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Parenting Awareness for Young People

6 partners exchange best practice to develop a common understanding of positive parenting, attachment theory, positive practices and simulations in parenting awareness to up-skill those working with young people in order to address the Europe 2020 agenda regarding poverty and social exclusion in terms of addressing early school leaving and improvement of academic attainment in young people.

Partners developed a Best practice training resource (BPTR), which is useful for those working in Higher Education, Youth Work, School Education and in a health and youth related setting. This resource includes a comprehensive evaluation of the different practices exchanged and exploited during the lifetime of the project.

Under the project 6 webinars were implemented in which we had more than 300 participants. The partners organised international workshops at each country where partners learnt new strategies and techniques to use upon return with young people in their regular activities.

And in the end we made multiplier events in each partner country.



United Kingdom



Northern Ireland



Asociació Programes Educatius
OPEN EUROPE

Spain



Romania



Bulgaria



Poland



<http://parenting4youth.eu>

Webinars

Webinar 1



Webinar 2



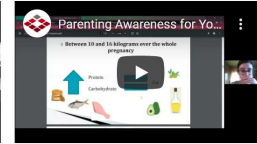
Webinar 3



Webinar 4



Webinar 5



Webinar 6

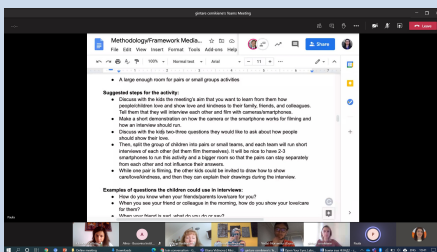


6 Webinars

Webinar 1

- How to rock baby blues
- Help young people to express their emotions and feelings
- Creative play to promote the resilience and positive behavior in early years
- Peaceful baby sleep day and night

300 people joined the 35 participants during this webinar following through our Facebook Live.



Webinar 4

- The impact to children from adverse parenting issues
- Matrescence
- Is my baby's development normal?
- Counseling for Maternal and newborn health care

Webinar 2

- Changes a woman experiences during pregnancy
- The benefits of prenatal exercises
- Particularly prenatal yoga
- Tips on diet and nutrition during pregnancy
- Postnatal care
- Exercises during pregnancy
- Nutrition

Webinar 3

During this 3rd webinar we introduced some topics about mental health during pregnancy.

The main topics addressed were:

- Inclusive play to promote Diversity and Tolerance
- Pregnancy and childbirth through a cultural lens
- Self-care and compassion approach for young people
- Menstruation-not-tabu

Webinar 5

- FIT, PREGNANCY & BABY: post natal care, exercises and nutrition to welcome the new baby wisely
- Supporting children with autism, ADHD, dyslexia and other neurological disorders through occupational therapy
- Morpho-physiological and mental development of the adolescent
- Talking to young parents about their mental health

Webinar 6

- Borderline personality disorder in pregnancy and the postnatal period
- Tackling School Age Parenting
- FIR, PREGNANCY and BABY : changes during pregnancy, prenatal exercises, diet and nutrition to give birth happily
- Nurturing care and responsive care giving for early childhood development



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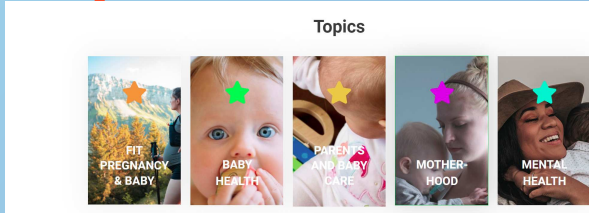
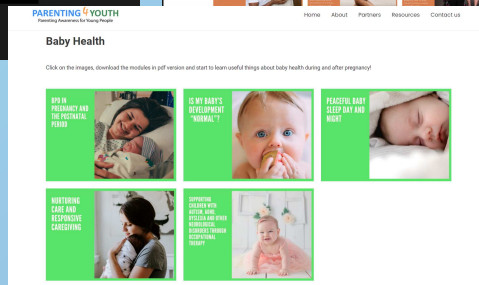
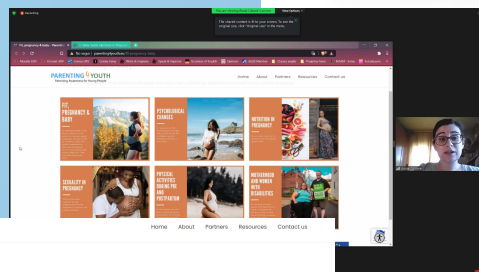
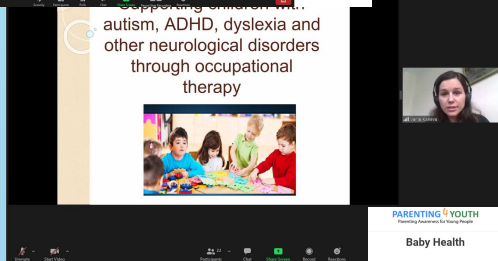
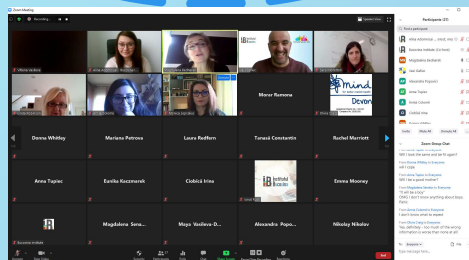


The results

6 WEBINARS

7 NEWSLETTERS

RESOURCES



6 meetings

6 Multiplier events

United Kingdom, Spain, Bulgaria, Poland and Romania and Ireland (online)

6 Local workshops