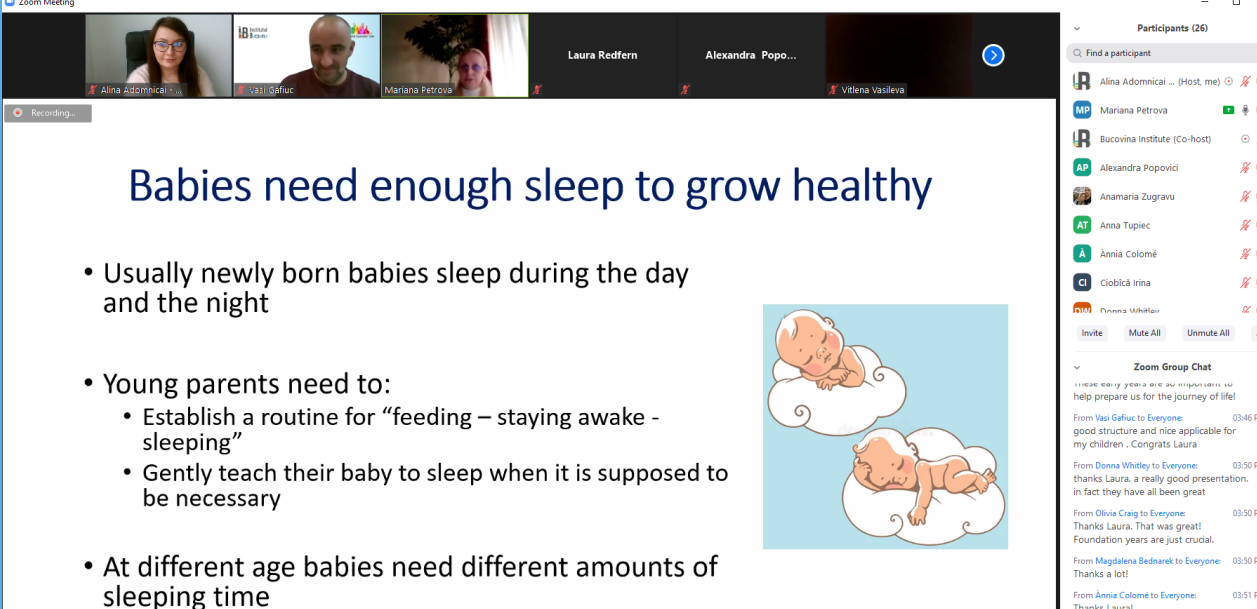
The aim of the 1st Webinar was to share best practices among the partners, organizations and institutions from the UK, Northern Ireland, Spain, Romania, Bulgaria and Poland.



What is 'baby blues'?

'Baby blues' syndrome is defined as postnatal sorrow. 'Baby blues' hits forcefully within four to five days after the birth and often disappears within 14 days after delivery. 'Baby blues' affects around 80% of women and is neither treated nor diagnosed as a medical condition.

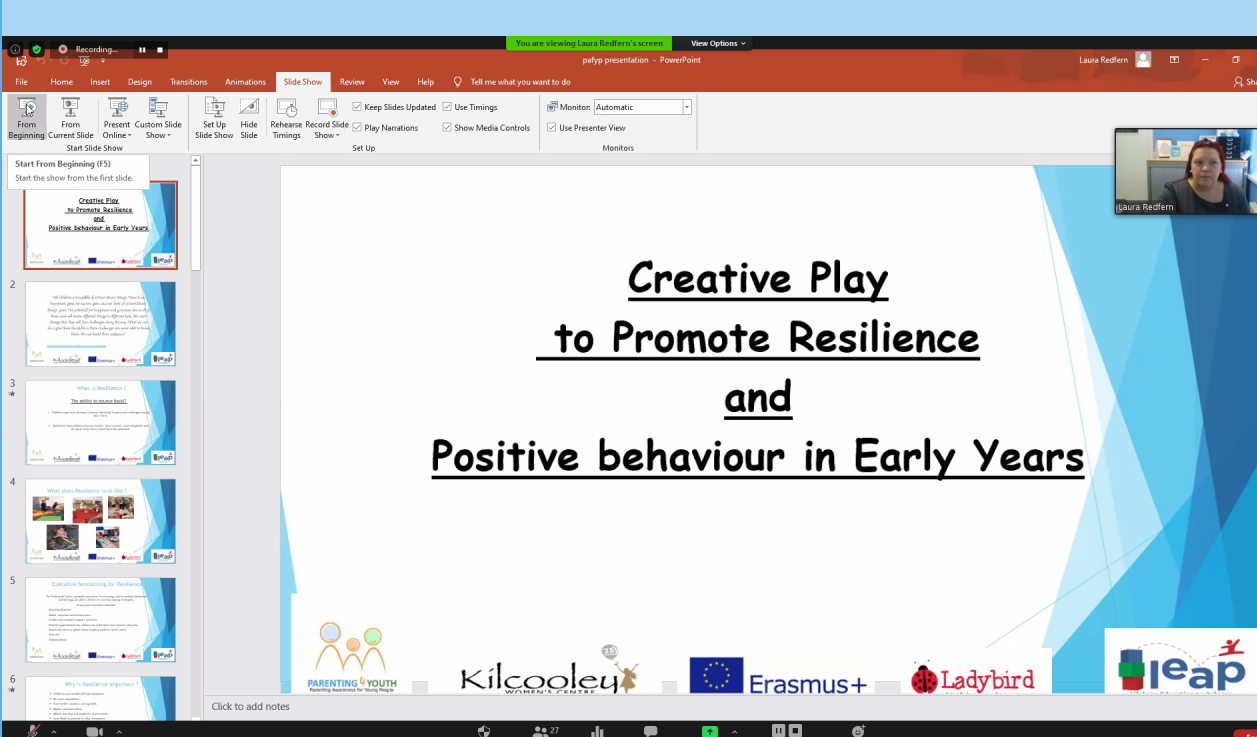
The webinar took place online on the Zoom Platform!
35 participants
4 speakers from the partner countries: Poland, Romania, Northern Ireland and Bulgaria.
Over 300 people reached our live on Facebook from Bulgaria, Romania, Republic of Moldova, Spain, United Kingdom, Northern Ireland and Poland.



Babies need enough sleep to grow healthy


- Usually newly born babies sleep during the day and the night
- Young parents need to:
 - Establish a routine for "feeding – staying awake - sleeping"
 - Gently teach their baby to sleep when it is supposed to be necessary
- At different age babies need different amounts of sleeping time

The topics:
 - **How to rock baby blues**
 - **Help young people to express their emotions and feelings**
 - **Creative Play to Promote Resilience and Positive behavior in Early Years**
 - **Peaceful baby sleep day and night**



Creative Play to Promote Resilience and Positive behaviour in Early Years

The feedback from the participants shows that the most beneficial aspects, from the 1st Webinar, are: as a whole the subject of the webinar, the examples of activities and instruments, examples of good practices and personal experiences, structured presentations.



[Watch it on record!](#)



Webinars 2021

Partnership consortium will make **5 more webinars!**
The 2nd one will be in February 2021!

Some of the topics that we will present and talk about are:
 - Emotional regulation and its impact on perinatal mental health
 - Attachment Theories and the work of Daniel Siegel around early trauma
 And more...








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