

NEWS ITEMS

200+ practices and growing - new additions to the Evidence-Based Practices and User Registry section



Practitioners and decision-makers are often left with the question what child and family focused practices have been shown to be effective in the European Union. The [Evidence-Based Practices \(EBPs\) section](#) list over 40 practices that have demonstrated their effectiveness through rigorous evaluation and research. In addition to the EBP section, website user can register innovative practices which have not been evaluated yet in the [User Registry](#) which includes already more than 160 practices

Share your practice on the EPIC website using its [online submission form](#).

Meet the EPIC [expert panel](#) consisting of internationally renowned experts on child and family policy which are involve as peer reviewers for the Evidence-Based Practice reviews.

Latest additions to the Evidence-Based Practice section:

Talk About Alcohol

Talk About Alcohol is an intervention developed in the UK for helping children age 11-18 make informed decisions about alcohol. It carries the same name as a pilot website developed in 2005 by the European Association of Communication Agencies (EACA) with the European Forum for Responsible



Good policies and practices to protect undocumented migrant children

In 2014 the number of asylum applicants considered to be unaccompanied minors reached 23,000 and in the first half of 2015 alone, more than 100,000 children have claimed asylum in Europe, a number expected to rise. The Commission has committed to closing the gap between national or regional migration laws and children's rights; yet migrant children, especially those undocumented, end up victims of failings in laws and policies. Subject to most of the same enforcement practices as adults, access to education, health, and protection services is restricted. Governments across Europe have implemented laws and policies to protect the rights

Drinking), which was based on a programme originally developed in Sweden, however the UK Talk About Alcohol programme, developed by The Alcohol Education trust Charity is fundamentally different from the European initiative. The programme is inspired by SHARHP (Australia) and EUDAP Unplugged (EU), social norms approaches and life skills education.

Catch Up Numeracy

Catch Up® Numeracy is a fairly non-intensive intervention (consisting of two 15-minute sessions delivered twice a week by classroom assistants who have undergone three half-days training sessions). The intervention is designed to address relatively mild persistent numeracy difficulties; in different words, the intervention is intended for children who already have some knowledge and understanding of numbers but are below the attainment level expected of their age cohort. The intervention was launched in 2007 by the not-for-profit UK charity, Catch Up®, and since then it has been implemented in over 47 local authorities across England and Wales.

Zippy's Friends

Zippy's Friends is a 24-week-long, universal school-based programme designed to help children (between six and eight years of age) to cope better with everyday adversities. In other words, the main goal of the programme is to prevent psychological problems by increasing children's range of coping skills. The programme is distributed globally through the non-profit organisation Partnership for Children and currently operates in 29 countries.

Bright Start

Bright Start is a programme for cognitive education for children aged 3-6 years old, especially those at high risk of school failure based on social circumstances such as ethnic minority, inner city residence, and low socio-economic status (SES) group. The programme supplements traditional preschool and kindergarten curricula. The curriculum is designed to promote a set of cognitive functions including self-regulation in response to instructions, comparison, verbal labelling, precision and accuracy in data-gathering, systematic exploratory behaviour, and spatial referents (such as 'left' and 'right') through eight units of 20-25 small-group lessons.

Disordered Eating Prevention Programme

This programme was implemented in 13 publicly funded schools in Terrassa, a city in the Barcelona metropolitan area of Spain for students aged 13. The programme consisted of one 90 minute ML session discussing media literacy, critical thinking about the feminine Aesthetic-Beauty Model of extreme thinness, and awareness of historical, cross-cultural and media conceptions

New initiative to address the challenges of work-life balance faced by working families

The European Commission is starting a new initiative which is replacing the 2008 proposal to revise the Maternity Leave Directive. There is a need to modernise and adapt the current legal and policy framework of the European Union (EU) so that parents with children or those with dependent relatives can better balance their caring responsibilities and professional life. This is in particular thought to have a positive effect on labour market participation of women, which still remains very low across the EU.

Developing Child Resilience

Building resilience from childhood is important, as it enables children to face obstacles, adapt successfully, and learn how to deal with adversity.

Harvard University's Center on the Developing Child

is a leading body in observing the development of resilience in children, providing useful resources on this subject. Within the European context, there

discussing nutrition and balanced eating. Male and female students participated in their usual classroom setting as the programme was delivered in weekly sessions over the course of up to two weeks.

In the Spotlight



Check out the EPIC country profiles

The [country profiles](#) available on the European Platform for Investing in Children (EPIC) provide an up to date overview of current policies for children and their families for each European Union (EU) Member State. The profiles outline national socio-economic developments and challenges for children and their families and respective policy responses. The profiles provide a very accessible and up to date description of national developments (the profiles are also available in German and French). They are also structured along the three policy pillars of the European Commission Recommendation 'Investing in Children: breaking the cycle of disadvantage'.

Briefs on topical child policy issues

Researchers associated with European Platform for Investing in Children have authored a number of policy briefs relating to family and child well-being. The topics covered include the impact of the financial crisis on childcare, children with special educational needs, and parental leave arrangements,

importance placed upon understanding and aiding the development of childhood resilience, and the European Commission (EC) has funded several studies and projects in this regard.

YOUR FEEDBACK



We are interested in your feedback

The EPIC team is interested in your feedback on how EPIC information on user experiences with EPIC (in particular the [Practices that Work](#)).

Aspects that are of interest are for example: How do people use the information posted on EPIC? Do national experts and practitioners work with the information posted on EPIC? Do practitioners and decision-makers use the collected [Evidence-Based Practices](#)? Please email us:

EMPL-EPIC@ec.europa.eu

[website.](#)

[European Platform for Investing in](#)

[Children](#)

[Subscribe](#)

[Unsubscribe](#)

The European Platform for Investing in Children (EPIC) wants to provide information about all policies that can help children and their families face up to the unprecedented challenges that exist in the current economic climate in Europe. This is an occasional electronic newsletter intended for anyone with an interest in the information provided by EPIC.