



Proceedings book

European Forum on Family Support. Creating an  
agenda for 2030



The editor of this document is EurofamNet and the coordinator of this document is Sofía Baena (Loyola University – WG1 participant in EurofamNet).

This document is based upon work from COST Action CA18123 The European Family Support Network, supported by COST (European Cooperation in Science and Technology).

COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. COST Actions help connect research initiatives across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research, career and innovation.

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

ISBN 978-84-09-54172-0



This document is distributed under the Creative Commons license (Attribution, Non-commercial use and Sharealike version). This means that it is possible to remix, adapt and build upon this work as long as the authors and EurofamNet are properly credited, and new creations are published under license identical terms. European Family Support Network (EurofamNet) © 2023. Any citation of this document should use the following reference:

**The European Family Support Network (EurofamNet) © 2023**

For further information, please contact:

EurofamNet: <https://eurofamnet.eu/contact>

Contact author: Sofía Baena: [msbaena@uloyola.es](mailto:msbaena@uloyola.es)

---

---

## CONTENT

---

Principles for family support research as a paradigm of policy and practice	5
John Canavan, Emanuele Bilotti, David Herrera, Anna Jean Grasmeyer, & Lucía Jiménez	5
Building up the evidence ecology of family support in Europe. The EurofamNet approach	6
Lucía Jiménez, John Canavan, Anna Jean Grasmeyer, & Ana Pizarro Carmona	6
Mapping key actors in family support. A European perspective	7
Sofía Baena, Anna Jean Grasmeyer, John Canavan, David Herrera, Andy Lloyd, Johanna Schima, & Lucía Jiménez	7
Making stories. Families' voices about family support	8
Carlos García-Medina, Jesús Maya, Rocío Garrido, Andy Lloyd, & Lucía Jiménez	8
Multidimensional and multi-level framework for conceptualising family support in Europe	9
Carmel Devaney, Harriet Churchill, & Angela Abela	9
Child, parent, or family? Applying a systemic lens to the conceptualisations of family support in Europe	10
Carmel Devaney, Øivin Christiansen, Julia Holzer, Mandi MacDonald, Marisa Matias, & Eszter Salamon	10
Family support in European constitutions	11
Jelena Arsic & Jelena Jerinic	11
Family policy and family support in Europe. International and European policy frameworks and standards	12
Harriet Churchill, Mona Sandbæk, Ashling Jackson, Jelena Jerinić, Jelena Arsić, Ivana Dobrotić, Anna Rybrinska, & Roberta Ruggiero	12
Child and family support policies across Europe: National reports from 27 countries	13
Angela Abela	13
International agencies on programme evaluation and quality standards	14
Sonia Byrne & Metin Özdemir	14
Quality standards in the design of evidence-based family support programmes in Europe	15

---

---



Isabel M. Bernedo, Ana Almeida, Ninoslava Pecnik, Sonia Byrne, Lucía González-Pasarín, Orlanda Cruz, Ana Uka, Daiva Skučienė, & Lina Šumskaitė	15
Parent instruments used in evidence-based family support programs in different socio-cultural contexts. A scoping review	16
Oriola Hamzallari, Koraljka Modić Stanke, Elisabeth Stefanek, & Georg Spiel	16
Child outcome measurements used in evidence-based family support programs in different sociocultural contexts. A scoping review	17
Ana Uka, Elisabeth Stefanek, Daiva Skuciene, Carmen Schneckenteiter, & Georg Spiel	17
Online versus in-person parenting support	18
Patty Leijten, Burcu Kömürçü Akik, Oana David, Rukiye Kızıltepe, & Ana Catarina Canário	18
Components of online parenting programs for children’s mental health	19
Ana Catarina Canario, Burcu Kömürçü Akik, Koraljka Modić Stanke, Oana David, Rukiye Kızıltepe, Rita Pinto, Marco Martins, & Patty Leijten	19
Implementing evidence-based practices as a model for professional practice for quality family support. A comparative study	20
María José Rodrigo, Sonia Byrne, Ninoslava Pecnik, Isabel M. Bernedo, Eliška Kodysova, Koraljka Modic Stanke, & Javier de Frutos	20
Family support workforce skills. Research and practice	21
Makedonka Radulovic, Nevenka Zegarac, Mariana Bucuiceanu-Vrabie, & Ana Maria Pereira Antunes	21
Future of family support workforce skills	22
Nevenka Žegarac, Anita Burgund Isakov, Nina Mešl, & Tadeja Kodele	22
Translation and accessibility. Family support available to all	23
Branko Bošković	23
Dissemination and outputs	24
Sviatlana Karpava, Branko Bošković, Roberta Ruggiero, & Joana Sequeira	24

---

## Principles for family support research as a paradigm of policy and practice

John Canavan, Emanuele Bilotti, David Herrera, Anna Jean Grasmeyer, & Lucía Jiménez

John Canavan | john.canavan@universityofgalway.ie  
 Anna Jean Grasmeyer | agrasmeyer@us.es  
 Emanuele Bilotti | emanuele.bilotti@unier.it  
 David Herrera | dvherrera@uma.es  
 Lucía Jiménez | luciajimenez@us.es

# Principles for family support research as a paradigm of policy and practice

The EurofamNet principles indicate foundational beliefs and values of the Action and the network of members it contains. The principles reflect the nature and identity of the Action and operate alongside the objectives and activities contained in the Memorandum Of Understanding. They are part of the 'story' of the network and will assist others understanding who we are, what we are doing and why we are doing it. The principles serve as a **guide** to and as a **set of criteria** against which we can assess how we operate as a network; both in the ongoing process of the Action's work and in the outputs and products that it realises. The principles have been used actively at working group level, serving as **quality filters for the ongoing work** and for the research and data gathering activities that are involved.

- 1 Rights oriented**

Upholding of **children's and parents' rights** as they are expressed in key international human right treaties, and in the **1989 UN Convention on the rights of children**, in particular. According to these rules and their interpretation by the Courts, the primary consideration of the best interests of the child should be observed as a standard in the achievement of his/her rights and in balancing other relevant interests.
- 2 Ethical practice**

Operating to a set of **standards and principles** that inhere in the **professional roles of Action participants** and that are further expressed in the way that the work of the Action proceeds.
- 3 Participation**

A bottom-up process: **involving children, parents and families** in the design, implementation and evaluation of Family Support policies, services and practices.
- 4 Multi & cross-sectoral; Multi & interdisciplinary**

Recognising Family Support as a policy, service and practice orientation that has applications **across various sectors of state and international policy and different professional disciplines**. This often involves people from different sectors and disciplines working together. Likewise, Family Support research and evaluation proceeds within and between **different academic disciplines**.
- 5 Policy and practice aware**


Placing policy and practice considerations to the forefront of the work of the Action, both in informing the agenda of activities and in framing its various outputs.
- 6 Evidence-informed**

Committing to evidence founded on **scientific methods**, reflecting the values of those who use services, and the experience and **wisdom of practitioners**.
- 7 Pluralist approach to research and evaluation design**


Adopting a pluralist approach to research and evaluation seeks to achieve greater fit between the demands of academic rigour in research / evaluation and the 'real worlds' of policy and intervention. It embraces the **full range of design and methodological possibilities** to address the diversity of contexts within which research studies and evaluations are set.
- 8 Inclusive communication and language**

Using communication formats and language that are accessible and **clear to all citizens**.


This document is based upon work from COST Action CA18122 The European Family Support Network, supported by COST (European Cooperation in Science and Technology).  
 COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help scientists (especially researchers outside Europe) and create conditions to grow their ideas by sharing them with their peers. This boosts their research, career and innovation. www.cost.eu




**cost**  
EUROPEAN COOPERATION  
IN SCIENCE & TECHNOLOGY



Funded by  
the European Union



Principles for family support research as a paradigm of policy and practice  
<https://eurofamnet.eu>



## Building up the evidence ecology of family support in Europe. The EurofamNet approach

Lucía Jiménez, John Canavan, Anna Jean Grasmeyer, & Ana Pizarro Carmona

Lucía Jiménez | [luciajimenez@us.es](mailto:luciajimenez@us.es)  
 John Canavan | [john.canavan@universityofgalway.ie](mailto:john.canavan@universityofgalway.ie)  
 Anna Jean Grasmeyer | [agrasmeyer@us.es](mailto:agrasmeyer@us.es)  
 Ana Pizarro Carmona | [anapizar@gmail.com](mailto:anapizar@gmail.com)

### Building up the evidence ecology of family support in Europe

#### *The EurofamNet approach*

EurofamNet is a **bottom-up, evidence-based, and multidisciplinary network** aimed at improving the lives of children and families by informing family policies and practices in Europe (Figure 1).

