



European Final Conference

IMPROVING THE MENTAL HEALTH AND WELL-BEING OF PARENTS AND CHILDREN

The EU-funded project aimed at improving the mental health and well-being of parents and children. Following more than 2 years of dedicated work the conference will present the project results to promote family wellbeing even in challenging situations; to help parents look back at those difficult times and learn to face new challenges; and to use them as an opportunity to 'flourish' and 'grow'.

SPEAKERS



Ms Kinga Joó,
Vice-President of the EESC
Bureau and Vice-President of
the Labour Market
Observatory (LMO)



Prof. Dr Lucía Jiménez,
Ass. Prof. in Developmental
and Educational Psychology,
University of Seville



MEP István Ujhelyi
Group of the Progressive
Alliance of Socialists and
Democrats



Prof. Orlanda Cruz,
Ass. Prof. in Psychology
and Education Sciences,
University of Porto



Prof. Laura Vismara,
PhD, Ass. Prof. in Clinical
Psychology,
University of Cagliari



Steve Alban Tineo
Professional Negotiator, Conflict
Resolution Expert & Developer of
the KYF methodology
& **Sonia Grimm**
author, show creator and
awakener of untapped talent



Co-funded by
the European Union





Key insights from the conference

- **Mental Health Advocacy:** Key speakers highlighted the importance of comprehensive mental health strategies, advocating for EU-wide investments and initiatives.
- **Parenting Support:** Lucía Jiménez and Orlanda Cruz underscored the diverse competencies needed for effective parenting, emphasizing emotional resilience and mentalization.
- **Family Well-being Framework:** Chiara Piccolo introduced a framework focusing on innate capacities for holistic family development, promoting physical, emotional, mental, and spiritual growth.
- **Personal Empowerment:** Sonia Grimm and Steve Alban Tineo emphasized self-awareness and conscious decision-making, highlighting the need for personal empowerment.
- **Tangible Outcomes:** The We Learn Everywhere project showcased practical resources including toolkits, digital platforms, and training sessions, supporting families in multiple languages and fostering community engagement.
- **Policy Recommendations:** Johanna Schima urged policymakers to prioritize positive parenting frameworks aligned with children's rights, emphasizing the importance of parental competencies for healthy family development.

The conference concluded with a resounding message: by empowering families with knowledge and support, we pave the way for a brighter future where every child and family can thrive.

Full version of the article available [👉 here](#)





Reading suggestion

Today we would like to suggest this very interesting report selected from our virtual library, available [online](#).

“Governing quality Early Childhood Education and care in global crisis: first lessons learned from Covid-19 pandemic”

This report explores the different ways in which European Union (EU) Member States (MS) have attempted to ensure high-quality ECEC (Early Childhood Education and Care) for children and families in the era of COVID-19. The rationale for the report builds on the Conclusions of the European Council concerning the fight against COVID-19 in education and training, which stipulate that Member States should share information and best practices and continue exchanging information about possible ways to adapt to this new situation at the level of education and training (Council of the European Union, 2020).

Language: English

Audience: Institutional actors, researchers, etc.

Type: Report

Author: European Commission

[Link to the resource](#)

