



**FAMILIAS Y CRIANZAS:
ENCRUCIJADAS ACTUALES**
1ER CONGRESO INTERNACIONAL 2025



Centre virtuel d'éducation prénatale Virtual Center for Prenatal Education VICEPRED

LAVINIA MIHAELA NANU

Organisation Mondiale des Associations pour l'Éducation Prénatale



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- VICEPRED : Le Centre virtuel d'éducation prénatale est un projet Erasmus+ développé sur la plateforme www.omaedu.ro dans la période 2022-2025 avec l'objectif suivant :
- Accroître les connaissances, les compétences et les attitudes des futurs parents dès les premiers moments de la grossesse afin de faciliter le développement physique, émotionnel, intellectuel et spirituel optimal de leurs enfants.



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- Le projet est réalisé grâce à la contribution des 9 partenaires du projet:
 1. Association roumaine d'éducation prénatale - AEPRO - coordinateur
 2. Università per Stranieri di Perugia (Italie)
 3. Elliniki Etairia Etairia Progennitikis Agogis (Grèce)
 4. Latvijas Perinatalas Attistibas Biedriba (Lettonie)
 5. Kipriako Somatio Progennitikis Agogis (Chypre)
 6. Éducation prénatale - Information (Belgique)
 7. Fondation Romtens (Roumanie)
 8. Asociación Nacional de Educación Prenatal Anep (Espagne)
 9. Associazione Italiana Educazione Prenatale (Italie)



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Le centre virtuel d'éducation prénatale



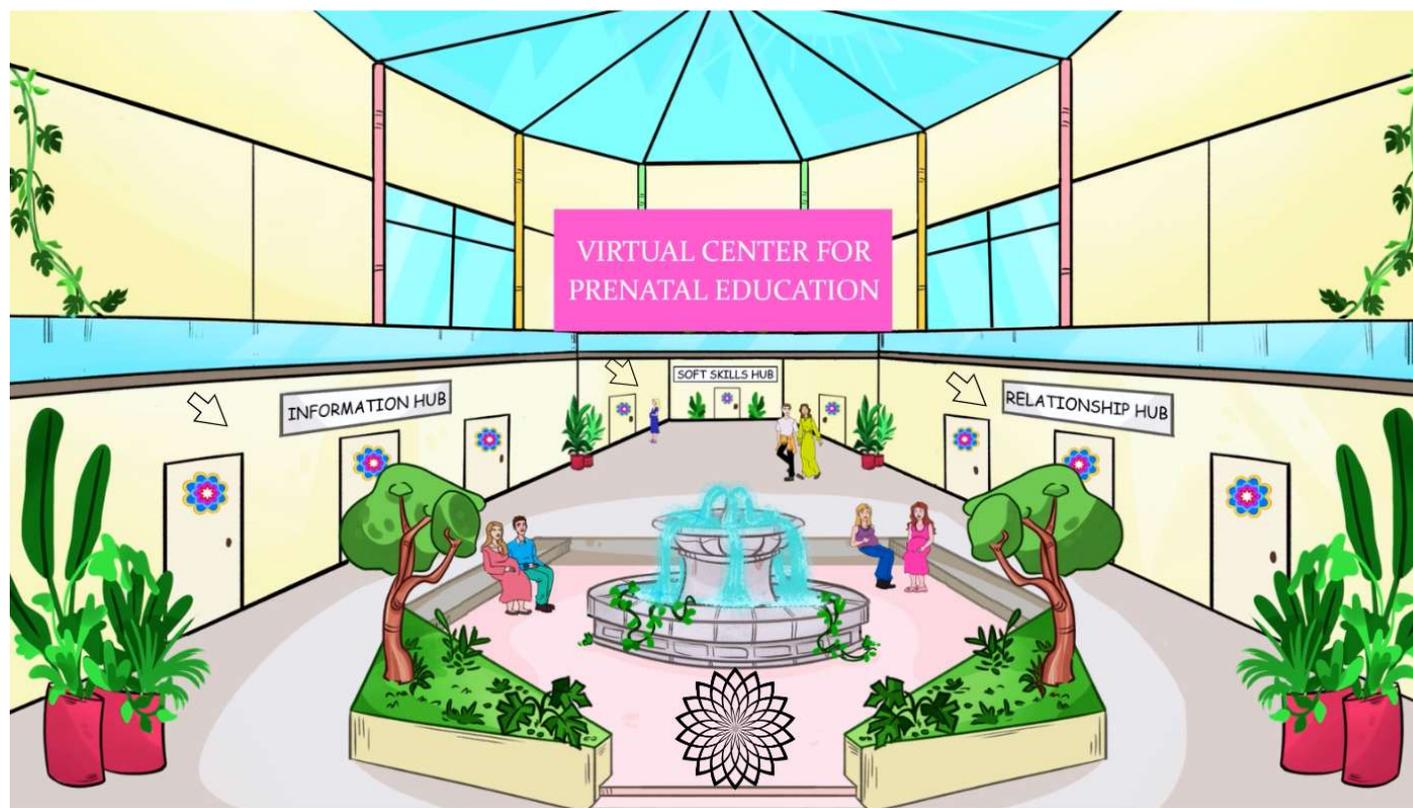


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se compose de trois pôles (Hubs) qui comprennent chacun trois pièces :