For this purpose, EurofamNet addresses some of the current **challenges in family support research** at European level.

WPI  
Co-ordinating group for the Action

Figure 2. Map and methodology of the network

Figure 1. Research, policy and practice diagram

EurofamNet is structured in **Working Groups**. WG1 and WG5 are responsible for the coordination of the network and the dissemination of results, respectively. WG2, 3 and 4 work on the specific research areas shown in figure 3.

The network also encompasses a **Policy and Practice Group** and a **Young Researchers Group**.

It is in close collaboration with **National Working Groups** established in participating countries.

Figure 3. Structure of the network

The document is based upon work from COST Action IC18123 The European Family Support Network, supported by COST (European Cooperation in Science and Technology).  
 COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help connect research initiatives across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research, career and innovation. [www.cost.eu](http://www.cost.eu)

Funded by the European Union

Building up the evidence ecology of family support in Europe. The EurofamNet approach  
<https://eurofamnet.eu>

## Mapping key actors in family support. A European perspective

Sofía Baena, Anna Jean Grasmeljer, John Canavan, David Herrera, Andy Lloyd, Johanna Schima, & Lucía Jiménez

Sofia Baena | [msbaena@uloyola.es](mailto:msbaena@uloyola.es)  
 Anna Jean Grasmeljer | [agrasmeljer@us.es](mailto:agrasmeljer@us.es)  
 John Canavan | [john.canavan@universityofgalway.ie](mailto:john.canavan@universityofgalway.ie)  
 David Herrera | [d.herrera@uma.es](mailto:d.herrera@uma.es)  
 Andy Lloyd | [andywlloyd2@gmail.com](mailto:andywlloyd2@gmail.com)  
 Johanna Schima | [johanna@makemothermatter.org](mailto:johanna@makemothermatter.org)  
 Lucía Jiménez | [luciajimenez@us.es](mailto:luciajimenez@us.es)

### Mapping key actors in family support. A European perspective

There is a challenge in the family support landscape that consists of **engaging the European level with the local and national structures**, in order to support the delivery of quality family support across Europe.

Following a quantitative targeted-expert approach, 2 members with expertise in Europe-level family support identified 83 key family support actors at the European level.

A panel of 22 EurofamNet national coordinators with expertise in family support identified 326 key actors and organisations in 17 European countries (Figure 1).

Figure 1. Countries participating in the national mapping

The national mapping exercise shows intra- and inter-networks **diversity** in nature, scope, and sectors of family support actors and organisations. In terms of **organisations**, state/government, academic and research and NGO organisations were highly represented; while frontline practitioners and other organisations were the least represented.

Figure 2: Types of mapped organisations

Organisation Type	Percentage
State/government	29.14%
Academic & research	26.38%
NGO	22.09%
Front-line practitioners	11.96%
Others	9.82%

This document is based upon work from COST Action EXB123 The European Family Support Network, supported by COST (European Cooperation in Science and Technology).

COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help connect researchers across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research, career and innovation. [www.cost.eu](http://www.cost.eu)

**1 Family support provision is diverse and requires coordination**

- Complexity of the field, with state and NGO organisations playing an important role in family support delivery.
- Intersectoral and interdisciplinary nature of family support, with high representation of education, child protection, and research sectors; while addiction, youth work, and disability being less represented.

**2 EurofamNet national networks feed the evidence ecosystem in family support**

- The national networks in mutual interaction and interplay with European-level organisations create **social fabric** by nurturing family support infrastructures both locally and globally.
- This double-layered network is expected to **support the sustainable implementation** of evidence-based practices in family support across Europe.

**3 Next challenges to be addressed**

- Increasing the **capacity for dialogue with front-line practitioners** and including more front-line local and regional entities.
- Policy, practice and research need to elaborate mechanisms that achieve **meaningful engagement** of the most excluded children and parents.

EUROPEAN COOPERATION IN SCIENCE & TECHNOLOGY

Funded by the European Union

Mapping key actors in family support. A European perspective  
<https://eurofamnet.eu>

## Making stories. Families' voices about family support

Carlos García-Medina, Jesús Maya, Rocío Garrido, Andy Lloyd, & Lucía Jiménez

Carlos García-Medina | car.garciamedina@gmail.com  
 Jesús Maya | jimmaya@uloyola.es  
 Rocío Garrido | rocloga@us.es  
 Andy Lloyd | andy.lloyd@leeds.gov.uk  
 Lucía Jiménez | luciajimenez@us.es

# Making stories Families' voices about family support

There is a commitment from EurofamNet to **translate their academic outputs and practices resources** in an understandable language to **families and children**, as well as to give them a voice in order to have **their perspectives** about those outputs and resources.

**Art-based methods** have been used to drive this process, using storytelling, focus groups, and case studies (see Figure 1) to explore their experience about **types of support provision, barriers, and best practices on family support**.

This proposal also aims to create an efficient and art-based way of **dissemination for families and children**.

Figure 1. Types of support cards

**STORYTELLING, FOCUS GROUPS & CASES STUDIES**

3 diverse families groups

✓ ROMA families (from Croatia)

+

✓ Families at psychosocial risk (from Spain)

+

✓ Refugee families (from UK)

=

**1** Storytelling a made-up story

**2** Focus group about the made-up story

**3** Focus group about their own stories

**4** Create a joint group story

**1 Support & participation**

Importance of formal support to give response to the diversity of needs and demands of families.

Need to promote the participation of families in the decision-making process at all levels, from policy provision to services.

**2 Room for improvement**

Despite the relevant role of family support services, there are several aspects that need improvement.

There is the need to incorporate the perspective of under-heard families, such as those with children that have mental disorders, homoparental families, etcetera.

**3 Art-based methods**

Historically art has been linked to research and activism globally.

In this project, it has been used as an experiential tool to effectively support families in sharing their experiences and needs, promoting social transformation.

THIS document is based upon work from COST Action IS1214 European Family Support Network, supported by COST (European Cooperation in Science and Technology).

COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help connect researchers across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their scientific career and innovation. [www.cost.eu](http://www.cost.eu)

EUROPEAN COOPERATION  
IN SCIENCE & TECHNOLOGY




Funded by  
the European Union

Making stories: families' voices  
about family support  
<https://eurofamnet.eu>





# Multidimensional and multi-level framework for conceptualising family support in Europe

Carmel Devaney, Harriet Churchill, & Angela Abela

 Carmel Devaney | [carmel.devaney@nuigalway.ie](mailto:carmel.devaney@nuigalway.ie)  
 Harriet Churchill | [h.Churchill@sheffield.ac.uk](mailto:h.Churchill@sheffield.ac.uk)  
 Angela Abela | [angela.abela@um.edu.mt](mailto:angela.abela@um.edu.mt)

## Multi -dimensional and multi -level framework for conceptualising family support in Europe

This framework is based on research reviews and knowledge exchange activities to develop a **coherent and comprehensive conceptualisation of family support** in ways that **uphold children's rights and promote social justice and gender equality**. This included three scoping studies which examined intergovernmental human rights and European social policy agreements, national reports about key policy and provision developments, and published academic literature .

**This framework incorporates three interconnected aspects of family support:** family support policy, family support provision, and family support practice all of which are interlinked, but also operate in distinct ways and create individual influences .


**This framework also emphasises how these three domains need to be informed by a participatory ethos**

Critically including the views and experiences of those that avail of services as well as those that provide those service .

**All three domains – independently and in how they inter-relate – influence access to, experiences of, and outcomes for children, young people, parents and families .**

This framework provides a coherent understanding of family support, **promoting participation & collaboration with children, parents and communities** at the three levels of policy, practice & provision .


We also highlight the need to address **constraints and challenges in the field** that relate to tensions and limitations at the level of policy reforms, adequate and sustained investment in service provision and agreed practice orientations, standards and qualities .




