

# European Parents' Association



**Harnessing digital technologies for maternal health  
and parenting - A real bonus for family wellbeing?**

*Make Mothers Matter side event CSocD59*

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Arja Krauchenberg  
Project coordinator



EPA - The Voice of Parents in Europe

# European Parents' Association

From Ireland  
to Cyprus

**EPA**  
represents  
more than  
**150 million**  
European citizens

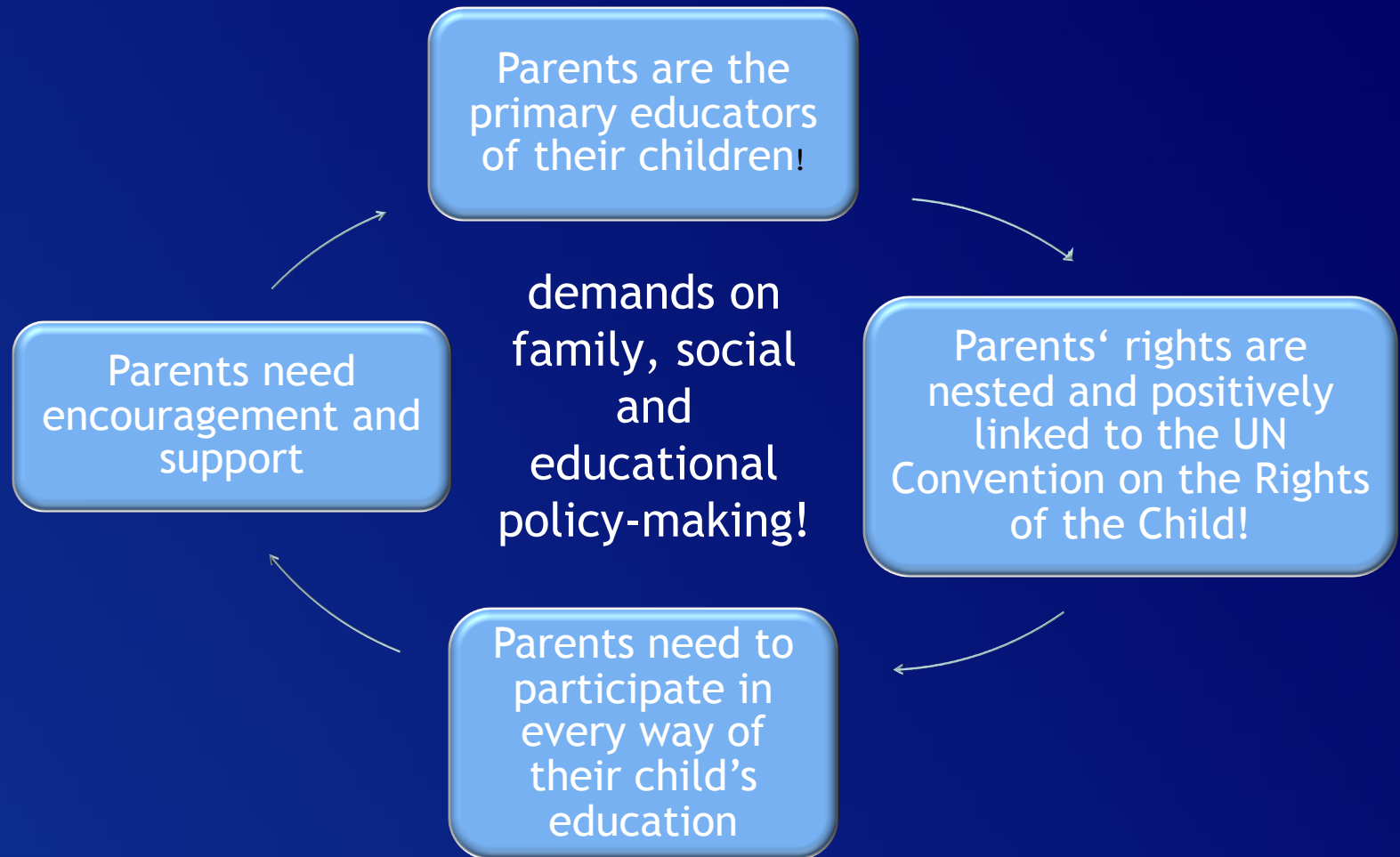


From Estonia to Spain



EPA - The Voice of Parents in Europe

# Core paradigmas





# Multiple challenges faced by parents



# Technical challenges

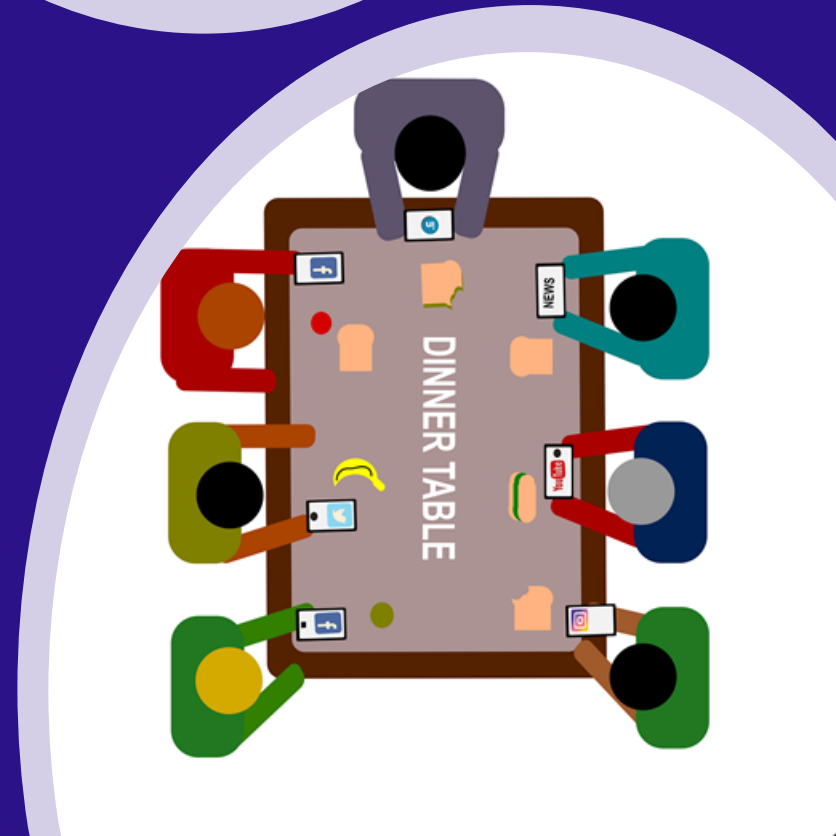
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- Equipment  
sufficient in numbers  
(siblings, parents)  
good quality equipment
  - Connectivity  
highspeed internet  
sufficient bandwidth (several  
users)
- => Infrastructure can be  
provided by the state  
authorities*



# Space and time

- No quiet place to work for neither children nor parents (smaller children/siblings, several people talking, small place to live)
  - Shift in working hours towards the evenings, working on weekends
  - Household chores (cooking, shopping, cleaning, laundry,...)
- => *Limited possibilities for governments*





# Health and psychological impact

- Stress
