



3RD NEWSLETTER

SOCIAL/PARENTING SKILLS WORKSHOP

Bucharest on the 22-23th of May 2017
Romania

SPAHC THIRD TRANSNATIONAL MEETING

The workshop topic addressed in this meeting was about the Parenting and social skills of parents and finding ways on how to improve them.

The methodology that was used in preparing the workshop included quantitative and qualitative methods:

1. Online questionnaire method
2. Focus group method
3. Direct observation method

1. Online questionnaire method

The questionnaire used, was The Epstein Parenting Competencies Inventory (or EPCI) <http://myparentingskills.com/>, designed and validated by Dr. Robert Epstein, one of America's most distinguished research psychologists. EPCI derives from a review of more than 50 studies that predict positive outcomes of many aspects of parenting. These studies suggest that 10 different categories of parenting competence contribute to positive outcomes:

1. Expressing Love and Affection: You support and accept the child, are physically affectionate, and spend quality one-on-one time with him or her.
2. Stress Management: You take steps to reduce stress for yourself and your child, practice relaxation techniques, and promote positive interpretations of events.
3. Relationship Skills: You maintain a positive marital relationship and model effective relationship skills with other people.
4. Autonomy and Independence: You treat your child with respect and encourage him or her to become self-sufficient and self-reliant.
5. Education and Learning: You promote and model learning for your child.
6. Life Skills: You provide for your child, have a steady income, and plan for the future.

7. Behavior Management: You make extensive use of positive reinforcement and punish only when other methods of managing behavior have failed.

8. Health: You model a healthy lifestyle and good habits for your child.

9. Religion: You support spiritual or religious development and participate in spiritual or religious activities.

10. Safety: You take precautions to protect your child and maintain awareness of the child's activities and friends.

340 test takers from 6 countries (Croatia, Italy, Poland, Romania, Spain and Turkey) completed the test, with the age between 20 and 76, two thirds being women and one third men.

Results showed that only 14% of the test takers have been involved in **training or parenting education**. The 14% scored better at the "The parents ten" competencies than the other 86%. So, one way to improve the parenting skills is directly related to training and education but not yet seen as a social investment.

Although, the overall highest scores were obtained at the most important skill, **"Expressing love and affection"** (Fig.1), up to 35% of the test takers should take immediate action to improve this skill.

1. EXPRESSING LOVE AND AFFECTION: YOU SUPPORT AND ACCEPT THE CHILD, ARE PHYSICALLY AFFECTIONATE, AND SPEND QUALITY ONE-ON-ONE TIME WITH HIM OR HER.

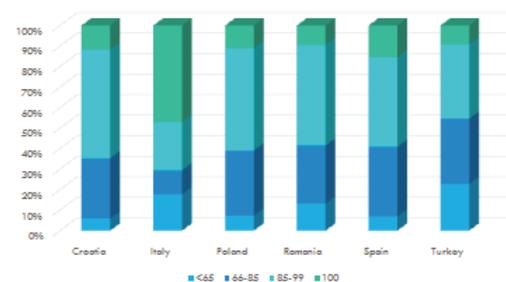


Fig.1

The overall lowest scores were obtained at the 2nd and 3rd most important skills, which are “Stress management” (Fig.2) and “Relationship skills” (Fig.3) showing how most of the parents are not aware of the impact on their own stress and relationship model upon children.

2. STRESS MANAGEMENT: YOU TAKE STEPS TO REDUCE STRESS FOR YOURSELF AND YOUR CHILD, PRACTICE RELAXATION TECHNIQUES, AND PROMOTE POSITIVE INTERPRETATIONS OF EVENTS.