The diagram illustrates a three-level framework. At the top is 'Family support policy', which includes 'Statutory frameworks and reforms for family support rights, provision, and practice' and 'Social justice, children's rights, gender equality, high quality services, adequate funding, collaborative decision-making, professional development'. Below this is 'Family support provisions', including 'Family and parenting services, economic support, employment support, early childhood education and care' and 'Needs-based planning, outcomes-based evaluation, recognising diversity, promoting equality'. At the bottom is 'Family support practice', including 'Practitioner providing tailored and multi-faceted child, parenting and family support' and 'Relationship-based practice, strengths-based practice, collaboration-based practice, reflective practice'. A vertical yellow arrow on the left labeled 'PARTICIPATORY ETHOS' points upwards, indicating that this ethos informs all three levels.

This document is based upon work from COST Action CA18123 The European Family Support Network, supported by COST (European Cooperation in Science and Technology).


COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help connect research initiatives across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research, career and innovation. [www.cost.eu](http://www.cost.eu)



EUROPEAN COOPERATION IN SCIENCE & TECHNOLOGY




Funded by the European Union




Multi-dimensional and multi-level framework for conceptualising family support in Europe

<https://eurofamnet.eu>



## Child, parent, or family? Applying a systemic lens to the conceptualisations of family support in Europe

Carmel Devaney, Øivin Christiansen, Julia Holzer, Mandi MacDonald, Marisa Matias, & Eszter Salamon


 Carmel Devaney | [carmel.devaney@nuigalway.ie](mailto:carmel.devaney@nuigalway.ie)  
 Øivin Christiansen | [oich@norceresearch.no](mailto:oich@norceresearch.no)  
 Julia Holzer | [julfa.holzer@univie.ac.at](mailto:julfa.holzer@univie.ac.at)  
 Mandi MacDonald | [m.macdonald@qub.ac.uk](mailto:m.macdonald@qub.ac.uk)  
 Marisa Matias | [marisa@fpce.up.pt](mailto:marisa@fpce.up.pt)  
 Eszter Salamon | [director@parentsinternational.org](mailto:director@parentsinternational.org)

### Child, parent or family? Applying a systemic lens to the conceptualisations of family support in Europe

- Family support is an umbrella term covering a range of interventions which vary along many dimensions depending on their target group, the background of service providers, the issue being addressed and the nature of the intervention or activity as well as the service setting.
- Family support can be conceptualized as either child-focused, parent-focused, or family-focused. This informs the type of services provided and the intended outcomes of those services. The prevailing political orientation to policy in a country can also influence how family support is conceptualised and delivered.
- While children are the intended ultimate beneficiaries of support, actual services are not always targeted directly to them, nor are children or young people necessarily directly involved in service provision. **Family support is more often conceptualised as being targeted toward parents as the primary service user,** and to a lesser extent described as being tailored toward children or whole families.
- Drawing on the **ecological systems theories**, we considered the consequences for the involved actors at different system levels, when support and interventions are targeted at the child, the parents or the family as a whole

This document is licensed under a Creative Commons Attribution 4.0 International License, supported by IODE (Innovation-Oriented Science and Technology)

COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help connect research initiatives across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research, career, and innovation. [www.cost.eu](http://www.cost.eu)



**Protecting children, promoting their well-being, and guaranteeing their rights** are the main and overall aims of family support.


Family support interventions and programmes are typically based on the principle of the **well-being of the parent being a prerequisite of child well-being** and as a result much of the focus both in academic and practice terms now focuses on parent(s).

Family support also seeks to **improve life quality for each member of the family and enabling long-term social integration** of the whole family, particularly those facing multiple challenges.


A systemic understanding of families calls for a **more integrative focus on parents and children** within the context of their wider family and community networks.

It requires us to view parenting as more than a 'role' and to organise services around the guiding principle that **parents' well-being is of crucial importance to meeting children's needs**


**Services need to be informed by a more nuanced understanding of family relationships,** including how the respective rights of adults and children accord.




EUROPEAN COOPERATION IN SCIENCE & TECHNOLOGY



Funded by the European Union




**Child, parent or family? Applying a systemic lens to the conceptualisations of Family Support in Europe**  
<https://eurofamnet.eu>



## Family support in European constitutions

Jelena Arsic & Jelena Jerinic

 Jelena Arsic | [jelena.arsic@pravnofakultet.rs](mailto:jelena.arsic@pravnofakultet.rs)  
Jelena Jerinic | [jelena.jerinic@pravnofakultet.rs](mailto:jelena.jerinic@pravnofakultet.rs)

# Family Support in European Constitutions

Starting from the premise that constitutions lay the foundation for national legislation and policy, this research covers **constitutional texts of 46 European countries** and reflects on how the constitutional protection has a direct effect on the conceptualisation and delivery of family support.

The analysis identifies **key elements of constitutional support to family support** and evaluates the implications of constitutional regulation vis a vis policies and practices of providing support to families.


**Three groups of constitutions**

Providing only general proclamations of family protection

Recognising some spheres or forms of family support

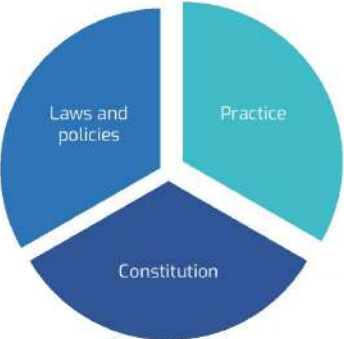
Having a selective approach by targeting specific families and family members

The value system of a society is often shaped by the constitution, with legal norms representing a flywheel for changes in the way society perceives the role of family; thereby the importance of seeing Family Support integrated on this basic legal drawing board.



**WP2** Developing the European conceptual framework on family support



- 1
**Constitutional provisions on family implicitly lean towards traditional family concepts** sometimes offering limited opportunities to alternative family forms.
- 2
**The notion of family support is rarely expressly mentioned**, but more often recognised as a part of the supervision authority or the general duty of states to provide assistance to families.
- 3
**More comprehensive constitutional provisions enabling a constructive and proactive rights-based approach are needed.**



The article is based on the research done within **Short Term Scientific Mission, now submitted to the special issue "Family Support in Europe" in Children and Youth Services Review.**

This document is based upon work from COST Action CAMB23 The European Family Support Network, supported by COST (European Cooperation in Science and Technology).


COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help connect research initiatives across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research, career and innovation. [www.cost.eu](http://www.cost.eu)

Funded by the European Union

Going back to the drawing board: The picture of family support in European constitutions



<https://eurofamnet.eu>



## Family policy and family support in Europe. International and European policy frameworks and standards

Harriet Churchill, Mona Sandbæk, Ashling Jackson, Jelena Jerinić, Jelena Arsić, Ivana Dobrotić, Anna Rybrinska, & Roberta Ruggiero

Harriet Churchill | h.churchill@sheffield.ac.uk  
 Mona Sandbæk | mona.sandbak@ostomet.no  
 Ashling Jackson | ajackson@ait.ie  
 Jelena Jerinić | jelena.jerinic@pravni fakultet.rs  
 Jelena Arsić | jelena.arsic@pravni fakultet.rs  
 Ivana Dobrotić | ivana.dobrotic@pravo.hr  
 Anna Rybrinska | anna.schmidt@amu.edu.pl  
 Roberta Ruggiero | Roberta.Ruggiero@unige.ch

### Family policy and family support in Europe International and European policy frameworks and standards

While national governments have the main responsibility for delivering family policy and family support, inter-governmental agreements in the areas of human rights and social policy provide substantial remits for children's and social rights to family support. Relative to their mandates, the United Nations (UN), Council of Europe (CoE) and European Union (EU) have adopted highly significant human rights instruments and family policy measures to promote the well-being of children and young people, and to support their parents and families.

**Practical messages**

The 1989 **UNCRC, EU social policy and social investment strategies, and CoE Positive Parenting policies** provide building blocks for a European rights-based framework for family support.


These agencies promote measures to **ensure children's rights** to family life, quality care and adequate living standards; and to promote **parental and family rights to support and services** including economic, housing, employment, childcare and parenting support and services.

A **'progressive universalism' framework** is adopted – universal support for all, with additional support for targeted needs. Family policy and support are recognized as important components of policies to address gender inequality, recognise cultural diversity and support persons with disabilities.