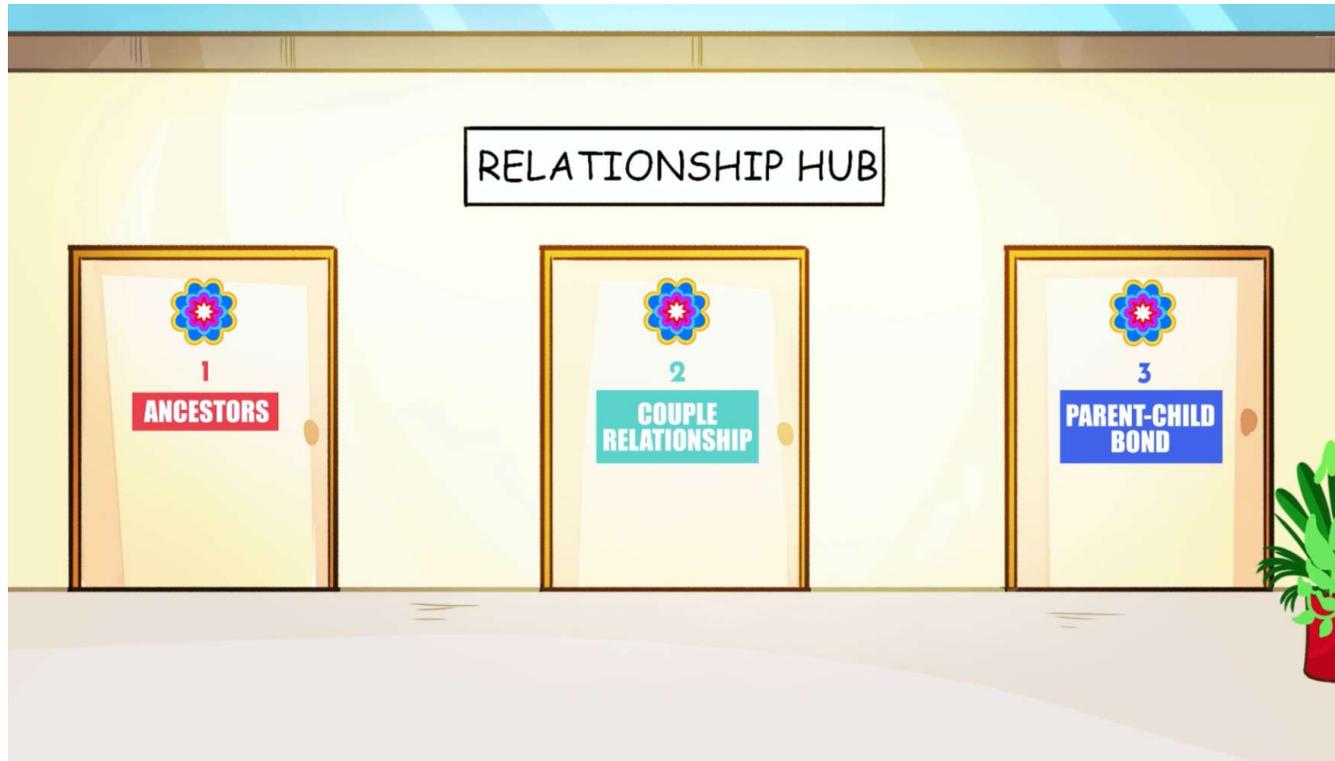


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- le Hub relationnel



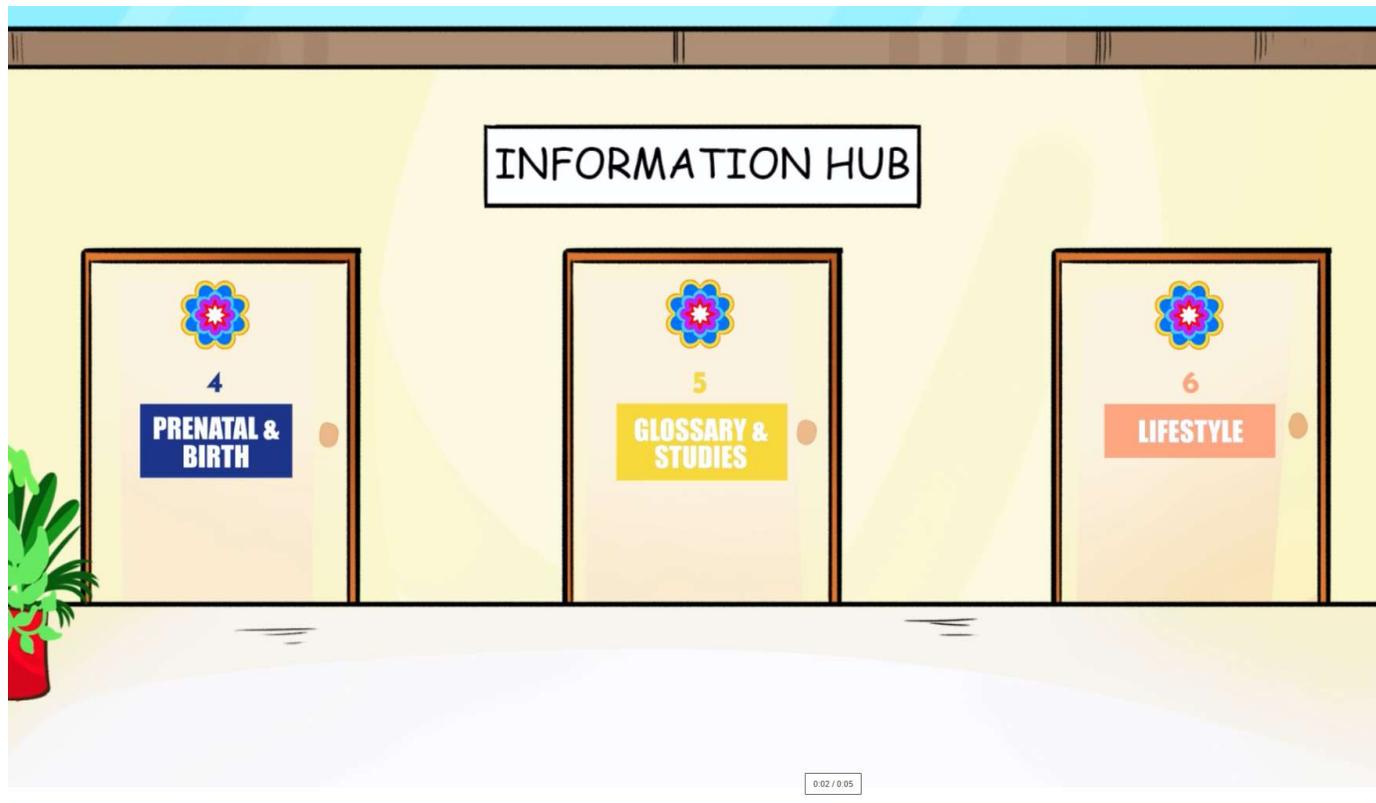


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- le Hub informationnel



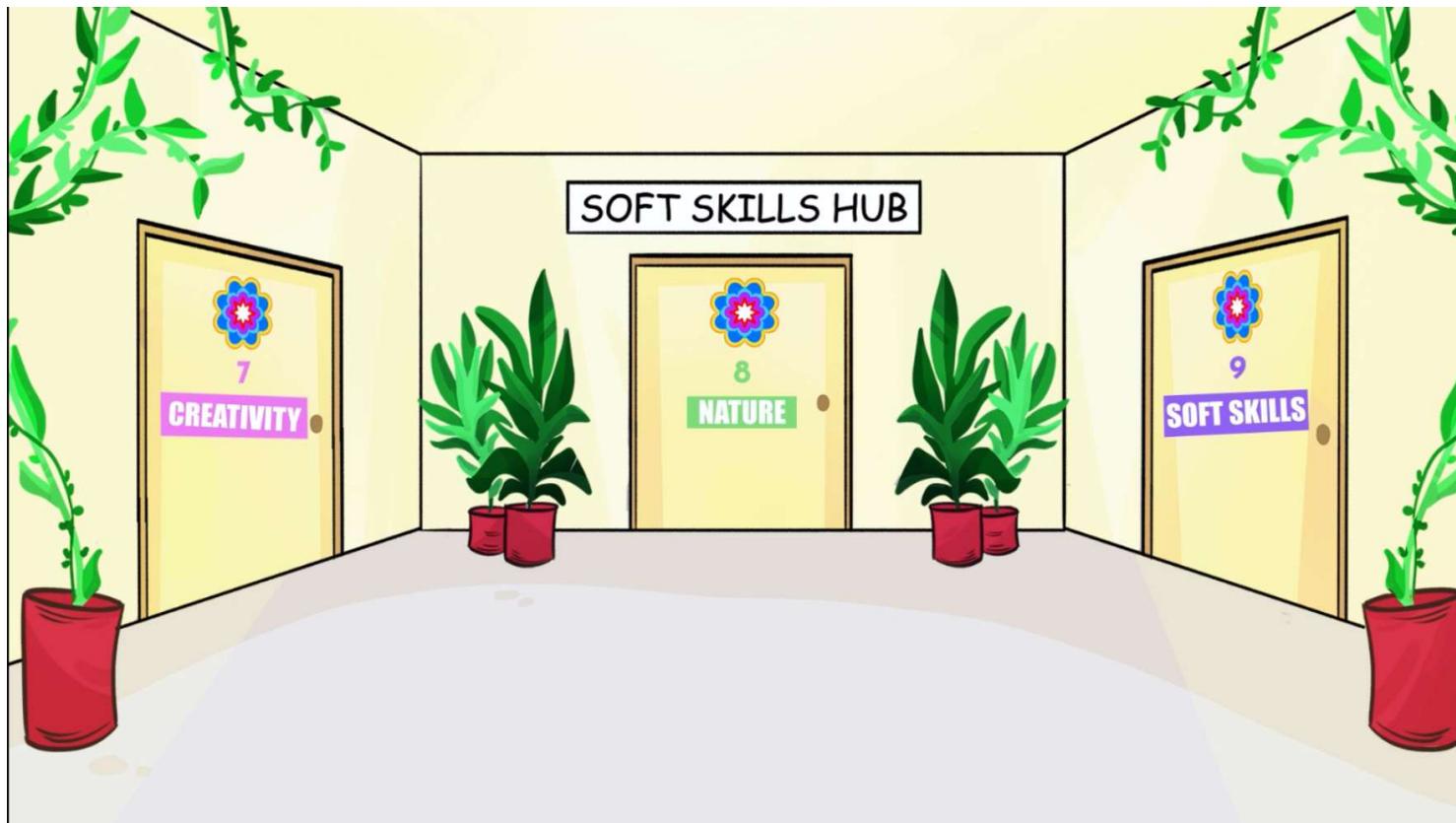


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- le Hub compétences douces





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Dans chaque pièce, il y a plusieurs types de produits :

- Capsules d'information
- Vidéos
- Doodles
- Diaporamas
- Etudes de cas
- Applications et jeux éducatifs

pour fournir des solutions et des réponses aux questions liées à la grossesse, à l'accouchement, au comportement des futurs parents afin de fournir des conditions harmonieuses pour le développement de leur futur enfant.

