

# EMPOWERkids



Health and social education for children

## SEMINAR

“Social Coping of Child – Theory and Reality”

Rakvere, 8 March 2017



Health and social education for children

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

## PARTNERSHIP

- Baltic Region Healthy Cities Association (Lead Partner)
- University of Turku
- Rakvere College, Tallinn University
- Jurmala City Council Welfare Department



Turun yliopisto  
University of Turku



TALLINN UNIVERSITY  
Rakvere  
College



Jurmala



Health and social education for children

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

## **BASIC INFORMATION**

Duration: 1 April 2016 – 31 March 2018 (24 months)

Total budget: 261.460,00 EUR

ERDF: 207.757,40 EUR

Financing: Central Baltic Programme  
Project partners



Health and social education for children

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

## PROBLEM

- Low health literacy of young children from low-income families;
- Differences in health status between the children from poorer and richer families;
- Lack of modern, attractive and empowering methods for health and social education for children.



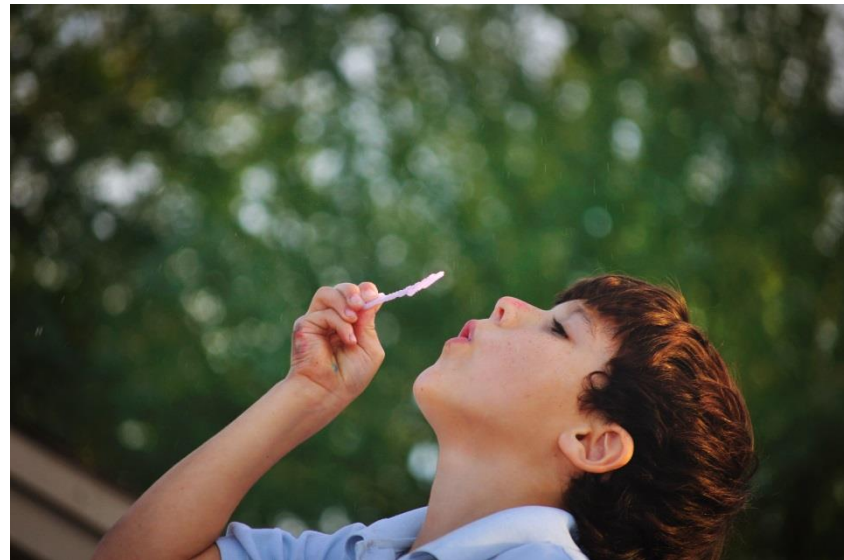


Health and social education for children

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

## PROJECT ACTIVITIES

- Development of the EmpowerKids-tool;
- Trainings for social workers, kindergarten teachers and other users of the tool;
- Interviews with children;
- Healthy workshops.





Health and social education for children

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

## EXPECTED RESULTS

- empowered children from Latvian, Estonian and Finnish communities, ready to make healthy choices in their daily life (at least 100),
- improved quality of health promotion and social work in participating municipalities,
- increased knowledge of health care personnel, social workers and kindergarten teachers about the tools and methods to work with children from vulnerable groups.





Health and social education for children

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

## **PROMISED**

- Involvement of at least 100 children in the activities,
- At least 80 children should benefit from the project,
- At least 2 interview sets in each location,
- Health promoting events – 20 for the whole project.

**TRAINING --> INTERVIEWS --> EVENTS**

**IMPROVEMENT OF THE TOOL --> INTERVIEWS --> EVENTS**



Health and social education for children

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

**THANK YOU!**

Karolina Mackiewicz

EmpowerKids Project Manager

[karolina.mackiewicz@marebalticum.org](mailto:karolina.mackiewicz@marebalticum.org)

+358 405075 069

[www.empowerkids.eu](http://www.empowerkids.eu)