Although these international and European frameworks could more consistently and comprehensively promoted, there are substantial **inter-governmental agreements for family rights and provisions in place.**

This content is based upon work from COST Action CAUSTE The European Family Support Network, supported by COST (European Cooperation in Science and Technology).


COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our actions help connect researchers, create bridges and build scientific excellence by sharing them with their peers. This boosts their research, career and innovation. www.cost.eu




**cost**  
EUROPEAN COOPERATION  
IN SCIENCE & TECHNOLOGY



Funded by  
the European Union



Family policy and family support in Europe:  
International and European policy frameworks and standards  
<https://eurofamnet.eu>



**1** The UNCRC (1989) establishes comprehensive rights for children aged 17 and under as citizens with 'evolving capacities'.

The UNCRC recognises the societal significance of 'family life' for children and parental 'primary responsibilities' for children. It promotes children's welfare and equality 'to the maximum extent possible'. To realise children's rights to an adequate standard of living, nation states are required to provide support to parents and families; and to provide support and services directly to children to ensure their rights to 'protection, provision and participation'. Additional human rights treaties concerning women's rights, disability rights and refugee rights give further weight to these imperatives.

**2** The EU's 'Investing in Children Recommendation' (EC 2013) calls for member-states to reduce childhood disadvantage as 'crucial investments benefitting children, societies and economies'.


It proposed 'multi-dimensional national policy strategies' based on three pillars: access to adequate resources and family friendly employment, access to affordable and quality services including social services, and children's participation in social activities and decision-making. Member-states are encouraged to ensure coordination and collaboration across all levels and areas of government, and between the state, NGOs and communities; and adopt an 'evidence-based approach' to policy decisions. The EU Child Guarantee (2021) calls for children to have guaranteed access to essential living standards and services.

**3** The CoE's (2006) 'Recommendation on Policy to Support Positive Parenting' also proposes policies based on the three pillars above.

As a complement, 'supporting parenting' and 'promoting positive parenting' are also prioritised as critical child welfare measures. Member states are encouraged to: help parents and communities build social support networks; provide a range of parental and family support services; and promote positive parenting and children's rights.

## Child and family support policies across Europe: National reports from 27 countries







Angela Abela


 Angela Abela | [angela.abela@um.edu.mt](mailto:angela.abela@um.edu.mt)  
Based on Reports submitted by Eurofamnet members and Edited by WG2 colleagues

# Child and family support policies across Europe: National reports from 27 countries

Our research provides an overview of family policy and service provision in 27 European countries. This helps us to better understand the current and emerging trends in this area and to conceptualise family support across Europe.

### Main findings

-  **The 2nd demographic transition is progressing across Europe.** Demographic trends highlight a decline in birth rates, increased family diversity, and varied emigration and immigration rates across countries. This has profound implications for policy and provision relating to children and families. .
-  **Child poverty is high across Europe** experienced more keenly among the countries in the Western Balkan region and Eastern Europe.
-  **At times, child and family policies and provisions are fragmented** because of the siloed and uncoordinated activity among the wide range of agencies and Ministries in the field.
-  The **participation of children** in policy is on the agenda across Europe, however this research highlights the need for further understanding of the scale and quality of such participation and where the participation of parents also features.
-  The notion of **child participation in the area of child protection is widespread** across Europe. Hearing the voice and wishes of older child is obligatory in court processes in many countries as is the right to counsel. However, this needs to be broadened to include younger children and children in all services.
-  There is a **weak evaluative culture about policy implementation** and evidence based policies and practice operate to varying degrees across Europe.



**1** **Central government plays a key role in the formation of family policy** either through one Ministry or through multiple Ministries. This could be improved through increased leadership and co-ordination at this level.

**2** The meaningful **participation** of children and parents across all levels and types of services needs to improve.


**3** Fighting **Poverty** among children and families remains a challenge across Europe. This needs to be an urgent priority across European Governments.

**4** **Monitoring of policies and evaluating implementation** needs to be more systematic across European countries


**5** **There are also limitations in national and official data regarding families.** Eurostat could help consolidate the picture across Europe

THIS document is being open access from COST Action FA0121: the European Family Support Network, supported by COST (European Cooperation in Science and Technology).


COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks; the Action fosters research, collaboration and excellence to grow their ideas, by sharing them with their peers. This boosts their research, career and innovation. [www.cost.eu](http://www.cost.eu)




**cost**  
EUROPEAN COOPERATION  
IN SCIENCE & TECHNOLOGY



Funded by  
the European Union



Child and family support policies across Europe  
<https://eurofamnet.eu>



## International agencies on programme evaluation and quality standards


Sonia Byrne & Metin Özdemir



 Sonia Byrne | sbyrne@ull.edu.es  
 Metin Özdemir | metin.ozdemir@oru.se

# International agencies on programme evaluation and quality standards

EurofamNet has developed a catalogue of International agencies on programme evaluation and quality standards in order to review their characteristics and scope. Programme evaluation and quality standards have been addressed by several international agencies, defined as an organization addressing the topic of evaluation and quality standards, including politician agencies.

**Domains of Interest of Agencies focusing on Evaluation and Quality Standards**



**1 Agencies on Family support programmes**  
International agencies have focused mainly on the development of standards associated with family support programs and less on specific areas in which family needs are identified.

**2 Implementation science**  
International agencies propose quality standards that integrate evidence-informed practices into services.

**3 National integration**  
An increasing number of countries have become involved in developing and/or adapting quality standards in the field of family support.


**Practical implications**

**International agencies on programme evaluation and quality standards have important implications for organizational strategies to improve service quality.**


It is essential to have **shared standards** as an strategic step towards defining and promoting **quality practice** for families

This document is based upon work from COST Action CA19103 The European Family Support Network, supported by COST (European Cooperation in Science and Technology).


COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help connect research initiatives across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research, career and innovation. www.cost.eu




EUROPEAN COOPERATION IN SCIENCE & TECHNOLOGY



Funded by the European Union



International agencies on programme evaluation and quality standards  
<https://eurofamnet.eu>



## Quality standards in the design of evidence-based family support programmes in Europe

Isabel M. Bernedo, Ana Almeida, Ninoslava Pecnik, Sonia Byrne, Lucía González-Pasarín, Orlanda Cruz, Ana Uka, Daiva Skučienė, & Lina Šumskaitė

Isabel M. Bernedo | [bernedo@uma.es](mailto:bernedo@uma.es)  
 Ana Almeida | [aalmeida@le.uminho.pt](mailto:aalmeida@le.uminho.pt)  
 Ninoslava Pecnik | [nina.pecnik@pravo.hr](mailto:nina.pecnik@pravo.hr)  
 Sonia Byrne | [sbyrne@ucl.edu.es](mailto:sbyrne@ucl.edu.es)  
 Lucía González-Pasarín | [lucia.gonzalez.pasarin@uma.es](mailto:lucia.gonzalez.pasarin@uma.es)  
 Orlanda Cruz | [orlanda@fpce.up.pt](mailto:orlanda@fpce.up.pt)  
 Ana Uka | [auka@beder.edu.al](mailto:auka@beder.edu.al)  
 Daiva Skučienė | [daiva.skuciene@fsf.vu.lt](mailto:daiva.skuciene@fsf.vu.lt)  
 Lina Šumskaitė | [lina.sumskaitė@fsf.vu.lt](mailto:lina.sumskaitė@fsf.vu.lt)

### Quality standards in the design of evidence-based family support programmes in Europe

The provision of family support across Europe has developed and diversified since the initial impetus provided by the Council of Europe Recommendation (2006)19 on policy to support positive parenting.

The importance of using evidence-based programmes (EBP) is recognized but there is a lack of a comprehensive insight into the extent to which evidence-based standards are adopted in family support programmes formulation currently implemented across Europe.

EurofamNet national representatives and their national groups identified a total of **193 programmes**:

- o 52 from Northern Europe (Netherlands 14; Norway 7; Sweden 31)
- o 79 from Southern Europe (Italy 8; Portugal 14; Spain 57).
- o 62 from Central-Eastern Europe (Austria 1; Albania 3; Croatia 12; Czech Rep. 23; Latvia 4; Lithuania 6; North Macedonia 1; Moldova 5; Romania 1; Serbia 3; Slovenia 3).