- Chaque pièce est équipée de plusieurs applications et d'un questionnaire de feedback pour recueillir les impressions et les opinions des visiteurs sur les informations et les outils qu'ils ont reçus.

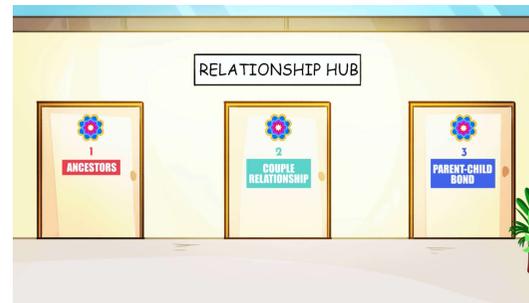


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- Le Hub Relationnel comprend de brèves informations sur la relation au sein du couple, avec la famille d'origine, avec le futur enfant.
- En visitant les pièces 1 à 3 de ce Hub, les futurs parents peuvent obtenir plus d'informations et prendre conscience de leurs attitudes vis-à-vis des questions relationnelles.





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- Pièce 1 - des relations avec les ancêtres aide les futurs parents à mieux comprendre comment les influences parentales s'exercent d'une génération à l'autre.
- Ils peuvent choisir d'arrêter un cercle vicieux qu'ils ont connu dans leur enfance ou, à l'inverse, d'amplifier les comportements parentaux bénéfiques qu'ils ont également connus à travers leur propre expérience.



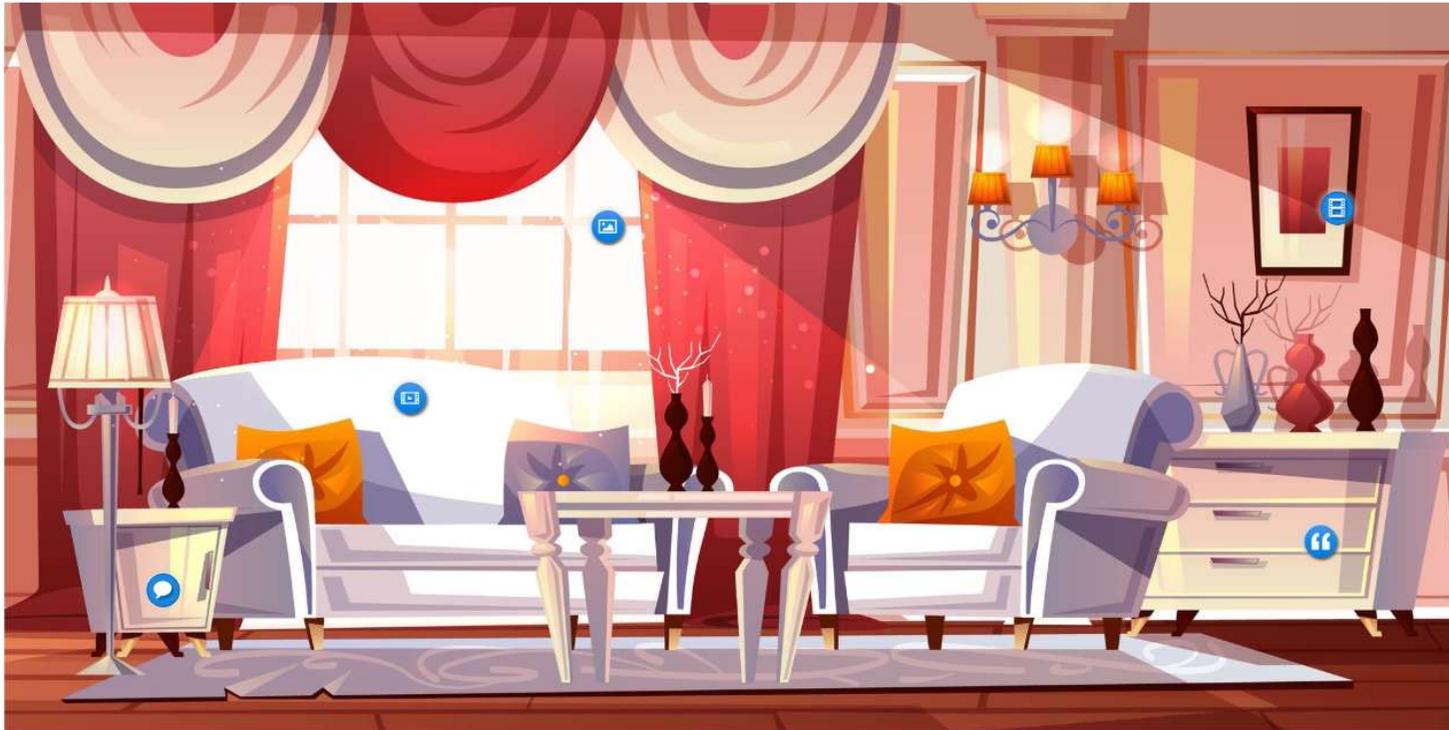
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ROOM 1

ANCESTORS



 SLIDESHOW

 DOODLE

 VIDEO

 CASE STUDIES

 INFO CAPS

TO LEAVE THE ROOM, PLEASE ANSWER THE QUESTIONS

QUIZZ



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- Pièce 2 - Relations de couple aidera les deux partenaires à mieux comprendre les avantages et les défis d'une relation de couple, à accepter plus facilement les différences, à choisir de vivre une relation harmonieuse pour leur bien et celui de leur enfant.