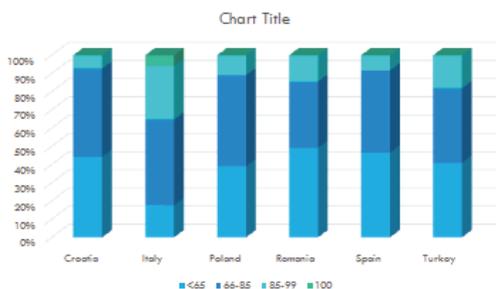


Fig.2

3. RELATIONSHIP SKILLS: YOU MAINTAIN A POSITIVE MARITAL RELATIONSHIP AND MODEL EFFECTIVE RELATIONSHIP SKILLS WITH OTHER PEOPLE.

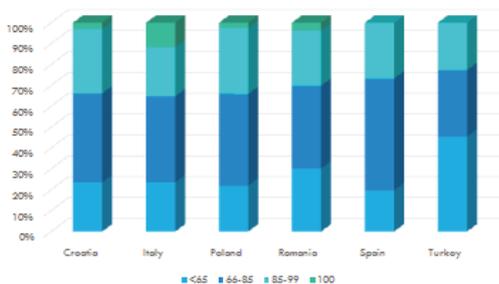


Fig.3

Cultural differences were observed, especially on topics like expressing love and affection, unconditional love or the role of religion in our lives.

Study results can be provided upon request at

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2. Focus group method

The Focus group method involved 16 meetings in 6 countries and more than 130 parents from Croatia, Denmark, Poland, Romania, Spain, Syria and Turkey, that discussed the topic of The Parents Ten. The meetings were happily welcomed by parents proving the unconscious need for support for parents.

3. Direct observation method

The observation method included ten observations for each country, in different contexts: playgrounds, parks, birthday parties, social gatherings, supermarkets etc. We observed the predominant attitude regarding the adult-child interactions, conflict solving, mirroring attitudes etc.

Workshop progress

- Each country presented the results of the focus-groups and observation method.



- The EPCI results were presented by ALIAT and group work was performed.



- Denmark presented the leaflet they made for the project, which will be translated in all partners' languages.



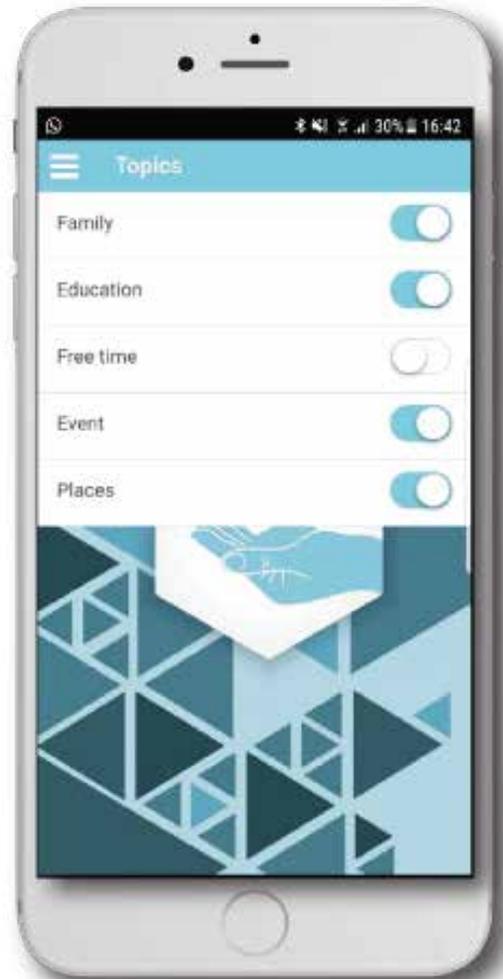
- Turkey presented the toolkit on social inclusion draft.



- The online app, first draft, was presented by EURO-NET, and discussed. The app will function as an events aggregator for parents and children.



Although cultural differences exist, the needs of children are universal and speak the same language. There is a lot of work, and continuous work, needed to be done in the field of parental education and is especially important for the state bodies to be involved in this important matter, since any education in parenting, leads to better outcomes for the lives of children.



More project info on:

- <https://www.facebook.com/StrongerParents/>
- www.spahco.eu

