

## EFFective and Innovative approaChes for resiliENT PARENTING

### ABSTRACT

Due to the rapid and profound changes in technology and societal demands, parenting competencies are considered to have a vital role on the development of future generations of EU citizens and societies. Parenting support has gained interest from policymakers at the European level who in their turn recognize the significance of parental role on children's development and well-being. In modern, fast pacing societies, the role of a parent is constantly changing. Parents need the acquisition of updated lifelong key competences to respond to the current and future societal demands. Delivering competent and quality level of parenting to children is not only linked, to positive development outcomes among children, but to parent's well-being as well.

The EFFICIENT PARENTING project (EFFective and Innovative approaChes for resiliENT PARENTING) aims to build the capacity of parents for delivering high quality parenting, thus increasing parents' and children's well-being and development.

The objectives of this project are:

- to build the competencies of parents to be more resilient and efficient on their parental role;
- to develop quality resources to increase resilient parenting;
- to improve the overall quality of parenting support in the participating countries;
- to increase awareness on effective parenting skills among EU citizens.

The first intellectual output of the EFFICIENT PARENTING project is to develop and distribute a Handbook for parents in order to build their capacity to deliver high-quality and efficient parenting. This Handbook will be translated in irish, italian, romanian and greek language and disseminated in different countries, helping as many parents as possible. Parents from all participant countries will be trained to use the skills in their daily practice through blended learning sessions (face-to-face and online training).

The second intellectual output develops another useful tool for parents that is the e-learning platform, an e-learning space including digital learning resources which will act as a "one-stop-shop" providing instant access to the full suite of resources developed in this project including e-learning blended modules, videos, other useful resources.



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The impact of this project is of great value for the parenting support system. Parents will be able to obtain a deeper knowledge on how to deliver high quality parenting, thus increasing their own and children's well-being and development. The experts and stakeholders themselves will be able to better understand the value of promoting high parenting practices and how it can contribute in strengthening social inclusion, health and well-being of EU citizens.

The consortium aspires that project's results will serve as useful human development resources for finding a common ground in the EU, regarding parenting support initiatives.

<https://efficientparenting.eu/>