**1** Large number of programs in Europe meet evidence-based standards in their formulation

Theoretically based, fully manualized, adapted to developmental stages of children and responsive to the diverse needs of target groups.

**2** Family and parenting support programs need to be made **universally available** (i.e. support available for all, with more support for those who need it most).

**3** Should increase of participation of children and adolescents in European family support programmes as a target group.

**Programme description**

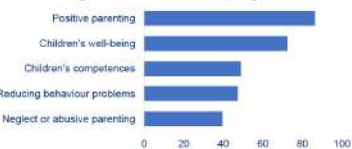
- Most commonly **original** (70.5%), fully **manualized** (74.6%), training cost (51.9%), **nationally implemented** (47.6%); public agencies (65.8%) and NGOs (44%), mostly in the social sector.
- Mostly implemented **face-to-face** (76.8%) in **group format** (81.3%).

**Figure 1. Main target group**



Target Group	Percentage
Parents	80%
Families	40%
Children	40%

**Figure 2. Main aims of programmes**



Aim	Percentage
Positive parenting	90%
Children's well-being	80%
Children's competences	40%
Reducing behaviour problems	40%
Neglect or abusive parenting	40%

**Three types (clusters) of programmes:**

**1. Universal (n = 62)**

- Working with children, families and communities.
- Any age of children.
- Wide range of operating domains and target outcomes (i. e., promoting children's physical/emotional well-being and competences, reducing child behavior problems, community development).

**Southern Europe:** payment of copyright license or free access, delivered mainly at home, schools and NGOs.

**2. Universal and Indicated (n = 65)**

- Working mainly with parents at early childhood.
- Operating particularly at individual, community, and inclusion domain.
- Specific target outcomes (reducing neglect or abusive parenting, educational skills and attainment, physical and emotional wellbeing, child competence promotion, and community development).

**Central-Eastern Europe:** developed locally, delivered mainly at NGOs and home.

**3. Indicated (n = 64)**

- Working more with parents.
- Any age of children.
- More focused at education or health operation domain and target outcomes related to adolescence competences promotion and reducing adolescent substance use.

**Northern Europe:** use conditioned with payment of training; international use.

This document is based upon work from COST Action CA10123 The European Family Support Network, supported by COST (European Cooperation in Science and Technology).

COST (European Cooperation in Science and Technology) is a leading agency for research and innovation networks. Our Actions bring together researchers across Europe and enable scientists to grow their ideas by sharing them with their peers. For further information on COST, please visit [www.cost.eu](http://www.cost.eu)



**Funded by the European Union**



This article is now submitted to the special issue "Family Support in Europe" in *Children and Youth Services Review*.

Quality standards in the design of evidence-based family support programmes in Europe  
<https://eurofamnet.eu>



# Parent instruments used in evidence-based family support programs in different socio-cultural contexts. A scoping review

Oriola Hamzallari, Koraljka Modić Stanke, Elisabeth Stefanek, & Georg Spiel

Oriola Hamzallari | oriolahamzallari@mail.com  
 Koraljka Modić Stanke | kmodicstanke@pravo.unizg.hr  
 Elisabeth Stefanek | elisabeth.stefanek@promente-forschung.at  
 Georg Spiel | georg.spiel@promente-kljufa.at

## Parent instruments used in evidence-based family support programs in different socio-cultural contexts A scoping review

Quality of parenting is a critical aspect of children's development and plays an essential role in supporting children's well-being and mental health. This scoping review aims to identify instruments of parental outcomes used in evidence-based family support programs and compare the use of these instruments, their quality of standards (psychometric properties, multi-informant, multi-method) in different cultural contexts and different populations (i.e., general, families at risk, clinical), and is in line with the position of the European Family Support Network (EurofamNet) for evidence-based family support evaluation strategies.

### Findings

- Studies conducted mainly in Europe, North America and Australia
- Instruments for parenting behavior reported in 37 studies, attitudes (17), mental health (17), and self-regulation (11)
- Cronbach Alpha was the most reported indicator for psychometric properties, yet this information was incomplete/missing especially in clinical and at risk population (Tables 1 and 2)
- Instruments proven reliable and valid in one context (e.g., general population) might be less reliable in another (e.g., at risk and/or clinical population)
- Using multi-informant and multi-method methodology to lessen bias, was reported approximately in less than a third of the studies

Table 1 Most used instruments measuring particular parental outcome

Parental outcome	Instrument	1st Author / Year	studies	Population	Continent	Evaluation Cronbach Alpha
Behavior	Parenting Scale (PS)	Arnold, 1993	17	general (7) clinical (7) families at risk (3)	America (2) Asia (4) Australia (8) Europe (3)	very good (2) good (2) mixed findings (8) not reported (5)
Attitudes	Parenting sense of Competence Scale (P50C)	Johnston, 1989	15	general (7) clinical (5) families at risk (2)	America (2) Asia (3) Australia (5) Europe (5)	very good (4) good (2) mixed findings (4) not reported (5)
Mental Health	Parenting Stress Index (PSI)	Abidin, 1990	17	general (1) clinical (8) families at risk (8)	America (3) Asia (1) Australia (1) Europe (6) Asia (1) Australia (3)	good (1) mixed findings (4) not reported (12)
Self-regulation	Coping with Children's negative emotion scale (CCNES)	Fabes, 1990	4	general (4)	Asia (1) Australia (3)	good (4)

### Conclusions

- Effectiveness of interventions depends on reliable and valid instruments
- Results highlight the need for instrument individualized approach
- Advancements in instrument methodology, would provision family support policies and practitioners by improving services

This document is based upon work from COST Action CA18123 The European Family Support Network, supported by COST (European Cooperation in Science and Technology).

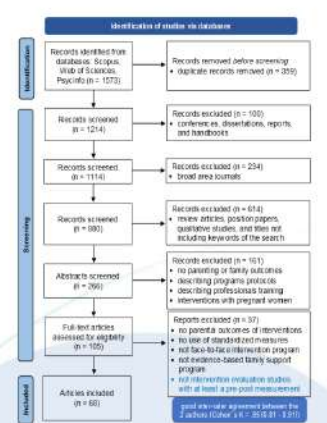
COST (European Cooperation in Science and Technology) is a funding agency for research and innovation activities. Our Actions help connect researchers, initiate new projects, Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research, career and innovation. www.cost.eu



- 1 Consider the **social and cultural level** when choosing, adapting and/or constructing adequate parental outcome instruments.
- 2 Respect the **diversity and uniqueness** of participants by advancing the methodology of instruments for each specific population.
- 3 **Family support policies** could support the advancement of evidence-based services for families.

Table 2 Quality of Cronbach Alpha (CA) in different populations

CA	General		Clinical		Families at risk	
	n	%	n	%	n	%
Very Good	18	29	12	17	6	9
Good	19	30	11	16	11	21
Mixed findings	20	32	26	29	15	24
Not reported	6	9	26	38	29	46
Whole sample	63	100	69	100	63	100



This article is now submitted to the special issue "Family Support in Europe" in *Children and Youth Services Review*.

Parent instruments used in evidence-based family support programs in different socio-cultural contexts: A scoping review  
<https://eurofamnet.eu>





# Child outcome measurements used in evidence-based family support programs in different sociocultural contexts. A scoping review

Ana Uka, Elisabeth Stefanek, Daiva Skuciene, Carmen Schneckenteiter, & Georg Spiel

Ana Uka | [auka@beder.edu.at](mailto:auka@beder.edu.at)  
 Elisabeth Stefanek | [elisabeth.stefanek@promente-forschung.at](mailto:elisabeth.stefanek@promente-forschung.at)  
 Daiva Skuciene | [daiva.skuciene@fsf.vu.lt](mailto:daiva.skuciene@fsf.vu.lt)  
 Carmen Schneckenteiter | [carmen.schneckenteiter@univie.ac.at](mailto:carmen.schneckenteiter@univie.ac.at)  
 Georg Spiel | [georg.spiel@promente-kijuf.at](mailto:georg.spiel@promente-kijuf.at)

## Child outcome measurements used in evidence-based family support programs in different sociocultural contexts

### A scoping review

Studies show that evidence-based programs should be presented as resources available in the communities to promote family and child wellbeing. Effective family support programs are those designed to address parenting issues and improve child wellbeing in different cultural contexts and socioeconomic backgrounds.