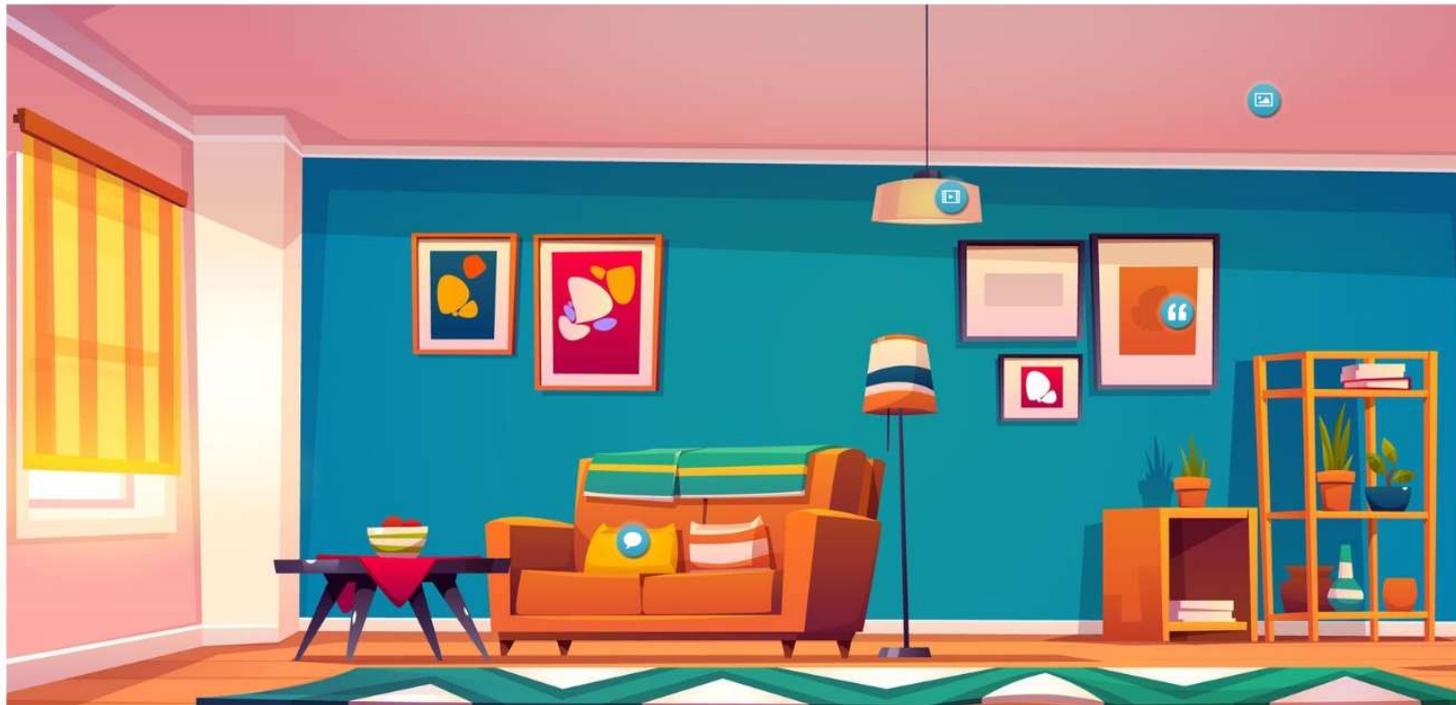
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ROOM 2

COUPLE RELATION



 SLIDESHOW

 DOODLE

 CASE STUDIES

 INFO CAPS

TO LEAVE THE ROOM, PLEASE ANSWER THE QUESTIONS

QUIZZ



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- Pièce 3, consacrée aux relations avec l'enfant, les aidera à découvrir différentes façons d'entretenir des relations aimantes et respectueuses avec leur futur enfant.



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ROOM 3

PARENT -CHILD BOND



-  DOODLE
-  SLIDESHOW
-  CASE STUDIES
-  INFOCAPS
-  GAME

TO LEAVE THE ROOM, PLEASE ANSWER THE QUESTIONS

QUIZZ

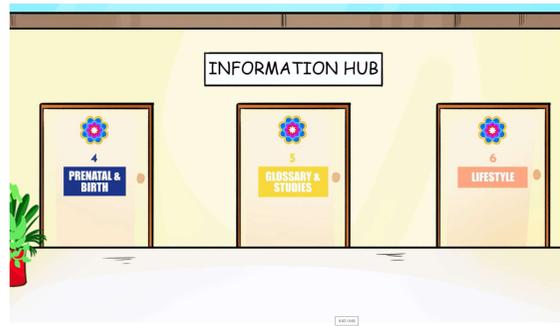


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- Le Hub d'information contient des informations sur les étapes de la grossesse et de l'accouchement, les étapes du développement prénatal du bébé, les éléments d'un mode de vie sain pour les futurs parents.
- Dans ce Hub, vous pouvez visionner des vidéos, un glossaire, une base de données contenant des résumés d'études scientifiques sur la période prénatale, l'accouchement, les questions relatives au développement intra-utérin, des études de cas, des doodles, des diaporamas.





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- Pièce 4 fournit des informations sur le développement prénatal, la grossesse et l'accouchement, aide les futurs parents à découvrir comment aborder l'expérience mystérieuse de la grossesse et de l'accouchement et quels sont les besoins les plus importants de l'enfant à naître au cours de cette période cruciale de son développement.



