

EMPOWERkids



Health and social education for children

Rakvere summary

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Final seminar
Turku 13.12.2017



Activities: 1st meeting with local professionals (June 2016)





**Activities: 1st training for local professionals
(November 2016)**





Activities: *Two rounds of interviews with children (in February and September 2017)*





Activities: *Healthy Nutrition workshops for children*





Activities:

- **Healthy Nutrition workshops for the children**
(also some parents participated).
 - Healthy nutrition was **one of the most critical issues**, which emerged as a result of the first pilot round of interviews with the EmpowerKids Tool.
 - All foods were easy to prepare, healthy and nutritious and the cost was quite a low.
 - Children were interested in cooking, they learned new skills and self-made food tasted great!



Activities: *Healthy Nutrition workshops for children*



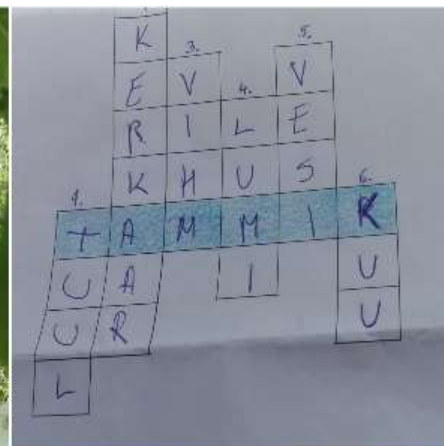
Activities: *Healthy Nutrition workshops for children*



Activities: *Healthy Nutrition workshops for children*



Activities: *Outdoor Learning workshop for children*





Activities: *Workshop „Healthy Food and Physical Activity“ in the kindergarten*



Activities:

- **Workshop „Healthy Food and Physical Activity**
 - Issues: concept and necessity of movement, risks of low mobility, indoor and outdoor mobility, orthopedic exercises, children yoga
 - **Raising awareness of children's health and introducing simple and effective mobility opportunities** in different institutions.

Activities: *Workshop „Healthy Food and Physical Activity“ in the kindergarten*



Activities: *Workshop „Healthy Food and Physical Activity“ in the Social centre’s children day centre*





Activities: Workshop „Healthy Desserts“ in Rakvere reaalgümnaasium



Activities: *Sleep training to the parents*



Kas 6 tundi uneaega 48 tunni jooksul on piisav?



- Iga inimese unevajadus on erinev.
- Keskmiselt vajab inimene 1 tund und iga 2 ärkveoludud tunni kohta, e 8 tundi ööpäevas.
- Uuringud on näidanud, et keskmiselt vajab inimene ööpäevas 8 tundi unet, ehk 100 minutit und.
- Kõige väiksem aeg, mida uneküsimuste põhjal vajatakse on 7,5 ning pikim 9 tundi.
- Seega...
- Tõstke käed, kes magavad ööpäevas 6-7 tundi! 7,5 – 8,5 tundi!!!

EMPOWERkids
Laste tervisealadikkuse tõstmise ja sotsiaalse taimetuleku edendamine

EMPOWERkids logo: a blue hand with a white apple inside the palm.



Activities:

- Sleep training to the parents

We know a little about sleep and usually do not keep our sleep healthy. Talking with participants revealed that **many have problems with sleep**. Parents were reminded that teenagers need a 10-hour sleep at night. A good advice - **each family should establish their own sleep mode** (at least one hour before bedtime, phones and tablets will be put off, a television will be turned off and all the all family members leave their phones at night for example in a kitchen). **Being together and acting together increases the quality of family relationships and has a good effect on the development of the child.**



Activities: *Seminar for professionals (8 March 2017)*



Welcome to the seminar
“Social Coping of Child - Theory and Reality”

Rakvere, 8 March 2017



The project is co-financed by the Central Baltic Programme 2014-2020





**Activities: Seminar “Social Coping of Child - Theory and Reality”
for professionals (8 March 2017)**





Successes:

- Fruitful **cooperation with 5 institutions** in Rakvere
- New **innovative digital tool** for professionals in their work with children.
- Rakvere was the only partner who **engaged the kindergarten children** to the project.
- Lot of **practical learning for children** in workshops.
- Children were **eager to acquire new knowledge.**



Successes:

Lot of valuable feedback from specialists in the field:

- „As a method the tool is very interesting, innovative, good and suitable addition to the existing methods (from the point of view of digital competence).*
- „EmpowerKids app allows to get more information and provide individual feedback to the child.“*
- „EmpowerKids is a simple, yet an innovative tool that enables to explain health related values taking into account the child’s perspective; points out the bottlenecks and problems and helps to support child’s health in close cooperation with professionals.“*



Successes:

Lot of valuable feedback from specialists in the field:

- „The whole application is very well thought out. I particularly liked the part where the children could choose between the faces. Firstly, it was possible to explain to a pre-school child, and secondly, it was good to develop a conversation on these topics.“*
- „The app really gives you a good overview of your child's daytime rhythm and habits. The kids really liked the game, so many asked if I could get this game for myself. And most of the children asked later, could we still play it.“*



Challenges:

- It is difficult to make an universal application for three different countries, adapting it to the local needs and considering the **different national recommendations** (nutrition, movement).
- Our practice showed that it was **difficult** to get the **children from different institutions together** at the same time.
- How to make children **consciously** make healthy choices.
- Can the child be able to give an objective assessment of the financial condition of the family?
- There are a lot of activities that can not be practiced in Rakvere – various activities must be explained to children : types of gymnastics and movement (different gymnastics, running, jogging, walking, hiking).

Future:

- As we have gathered valuable information from different target groups, developed and tested the tool practically:
 - We plan to introduce the tool and arrange a workshop:
 - to our students (many of them are working in this field, they can use it in daily work and disseminate information) and carry out a workshop
 - to the (kindergarten) teachers and other professionals
 - Publish an article in Estonian Social Work magazine and promote the results of the project in every occasion.



Learnings:

Playing the EmpowerKids tool

- The **tool suites better to older children**, because the kindergarten children might have problems with understanding of the content and might lose concentration, because of the length of the tool (four different parts)
- For a **kindergarten child, the tool should be shorter**, with less alternatives.
- The **outcome of tool might be influenced by the professional** who is playing with the child.
- It is **important** that the **professional knows the child**.
- The **summaries could be more individual**.

Learnings:

Workshops with children

- It's wise to **focus on only one specific topic at a time.**
- The most effective were workshops **conducted with one partner at a time.**
- **Children knew** why they need to eat healthy and what are the consequences of excessive consumption of sugar, **but they forgot it all** when they played a game where **was necessary to make a healthier choice on the basis of pictures.**
- **Children** explained their choices so that they **know what's healthier, but they're used to eat different food at home**, and the **brightly colored (candy) packages** are so inviting.
- So, as a parents and teachers, we can conclude that **the role models have a significant meaning in pre-school age.**
- There is so **lot of information noise around the child** that it is difficult to make the right choices within it, and if there is not any role models, it's almost impossible.
- There are **many simple but effective ways of moving with children**, which develops both creativity and self-expression of children.



Thank you!