This scoping review aimed to **identify instruments of child outcomes (e.g., emotional and social development) assessed in evidence-based family support programs** and how psychometric properties of the instruments are related to different populations (i.e., clinical, families at risk, and general population), and is in line with the position of the European Family Support Network (EurofamNet) for evidence-based family support evaluation strategies.

#### Findings

- Studies were conducted mainly in Europe (35), North America (25), Asia (7) and Australia (10).
- Most used interventions for child outcomes were Triple P (23 studies), followed by incredible years (13 studies); Parent-management training (13 studies); Strengthening families (9 studies); and New beginning (4 studies).
- CA was the most reported indicator for psychometric properties. Information regarding the CA was incomplete or missing especially in clinical and families at risk population (see Table 1 and 2).

Table 1 Most used instruments measuring child outcomes

Instrument	1st Author, Year	Item %	Scale	Studies	Intervention	Population	Continent	Cronbach Alpha
Eyberg Child Behavior Inventory (ECBI)	Eyberg, 1999	36	7	32	IV (12) PMT (2) Triple-P (13) Else (5)	general (6) clinical (14) Families-at-risk (9) clinical and families-at-risk (3)	America (5) Asia (2) Australia (2) Europe (10)	very good (12) good (3) mixed findings (6) not reported (10)
Strengths and Difficulties Questionnaire (SDQ)	Goodman, 1997	25	5	25	IV (10) PMT (1) Triple-P (13) Else (3)	general (7) clinical (11) Families-at-risk (5) clinical and Families-at-risk (2)	America (2) Asia (6) Australia (2) Europe (16)	good (1) mixed findings (12) not reported (12)
Child Behavior Checklist (CBCL)	Achenbach, 1991a	118	2	19	IV (3) NB (1) PMT (8) Triple-P (1) Else (4)	general (4) clinical (12) Families-at-risk (3)	America (10) Australia (1) Europe (8)	good (9) mixed findings (7) not reported (5)
Child Depression Inventory (CDI)	Kovacs, 1982	27	1	5	NB (2) PMT (3)	general (1) clinical (2) Families-at-risk (2)	America (4) Europe (1)	good (4) not reported (1)
Teacher Report Form (TRF)	Achenbach, 1991c	3	3	4	PMT (5)	general (1) clinical (5) Families-at-risk (2)	America (2) Europe (2)	good (5) mixed findings (1) not reported (2)

This document is based upon work from COST Action A14127: The European Family Support Network, supported by COST (European Cooperation in Science and Technology).  
 COST (European Cooperation in Science and Technology) is a leading agency for research and innovation networks. Our Actions help connect research institutions across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research, career and innovation. [www.cost.eu](http://www.cost.eu)



WPS Quality standards and evidence-based programmes

- 1 Reporting **psychometric properties of evaluation tools** for children's outcomes is crucial to provide stronger evidence on interventions.
- 2 **Quality evaluation tools to measure children's outcomes** are a fundamental component in evidence-based programs to increase the quality of the services.
- 3 **Participatory approach** is important in family support interventions to improve the quality of the programs

Table 2 Quality of CA in different populations

	General		Clinical		Families-at-risk	
	n	%	n	%	n	%
<b>Very Good</b>	8	19	12	13	9	16
<b>Good</b>	16	37	11	12	12	22
<b>Mixed findings</b>	12	28	21	24	27	49
<b>Not reported</b>	6	16	45	51	7	13
<b>Whole</b>	43	100	89	100	55	100

#### Conclusions

- Instruments with high quality psychometric properties can provide evidence for effective family support interventions.
- Findings indicate that even the most widely used instruments for evaluation studies do not report high values of CA.
- Results claim that there is a need to include and report children's experience during the implementation of the measurements to improve the quality of the program.

This article is now submitted to the special issue "Family Support in Europe" in *Children and Youth Services Review*.

Child outcome measurements used in evidence-based family support programs in different socio-cultural contexts: A scoping review  
<https://eurofamnet.eu>



## Online versus in-person parenting support

Patty Leijten, Burcu Kömürçü Akik, Oana David, Rukiye Kızıltepe, & Ana Catarina Canário



Patty Leijten | p.leijten@uva.nl  
 Burcu Kömürçü Akik | komurcuburcu@hotmail.com  
 Oana David | oanadavid@psychology.ro  
 Rukiye Kızıltepe | rukiye.kiziltepe@gmail.com  
 Ana Catarina Canário | anacanario@fpce.up.pt




# Online versus in-person parenting support

Across Europe, parenting support is increasingly offered online. Professionals meet with parents over video call, provide online materials for parents and feedback on assignments, or support parents with text messages on their phones.

### Can online parenting support safely replace traditional in-person support?

What is more effective: in-person or online?	
Child mental health problems	Equal
Adaptive parenting practices	Equal
Parent mental health problems	Online
Parental satisfaction with the program	Online

**What did we do?**  
 Members from EurofamNet WG3 systematically searched the literature and identified 7 trials that compared the effects of online and in-person parenting support. All online support was guided by a professional.

**What did we find?**  
 Both online and traditional support yielded positive effects. Online support was equally effective to in-person support for improving child mental health and parenting practices, and more effective in terms of improved parent mental health and parental satisfaction with the program.

This document is based upon work from COST Action CA18125 The European Family Support Network, supported by COST (European Cooperation in Science and Technology).  
 COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Action brings together researchers across Europe and enables scientists to grow their ideas by sharing them with their peers. This boosts their research, career and innovation. www.cost.eu

- 1

**Effective online parenting support is guided by professionals.**  
 (e.g., through video call, email, chat or text message).
- 2

**Online parenting support can safely replace in-person support for parent and child well-being.**  
 Provided that online support is guided by a professional.
- 3

**Parental satisfaction with parenting support tends to be higher for online support.**  
 This may be because of flexibility and perceived anonymity.



This work is submitted for publication in the EurofamNet-led special issue "Family Support in Europe" in *Children and Youth Services Review*

Online versus in-person family support  
<https://eurofamnet.eu>



EUROPEAN COOPERATION IN SCIENCE & TECHNOLOGY





## Components of online parenting programs for children's mental health

Ana Catarina Canario, Burku Kömürcü Akik, Koraljka Modić Stanke, Oana David, Rukiye Kızıltepe, Rita Pinto, Marco Martins, & Patty Leijten

Ana Catarina Canario | [anacanario@fpce.up.pt](mailto:anacanario@fpce.up.pt)  
 Burku Kömürcü Akik | [kommurcu@ankara.edu.tr](mailto:kommurcu@ankara.edu.tr)  
 Koraljka Modić Stanke | [kmodicstanke@pravo.hr](mailto:kmodicstanke@pravo.hr)  
 Oana David | [oanadavid@psychology.ro](mailto:oanadavid@psychology.ro)  
 Rukiye Kızıltepe | [rukiyekiziltepe@gmail.com](mailto:rukiyekiziltepe@gmail.com)  
 Rita Pinto | [up201006360@edu.fpce.up.pt](mailto:up201006360@edu.fpce.up.pt)  
 Marco Martins | [marcomartins@fpce.up.pt](mailto:marcomartins@fpce.up.pt)  
 Patty Leijten | [p.leijtenguva.nl](mailto:p.leijtenguva.nl)

# Components of online parenting programs for children's mental health

Prior research identified the program characteristics that enhance the effectiveness of online parenting programs. However, the literature still has limited well-powered evaluations comparing different types of online parenting programs for children's mental health.

In the current study, we present preliminary data from an ongoing systematic review and network meta-analysis on how do online parenting programs impact on children's mental health, characterizing the programs' components.

The review was registered (PROSPERO 2022 CRD42022354393) and followed the PRISMA statement. From a total of 6722 records retrieved from the PSYINFO, Medline, Web of Science, and Cochrane Library datasets, **33 papers were deemed eligible** for inclusion in the review.

The studies describe experimental designs on **20 different parenting programs** delivered online for children's internalizing (8) and externalizing (12) problems. Most of the programs were available on websites (15) and included contact with a facilitator (11).

