

EMPOWERkids



Health and social education for children

“EmpowerKids – Health education and social advice for low-income families with young children”

Latvian experience

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Interviewed and involved in activities children:

- Day center for children with disability – 26;
- Day center for children from low-income families – 25;



Healthy diet activities





Healthy diet + emotional well-being sessions (together with parents) ;

Sandplay therapy in a museum



Feedback from the psychologist. Meeting the parents of the children



Daily rhythm activity - Bowling



Meeting with trail ultramarathon runner



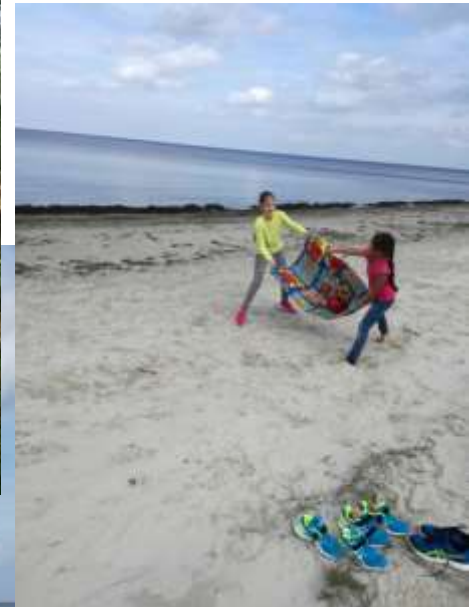
Daily rhythm: Game «My day».



Hiking, including different tasks;



Hiking to Jaunkemeri





Challenges:

- Emotional well-being – children and parents;
- Planning of activities;
- Age and knowledge differences.

Learnings:

- Children like active lessons. Active, attractive lessons – active, inspired children.
- Positive attitude.

Success

- Children really liked game and activities, participated with excitement.
- During the project, children are shown opportunities that they did not know.
- More often shows interest in healthy nutrition and other healthy activities.
- Children were empowered with interesting game/tool and inspiring activities to make healthy choices in they everyday life.
- Health and social field specialists participated in trainings and was introduced with new methods – practical EmpowerKids tool.
- Professionals understand better the child's family experiences.



Future:

- Tool to define children individual needs and to plan activities;
- Share good practice and invite other institutions to use the EmpowerKids tool and plan activities to promote children's health;



Thank you!