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ROOM 4

PRENATAL & BIRTH



-  SLIDESHOW
-  DOODLE
-  VIDEO
-  INFOCAPS

TO LEAVE THE ROOM, PLEASE ANSWER THE QUESTIONS

QUIZZ



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- Dans la pièce 5, un glossaire et une base de données de termes scientifiques permettent aux futurs parents de se tenir au courant des termes associés à cette période de la vie et des découvertes scientifiques les plus importantes qui influencent la vie et la santé du futur être humain.



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ROOM 5

GLOSSARY OF TERMS & STUDIES DATA BASE



STUDIES
DATABASE



GLOSSARY

TO LEAVE THE ROOM, PLEASE ANSWER THE QUESTIONS

QUIZZ



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GLOSSARY&STUDIES

Erasmus+ Programme – Cooperation partnerships
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GLOSSARY





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Search: stress

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A

Abuptio Placentae= Placenta Abruption

Premature separation of the [placenta](#) from the uterus, typically present with bleeding, uterine contractions, and [fetal distress](#)

- *Medscape* - <https://emedicine.medscape.com/article/252810-overview>



Adrenaline (Stress Hormones) in Pregnancy

A hormone released from the adrenal glands and its major action, together with noradrenaline, is to prepare the body for 'fight or flight'. Women who feel threatened during [labor](#) (for example, by fear or severe pain) may produce high levels of adrenaline. Adrenaline can slow [labor](#) or stop it altogether.

- *You and Your Hormones* - <https://www.yourhormones.info/hormones/adrenaline/>
- *National Partnership* - <https://nationalpartnership.org/childbirthconnection/maternity-care/role-of-hormones/>



Antenatal Anxiety

Anxiety during [pregnancy](#) characterized by fear of childbirth, feelings of worry and [stress](#), panic disorder. It is common and it can affect either parent. It can predict adverse [birth](#) outcomes, defined in terms of [birth](#) weight, [gestational age at birth](#) and obstetric complications.

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Cortisol in Pregnancy

A glucocorticoid hormone that the adrenal glands produce and release into the blood. There is ample evidence from literature that justifies the association of prenatal maternal mental stress and elevated cortisol with delayed infant motor and cognitive development

- Cleveland Clinic - <https://my.clevelandclinic.org/health/articles/22187-cortisol>
- Biomedcentral - <https://bmcp psychiatry.biomedcentral.com/articles/10.1186/s12888-017-1424-x>



F

Fetal Distress

Is a condition during pregnancy or labor in which the fetus shows signs of inadequate oxygenation. It is characterized by changes in fetal movement, growth, heart rate, and presence of meconium stained fluid.

- Wikipedia - https://en.wikipedia.org/wiki/Fetal_distress



H

Haptonomy

Is a field dealing with emotional contact through touch, describe the relationship between parents and unborn baby (Ksycinski et al., 2010). The concept of Haptonomy is derived from the conjunction of the classic Greek term hapsis, which means touch, sense, sensation, tact and the word nomos meaning law, rule and norm.

- Scientific Institute of Haptonomy - http://www.haptonomie.com/_en/haptonomy/
- Ozbek H, Pinar SE. The effect of haptonomy applied to pregnant women on perceived stress, fear of childbirth, and prenatal attachment: randomized controlled experimental study. *Curr Psychol.* 2022 Jul 16;1-10. doi: 10.1007/s12144-022-03388-1. Epub ahead of print. PMID: 35874964; PMCID: PMC9287134.



M

Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



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N

Non Stress Test (NST)

A common prenatal test used to check on a baby's health. During a nonstress test, the baby's heart rate is monitored to see how it responds to the baby's movements. The term "nonstress" refers to the fact that nothing is done to place stress on the baby during the test.

- Mayo Clinic - <https://www.mayoclinic.org>

P

Postnatal Anxiety

Anxiety that develops during the year your baby is born is known as postnatal anxiety. Any parent can experience postnatal anxiety. Feeling a little stressed is a common reaction to becoming a parent, but if anxiety becomes a problem, you may need professional help. Symptoms include intense feelings of worry that you're not doing things right, or that something bad will happen.

- Pregnancy Birth and Baby - <https://www.pregnancybirthbaby.org.au/anxiety-and-parenthood>

Prenatal Bond

Is a facilitated experience that creates an intense bond between mother and fetus. The bond allows the mother to be aware of the child's needs and experiences, witness fetal development in the womb, recognize early prenatal distress, and provide immediate healing and connection. Because of this intimate awareness, mothers have a smoother and more empowered birthing experience. After birth, the well-bonded baby has a remarkable degree of self-esteem, developmental advantages, and a strong, meaningful connection with the mother.

