Co-funded by the Erasmus+ Programme of the European Union

> PAFYP NEWSLETTER 5 www.parenting4youth.eu

PARENTING 4 YOUTH

The 5th webinar under the PAFYP project took place via zoom in May 2021.

We had more than 20 participants in each webinar and the evaluation feedback shows us that the partnership consortium made useful and helpful presentations!

The topics were:

- 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

Promote good health

Optimize nutrition and lifestyle Stop smoking and alcohol consumptio ncrease physical activity







OPEN EUROPE



Co-funded by the Erasmus+ Programme of the European Union

The final 6th webinar under the PAFYP project took place via zoom in June 2021. We had more than 20 participants and the evaluation feedback shows us that the partnership consortium made useful and helpful presentations!

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PARENTING 4 YOUTH

The topics on the webinar:

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

EXAMPLES OF ACTIVITIES TO TRY

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