- ✓ **Components of online parenting interventions are different according to children's mental health outcome**  
Interventions for internalizing problems have more psychoeducation and parents as therapists components, whereas those for externalizing problems have more relationship perspectives, learning theory perspectives, preemptive parenting, and parental self-care components.
- ✓ **Website parenting interventions**  
Even though most of the online parenting interventions identified in the review are available in websites, more than half included contact with a professional.
- ✓ **Implications for practice and policy**  
The review will contribute to identifying which online parenting programs are more effective in addressing children's internalizing and externalizing problems.

Component	Externalizing problems (%)	Internalizing problems (%)
Parents as therapists	50%	70%
Parental self-care	52%	63%
Preemptive parenting	29%	47%
Learning theory perspectives	54%	83%
Relationship perspectives	64%	92%
Psychoeducation	59%	100%

- Parents as therapists**  
Includes contents on child emotion regulation, problem-solving and social skills.
- Parental self-care**  
Includes contents on parental stress reduction, emotion regulation, problem solving and partner support.
- Preemptive parenting**  
Includes contents on direct commands, clear limits, and monitoring as practices to include in parent-child interactions.
- Learning theory perspectives**  
Includes contents on positive reinforcement and non-violent discipline techniques.
- Relationship perspectives**  
Includes contents on positive activities and involvement, child-led activities, and mind-mindedness or empathy.
- Psychoeducation**  
Includes knowledge transfer contents.

This document is linked open work from COST Action CA19123 The European Family Support Network, supported by COST (European Cooperation in Science and Technology). COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help connect researchers across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research, career and innovation. [www.cost.eu](http://www.cost.eu)

Components of online parenting programs for children's mental health

<https://eurofamnet.eu>

# Implementing evidence-based practices as a model for professional practice for quality family support. A comparative study

María José Rodrigo, Sonia Byrne, Ninoslava Pecnik, Isabel M. Bernedo, Eliška Kodysova, Koraljka Modic Stanke, & Javier de Frutos

María José Rodrigo | [mmjrodrigo@ull.es](mailto:mmjrodrigo@ull.es)  
 Sonia Byrne | [sbyrne@ull.edu.es](mailto:sbyrne@ull.edu.es)  
 Ninoslava Pecnik | [nina.pecnik@pravo.hr](mailto:nina.pecnik@pravo.hr)  
 Isabel M. Bernedo | [bernedo@uma.es](mailto:bernedo@uma.es)  
 Eliška Kodysova | [Eliška.kodysova@aperio.cz](mailto:Eliška.kodysova@aperio.cz)  
 Koraljka Modic Stanke | [kmodicstanke@pravo.hr](mailto:kmodicstanke@pravo.hr)  
 Javier de Frutos | [jdefrutos@femp.es](mailto:jdefrutos@femp.es)

## Implementing evidence-based practices as a model for professional practice for quality family support. A comparative survey study

**European policy** is placing a strong emphasis on **adopting EBP**. However, there is not much information about the actual incorporation of EBP into services and professional practice across countries, leaving unnoticed the potential existence of **inequalities in quality family support**.

We conducted a survey using a formative protocol based on self-directed assessment in **20 EurofamNet countries**. Consensual responses were provided by members of EurofamNet National Networks made up of services and social entities in social, education, health, and community sectors.

### Strategies for the adoption of EBP toward systemic transformation

### 1 Profiles of responses towards EBP adoption

- Initial:** Legal and policy national framework on child rights, protection against violence, and family support **95%**  
International recommendations on child rights and family support **90%**  
National, Local NGO / National, Regional services **92%**
- Medium:** Local services **70%** - Stable bilateral collaboration **55%** - Acknowledgement of EBP guidelines **40%** - Recognition of EBP use in services **45%** - Professional training in EBP **70%** - Cross-sectoral partial adoption of EBP **50%**
- Advanced:** Stable trilateral collaboration **15%** - EBP guidelines fully adopted **20%** - Recognition of EBP in professional teams **20%** - Cross-sectoral full adoption of EBP **11.5%** - Formal EBP professional exchanges **30%**

### 2 Progression of countries towards EBP adoption

- Initial:** Bosnia and Herzegovina / France / Kosovo / Moldova Republic / Montenegro / Serbia
- Medium:** Croatia / Czech Republic / Ireland / Israel / Lithuania / Slovenia / Portugal / Sweden
- Advanced:** Austria / Germany / Italy / Netherlands / Spain / UK

**Practical recommendations:** Building an 'Evidence ecology' for quality family support

- ▶ **Raise national awareness** of the need to adopt EBP to promote the cultural readiness of the system and **engage stakeholders** to advocate for quality services and ensure the participation of children and families in the process.
- ▶ **Disseminate EBP guidelines** in social, education, health, and community sectors to facilitate collaborative work and provide interprofessional training for the workforce in accordance with competency standards.
- ▶ **Ensure the sustainability of quality assurance** and promote recommendations at the European policy level to strengthen quality family support in all countries to overcome inequalities in child and social rights.

This document is derived from work from FP5 Action CMB22: the European Family Support Networks, supported by FP5 European Cooperation in Science and Technology.

COST (European Cooperation in Science and Technology) is a funding agency for research and innovative networks. Our Actions help connect researchers across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research, career and innovation. [www.cost.eu](http://www.cost.eu)

EUROPEAN COOPERATION IN SCIENCE & TECHNOLOGY

This article is now submitted to the special issue "Family Support in Europe" in *Children and Youth Services Review*.

Implementing evidence-based practices as a model for professional practice for quality family support. A comparative survey study

<https://eurofamnet.eu>

## Family support workforce skills. Research and practice

Makedonka Radulovic, Nevenka Zegarac, Mariana Bucuiceanu-Vrabie, & Ana Maria Pereira Antunes

Makedonka Radulovic | radulovic@zfz.ukim.edu.mk  
 Nevenka Zegarac | nelazegarac@gmail.com  
 Mariana Bucuiceanu-Vrabie | bucuiceanuvrabie@gmail.com  
 Ana Maria Pereira Antunes | ana.antunes@staff.uma.pt

### Family support workforce skills

#### Research and practice

**EurofamNet WG4** aimed to fill the gap in conceptualizing the professional skills of family support workers and provide common framework for standardizing the skills of family support workers across Europe. Comprehensive studies undertaken in the process of conceptualization of family support workforce skills included: systematic literature review, systematic search of books and handbooks, and webpages and mapping of representative international/regional organizations and a Delphi study looking for a consensual range of the identified skills.

**Research Process**

Mapping international organizations on skills qualification in family support (September 2019 - March 2020)	Systematic literature review(s) on family support workforce skills conceptualization (April 2021)	Workshop in conceptualization of workforce skills (June 2022)	Delphi study (DS) with a panel of family support experts from Europe (October 2022 - January 2023)
<ul style="list-style-type: none"> <li>◆ web-content analysis of <b>88 website profiles</b> of international and regional organizations</li> <li>◆ <b>three interconnected Maps of organizations</b> in the field had been developed</li> <li>◆ <b>85 different reports, studies, articles, methodological guides, etc.</b> were selected, and their content was analyzed</li> </ul>	<ul style="list-style-type: none"> <li>◆ conducted according to the <b>PRISMA guidelines</b> and meta-analyses</li> <li>◆ <b>40 studies</b> on family support workforce skills were identified and analyzed</li> <li>◆ <b>48 books</b></li> </ul>	<ul style="list-style-type: none"> <li>◆ <b>5 stakeholders</b> from the European family support organizations</li> <li>◆ <b>7 academics</b></li> <li>◆ <b>8 countries</b></li> </ul>	<ul style="list-style-type: none"> <li>◆ <b>three rounds</b> of DS</li> <li>◆ <b>31-27 experts</b></li> <li>◆ <b>23 countries</b></li> </ul>

**Family Support Workforce Framework**

Sector and Level of organizations in the field	Relevant social system
governmental/non-governmental; international/regional level	<b>Professional Framework &amp; Occupations</b>
	<b>Professional skills to support family functioning</b>
	<b>Community integrative support to families as a whole and their members</b>
	social welfare health mental health education justice
	social work psychology pedagogy medicine law "paraprofessionals"
	competencies performance collaborativity practice approach
	developmental, compensatory, or protective support services within the human- and child-rights framework

**Practical implications**

- ▶ **Enhancing Professional Competencies:** Our research provide valuable information on various aspects of family support, including mental health, resilience, behavioural intervention, evidence-based therapies, and more.
- ▶ **Training and Education:** Development of training programs and educational curricula for family support workers.
- ▶ **Professional Development:** Valuable resource for ongoing professional development.
- ▶ **Bridging Knowledge Gaps:** The scattered nature of literature on family support workers poses challenges in defining skills standards and competencies required in the field.

