

EMPOWERkids



Health and social education for children

Experiences of the EMPOWERKIDS-TOOL usability in FINLAND

SEMINAR

“Social Coping of Child – Theory and Reality”

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BALTIC REGION HEALTHY CITIES ASSOCIATION



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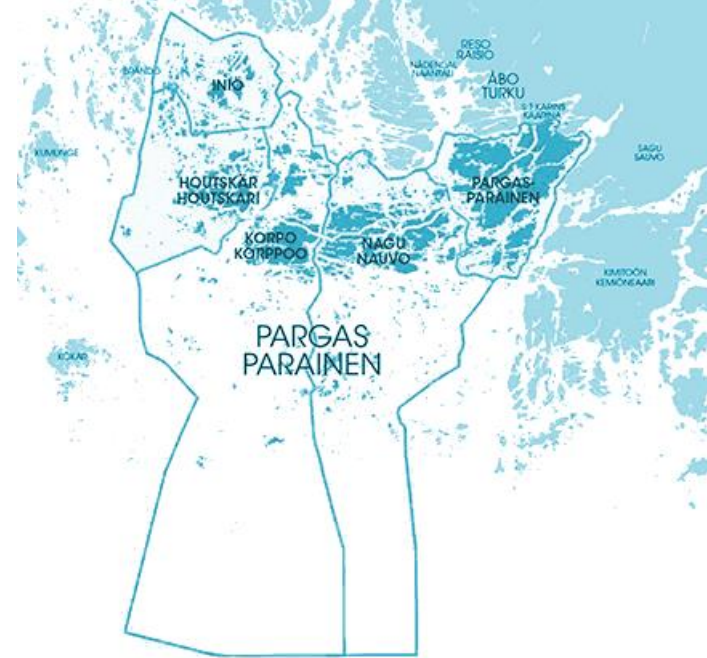
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Health and social education for children

Parainen school, Parainen, Finland

- **Children** aged 7 to 9 years (n= 22)
- **Professionals:** school teachers (n = 3)
- **The game session:**
 - 5 – 6 children/session
 - in one go (3h) or divided in parts
- Children were able to play the tool alone (baskets), *but understanding of the content required assistance from teachers*
- The interviews didn't work out as planned



Pargas skärgårdsstaden/Parainen saaristokaupunki, 2017



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CHILDREN'S opinions about the **EMPOWERKIDS-TOOL**

Things we liked

- + bird song as music
- + the owl
- + pictures (*simple, understandable ones e.g. apple, football, trampoline*)

Verbal feedback:

- + *easy to play (baskets)*

Things we disliked

- technical difficulties
- pictures (*not understandable ones*)
- game design
(*boring, same game design in every game*)



PROFESSIONALS' opinions about the **EMPOWERKIDS-TOOL**

Things we liked

- + bird song as music
- + graphics
- + easy to use

Verbal feedback:

+ easy to detect the needs of support

Things we disliked

- too many pictures to move
- some of the pictures not understandable
- duration 3h (*all games at once*)
- technical difficulties

Verbal feedback:

- understanding of the content and answering independently impossible (age 7-9, living in the moment)



PROFESSIONALS' opinions about the **EMPOWERKIDS-TOOL**

Things we would retain

- + all of the four games
- + the idea behind the game
- + easy game design

Things we would remove/develop

- complicated sentences and questions (*e.g. in resource game*)
- complicated pictures (*e.g. in nutrition game*)



PROFESSIONALS' development ideas of the EMPOWERKIDS-TOOL

- Two different apps for A) 7-8 years, B) 9-12 years ?
- Change the pictures, questions, answering options to **easier** and more **understandable**
- Reduce the number of baskets and apples (alternatives)
- Add answering alternative for free time or weekend (basket)
- Digital clock: add instead alternatives in pictures (8 p.m., 9 p.m., etc.)
- Add owl **talking out loud**:
 - the alternatives (apples) and the content of the baskets
 - the feedback of the completed game;
the whole feedback only to the teacher, 1-2 sentences for the child



PROFESSIONALS' development ideas Implementing the EMPOWERKIDS-TOOL

- Completing the game in **four different sessions** (*1 game/session*)
- **In group:** Special subject days + one game
(*e.g. "Healthy nutrition day" and Nutrition game*)
 - teacher introduces one subject and reflecting on the choices within all four seasons
 - when concern arises of a child - afterwards private discussion with other professionals
- **In private:** together with other professionals (public health nurse, social welfare officer)



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Further discussion topics in developing and implementing the EMPOWERKIDS-TOOL

- Children's cognitive understanding
– pictures, questions, answers
- Implementation with the aim
to promote children's and families
health and wellbeing



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