- - <https://www.pacificmft.com/prenatal-bonding>



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SCIENTIFIC STUDIES





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SCIENTIFIC STUDIES

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DOMAIN

CAUSAL FACTOR

RISK FOR THE FUTURE CHILD

ABSTRACT

CITATION STUDY

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ID	DOMAIN	CAUSAL FACTOR	RISK FOR THE FUTURE CHILD	ABSTRACT	CITATION STUDY
335	STRESS AND EMOTIONS IN PREGNANCY	Emotions of mother	Fetal arm movements	This study investigated the relationship between fetal movements and acute maternal emotional changes during pregnancy. Two empirically validated feature film clips were used for the external generation of two subjectively and facially well-characterized target emotions: happiness and sadness. We simultaneously monitored separate fetal arm, leg, and trunk movements by means of two ultrasound apparatuses while maternal emotions were manipulated by film clip presentation. The number of fetal arm movements, but not the duration, was increased when pregnant women were being shown a happy film. Both the	Araki, M., Nishitani, S., Ushimaru, K. et al. Fetal response to induced maternal emotions. J Physiol Sci 60, 213–220 (2010). https://doi.org/10.1007/s12576-010-0087-x



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336	STRESS AND EMOTIONS IN PREGNANCY	Optimism during pregnancy	More confidence and positive mindset	When pregnant women face tough situations like the risk of preterm labor, it can be really challenging. This study looked at how women handle stress in these situations and what helps them. We found that their personal strengths, like being optimistic and feeling in control of their health, play a big role. Optimism acts like a middleman in two relationships: (1) feeling in control of one's health and being confident, and (2) how random events affect health and confidence. Optimism doesn't come into play when it's about how others might impact health and confidence. For women with a high-risk pregnancy, being optimistic is crucial. It turns the connection between outside events impacting health and how confident they feel from negative to positive. This breaks the cycle of feeling loss and instead starts a cycle of gains, making them	presentation of sadness affected fetal leg or trunk Niewiadomska I, Bień A, Rzońca E, Jurek K. The Mediating Role of Dispositional Optimism in the Relationship between Health Locus of Control and Self-Efficacy in Pregnant Women at Risk of Preterm Delivery. Int J Environ Res Public Health. 2022 May 17;19(10):6075. doi: 10.3390/ijerph19106075. PMID: 35627612; PMCID: PMC91411194.
337	STRESS AND EMOTIONS IN PREGNANCY	Influence of maternal emotions	Fetuses of high anxious women tend to be more active	Children of high anxious pregnant women have gastrointestinal problems, cry frequently, and are perceived as having difficult temperament. Mindfulness based interventions helped participants develop insights into their mood and physical changes and accept their childbirth process, therefore mindfulness education programs can be incorporated into prenatal care to enhance the management of the depressive symptoms of prenatal women.	Bea R. H. Van den Bergh. (1990) "The Influence of Maternal Emotions during Pregnancy on Fetal and Neonatal Behavior," Journal of Prenatal and Perinatal Psychology and Health 5, no. 2 : 119-130. * Full access to article with APPPAH JOURNAL membership.
338	STRESS AND EMOTIONS IN PREGNANCY	Anxiety, depression, and stress in pregnancy	Shorter gestation period: Adverse implications for fetal neurodevelopment and child outcomes	Anxiety, depression, and stress in pregnancy are risk factors for adverse outcomes for mothers and children. Anxiety in pregnancy is associated with shorter gestation and has adverse implications for fetal neurodevelopment and child outcomes. Anxiety about a particular pregnancy is especially potent. Chronic strain, exposure to racism, and depressive symptoms in mothers during pregnancy are associated with lower birth weight infants with consequences for infant development.	Schetter CD, Tanner L. Anxiety, depression and stress in pregnancy: implications for mothers, children, research, and practice. Current Opinion in Psychiatry 2012; 25(2): 141-8. doi: 10.1097/YCO.0b013e3283503680 https://pubmed.ncbi.nlm.nih.gov/22262028/
339	STRESS AND EMOTIONS IN PREGNANCY	Stressful prenatal life events	Risk of infectious diseases in the infant offspring	Study provides empirical evidence that links stressful prenatal life events with the risk of infectious diseases in the infant offspring. Moreover, study found that lower levels of relationship satisfaction during pregnancy increased the risk, as well as the frequency and variety, of infectious diseases in infants. However, statistically significant findings in large samples does not necessarily yield clinical significance. It remains to examine whether relationship management before or during pregnancy may reduce the risk of diseases in the offspring.	Henriksen, R. E., & Thuen, F. (2015). Marital quality and stress in pregnancy predict the risk of infectious disease in the offspring: The norwegian mother and child cohort study. PLOS ONE, 10(9), e0137304. https://doi.org/10.1371/journal.pone.0137304
340	STRESS AND EMOTIONS IN PREGNANCY	Stress exposure during pregnancy	Sleep problems for the child	Findings show an association between maternal prenatal perceived stress and child sleep measures. Intervention studies aimed at helping mothers to reduce stress prenatally may improve child sleep quality.	Geiger, S. D., Chandran, A., Churchill, M., Mansolf, M., Zhang, C., MUSAAD, S.,... Schantz, S. L. (2022). Relationship between maternal stress during pregnancy and child sleep outcomes. Annals of epidemiology, 75, 89-89. https://doi.org/10.1016/j.annepidem.2022.08.005