- No adequate working place
- Supporting children with homework and distance learning
- Explaining the disease to children
- Impact on life as a couple
- Unemployment
- => violence and substance abuse, sexual abuse



# Digital literacy

- Cyber security
- Data protection, phishing
- Sexting, grooming, sextorsion
- Cyberbullying
- Addiction
- Online shopping
- Online gaming

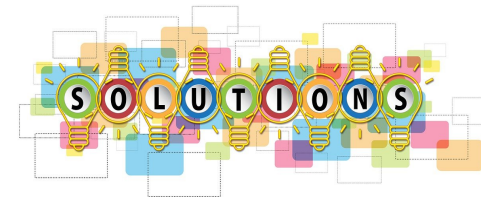




**Work-life balance, family wellbeing**

# Life after the crisis

- After the pandemic but before the next challenges
- What are our experiences - individual but also collective – What have we learned and what do we want to keep?
- What will change, what must change and what would we like to change ?



# The way forward

## What do we need?

- Support for parents in parenting
- home visiting programs
- home school liaison officers

## An evolution in education:

- project and inquiry based learning (IBL)
- Work based learning (WBL) as in VET
- Content and language integrated learning (CLILL) for better exchange across countries



# Thank you for listening

Arja Krauchenberg, project coordinator EPA

[arja.krauchenberg@gmail.com](mailto:arja.krauchenberg@gmail.com)

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



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