**WPA**  
Developing a standardized framework on skills

- 1** **Standardizing skills is essential:** Standardization facilitates clearer expectations, better training programs, and improved outcomes for children and families.
- 2** **Continuous professional development is crucial:** Continuous learning and professional growth enable practitioners to provide effective and relevant support to families, adapt to changing needs, and maintain high-quality services.
- 3** **Bridging the knowledge gaps and promoting evidence-based practices** by standardizing skills in family support, advancing the field for professionals and researchers.

This document is based upon work from COST Action CA18023 The European Family Support Network, supported by COST (European Cooperation in Science and Technology).  
 COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help connect research initiatives across Europe and enable scientists to give their ideas a higher profile by sharing them with their peers. This boosts their research career and innovation.  
[www.cost.eu](http://www.cost.eu)

EUROPEAN COOPERATION  
IN SCIENCE & TECHNOLOGY

Funded by  
the European Union

Family support workforce skills:  
research and practice  
<https://eurofamnet.eu>

## Future of family support workforce skills

Nevenka Žegarac, Anita Burgund Isakov, Nina Mešl, & Tadeja Kodele

Nevenka Žegarac | nelazegarac@gmail.com  
 Anita Burgund Isakov | anita.burgund@gmail.com  
 Nina Mešl | nina.mesl@fsd.uni-lj.si  
 Tadeja Kodele | tadeja.kodele@fsd.uni-lj.si

# Future of family support workforce skills

EurofamNet aims to develop a common framework on skills qualification for family support workforce in the 21st century. Through a series of consultations, reflections and research approaches, a coherent model for family support skills has been developed that is relevant to practitioners across different sectors and systems.

### Core and field specific skills for FS workers

CORE FS SKILLS Partnership & collaboration; Set of empathic skills; Advocacy & empowerment; Good listening; Problem solving; User-friendly communication				
<b>MEDICINE</b> Listening & referral; User-friendly communication; Building trust & confidence	<b>MENTAL HEALTH</b> Partnership & collaboration; User-friendly communication; Set of empathic skills; Managing crisis	<b>SOCIAL WELFARE</b> Advocacy & empowerment; Partnership & collaboration; Problem solving; Set of empathic skills	<b>EDUCATION</b> Partnership & collaboration; Set of empathic skills; Building trust & confidence	<b>LAW</b> Advocacy & empowerment; Skills; Problem solving & referral

### Practical Implications

**A common and inclusive language** related to family support skills that integrates and articulates the activities, practitioners, social systems, and organizations is crucial for further development in the field.

**Core skills for family support workforce across professions and settings** include partnership and collaboration, set of empathic skills, advocacy and empowerment skills, good listening, problem solving, building trust and confidence, and user-friendly communication skills.

**Core and field-specific skills** become family supportive when applied within strength-based, relationship-based, and family- and child-centred approach.

The **application of family support skills** is also underpinned by specific knowledge, traits, and qualities of practitioners.

**Sets of field-specific family support skills** were outlined in the areas of medicine, education, social welfare, mental health, and law.

WPA  
Developing a certification framework on skills

- 1 Empowering Tomorrow's Providers** and enhancing professional competencies through training, education, and professional development, but also through organizational changes in services and sectors is key to future advancement in family support practice.
- 2 Evidence-based practice** to improve research knowledge about the acquisition, maintenance, and transferability of family support skills, to learn more about the family support process in different practice settings, and to include the voices of families and children in the knowledge base.
- 3 Tracing the Path for Family Support Workforce Skills:** progressive family support policies require competent and skilled professionals, policies regarding education and development of professional competences, and the design of family supportive organizations and services.

### Model of family support skills

EUROPEAN COOPERATION IN SCIENCE & TECHNOLOGY

Funded by the European Union

Future of family support workforce skills  
<https://eurofamnet.eu>

This document is based upon work from COST Action CA19125 The European Family Support Network, coordinated by COST European Universities Science and Technology.

COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help connect researchers across Europe and create networks to grow their ideas by sharing them with their peers. This boosts their research career and innovation. [www.cost.eu](http://www.cost.eu)

## Translation and accessibility. Family support available to all

Branko Bošković

WPS  
Dissemination of activities and results

# Translation and accessibility. Family support available to all

**1 Accessibility of EurofamNet**

One of the major outcomes of EurofamNet is to create outputs which are accessible to everyone, beyond researchers. It is important for policy makers, practitioners and above all, families, to be aware of EurofamNet, our activities, members and outputs.

**2 How did we do it?**

EurofamNet included many different stakeholders coming from all European countries and we produced videos, policy briefs and reports. We translated the key information about us and provided important facts about family support in different languages.

**3 Why is translation important?**

Family support requires an approach that is adapted to different stakeholders. We have participants from 35 countries and we want to introduce EurofamNet to as many of them as possible.

**COST Action CA18123 "European Family Support Network – EurofamNet"** created and disseminated knowledge about family support in Europe based on collaboration among researchers and policy and practice stakeholders. A particular focus was generating knowledge about evidence-based approaches to inform policies and practices at European and national levels.

This document is based upon work from COST Action CA18123 The European Family Support Network, supported by COST (European Cooperation in Science and Technology).

COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help connect research initiatives across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research career and innovation www.cost.eu

EUROPEAN COOPERATION  
IN SCIENCE & TECHNOLOGY

Funded by  
the European Union

Translation and accessibility.  
Family support available to all  
<https://eurofamnet.eu>

## Dissemination and outputs

Sviatlana Karpava, Branko Bošković, Roberta Ruggiero, & Joana Sequeira

Sviatlana Karpava | karpava.sviatlana@ucy.ac.cy  
 Branko Bošković | branko.boskovic@udg.edu.me  
 Roberta Ruggiero | roberta.ruggiero@unige.ch  
 Joana Sequeira | joana.sequeira@ismt.pt

# Dissemination and Outputs

**WG 5 "Dissemination of activities and results"** worked on how to best organise and encourage dissemination of activities and results of Eurofamnet, ensuring the Eurofamnet has impact on policy, practice and the lives of children and parents. It worked on how to best organise and encourage dissemination of activities and results of Eurofamnet, coordinating closely with other WGs in publicising the Action and disseminating the results of its work.

**Research Topics undertaken by EuroFam members within and outside of Cost**

Positive parenting  
 Parenting skills  
 COVID 19 pandemic  
 Changes in parenting  
 Personal Learning Environments

Evidence-based parenting interventions  
 Family therapy  
 Digital practice, ICT  
 Creative Art Therapies

Child protective services  
 Parent-child interactions  
 Parenting Support Programmes  
 Parental self-regulation  
 Parenting and Coping Orientation  
 Children's rights

Role of mothers  
 Neglectful mothering  
 Vulnerable families  
 Child-to-parent violence  
 Psychological risk  
 Childhood maltreatment

Family well-being  
 Family support

Facebook: @Eurofamnet  
 Twitter: @Eurofamnet  
 Instagram: @Eurofamnet  
 Youtube: Eurofamnet

**1 Academic outputs EurofamNet**  
 The academic achievements of project members refer to: publications in academic journals, book chapters and conference proceedings, presentations at international conferences and nationally and internationally funded projects and research networks and collaborations.

**2 Events and Policy Briefs**  
 EurofamNet ensured its multidimensional approach and its societal value through several capacity-building and knowledge-sharing activities and tools, such as open events, policy briefs, practice resources, voices from the frontier and training programmes.

**3 Dissemination/Knowledge Transfer**  
 Dissemination of EurofamNet's achievements, deliverables and outcomes has been implemented in several ways in order to reach different populations and groups, including using various social media platforms.

This document is based upon work from COST Action CA19123 The European Family Support Network, supported by COST (European Cooperation in Science and Technology).

COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help connect researchers across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research, career and innovation. [www.cost.eu](http://www.cost.eu)

EUROPEAN COOPERATION IN SCIENCE & TECHNOLOGY

Dissemination and Outputs  
<https://eurofamnet.eu>