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344	STRESS AND EMOTIONS IN PREGNANCY	Stress exposure during pregnancy	Preterm delivery; Low birth weight	According to this literature review on prenatal stress, the most robust, consistent and well replicated result is the association between prenatal major stressful life events and preterm delivery or low birthweight.	R. Graignic-Philippe, J. Dayan, S. Chokron, A-Y. Jacquet, S. Tordjman, Effects of prenatal stress on fetal and child development: A critical literature review, Neuroscience & Biobehavioral Reviews, Volume 43, 2014, Pages 137-162, ISSN 0149-7634, https://doi.org/10.1016/j.neubiorev.2014.03.022 .
345	STRESS AND EMOTIONS IN PREGNANCY	Stress exposure during pregnancy	Adverse birth and postnatal outcomes	Findings indicate that childhood violence or abuse exposure can become biologically embedded in a manner predicting later prenatal physiology relevant for maternal and offspring health, and that such embedding may be specific to childhood, but not adulthood, stress. Findings also highlight the placental-fetal unit as a mechanistic pathway through which intergenerational transmission of the adverse effects of childhood adversities may occur.	Steine IM, LeWinn KZ, Lisha N, Tylavsky F, Smith R, Bowman M, Sathyanarayana S, Karr CJ, Smith AK, Kobor M, Bush NR. Maternal exposure to childhood traumatic events, but not multi-domain psychosocial stressors, predict placental corticotrophin releasing hormone across pregnancy. Soc Sci Med. 2020 Dec;266:113461. doi: 10.1016/j.socscimed.2020.113461. Epub
346	STRESS AND EMOTIONS IN PREGNANCY	Stress exposure during pregnancy	Schizophrenia	Schizophrenia has been linked with intrauterine exposure to maternal stress due to bereavement, famine and major disasters. Recent evidence suggests that human vulnerability may be greatest in the first trimester of gestation	Malaspina D, Corcoran C, Kleinhaus KR, Perrin MC, Fennig S, Nahon D, Friedlander Y, Harlap S. Acute maternal stress in pregnancy and schizophrenia in offspring: a cohort prospective study. BMC Psychiatry. 2008 Aug 21;8:71. doi: 10.1186/1471-244X-8-71. PMID: 18717990; PMCID: PMC2546388.
347	STRESS AND EMOTIONS IN PREGNANCY	Stress exposure during pregnancy	Psychiatric morbidity	Greater prenatal stress from apartheid predicted adverse psychiatric outcomes among children born to younger mothers and adolescents/young adults who experienced greater concurrent stress. Our findings suggest that prenatal stress may affect adolescent mental health, have stress-sensitising effects, and represent possible intergenerational effects of trauma experienced under apartheid in this sample.	Kim AW, Said Mohamed R, Norris SA, Richter LM, Kuzawa CW. Psychological legacies of intergenerational trauma under South African apartheid: Prenatal stress predicts greater vulnerability to the psychological impacts of future stress exposure during late adolescence and early adulthood in Soweto, South Africa. J Child Psychol Psychiatry. 2023 Jan;64(1):110-124.
348	STRESS AND EMOTIONS IN PREGNANCY	Stress exposure during pregnancy	Alteration of mature enamel structure	Early life experiences can shape brain function and behavior in adulthood. Either repetitive or varied stress could potentially contribute to the different neuroendocrine and behavioral characteristics of	Richardson HN, Zorrilla EP, Mandyam CD, Rivier CL. Exposure to repetitive versus varied



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351	STRESS AND EMOTIONS IN PREGNANCY	Exposure to traumatic events	Autism and attention deficit hyperactivity disorder	Traumatic events that affect physiology and behavior in the current generation may also impact future generations. This study demonstrates that an ecologically realistic degree of predation risk prior to conception causes lasting changes in the first filial and second filial generations.	Bhattacharya S, MacCallum PE, Dayma M, McGrath-Janes A, King B, Dawson L, Bambico FR, Berry MD, Yuan Q, Martin GM, Preisser EL, Blundell JJ. A short pre- conception bout of predation risk affects both children and grandchildren. <i>Sci Rep.</i> 2023 Jul 5;13(1):10886. doi: 10.1038/s41598-023-37455-9. PMID: 37407623; PMCID: PMC10322924.
352	STRESS AND EMOTIONS IN PREGNANCY	Maternal posttraumatic stress disorder in perinatal period	Low birth weight ; Lower rates of breastfeeding	Results showed that maternal postpartum posttraumatic stress disorder is associated with low birth weight and lower rates of breastfeeding. Evidence for an association between maternal posttraumatic stress disorder and preterm birth , fetal growth, head circumference, mother-infant interaction, the mother-infant relationship or child development is contradictory. Associations between maternal posttraumatic stress disorder and infant salivary cortisol levels, and eating/sleeping difficulties are based on single studies, so require replication. Findings suggest that early screening for posttraumatic stress disorder during the perinatal period may be advisable and onward referral for effective treatment, if appropriate.	Cook, N., Ayers, S., & Horsch, A. (2018). Maternal posttraumatic stress disorder during the perinatal period and child outcomes: A systematic review. <i>J Affect Disord</i> , 225, 18-31. https://doi.org/10.1016/j.jad.2017.07.045
353	STRESS AND EMOTIONS IN PREGNANCY	Stressful life events in the periconceptional period	Birth defects	We looked at information from a study about pregnancy and found a connection between certain life events and certain birth defects. We gathered information from pregnancies that happened in 1987-1989. Some women experienced difficult events like the death of a loved one, losing a job, or going through a separation or divorce. We found that if a woman went through at least one stressful event during the time she was getting pregnant, there was a 40-50% higher chance of having a baby with certain heart or face problems. These issues included heart defects, problems with the baby's brain and spine, and issues with the baby's lip and palate. This connection was stronger for women who were not overweight and those with a high school education or less. This study suggests that going through tough times around when you get	Carmichael SL, Shaw GM. Maternal life event stress and congenital anomalies. <i>Epidemiology.</i> 2000 Jan;11(1):30-5. doi: 10.1097/00001648-200001000-00008. PMID: 10615840.
354	STRESS AND EMOTIONS IN PREGNANCY	Chronic and/or severe stress	Behavioral disease	Exposure to chronic and/or severe stress early in life, has been associated with the development of a wide range of psychological and physiological disorders across the entire life span and epigenetic programming	Farrell, Chloe M. "Early-life stress exposure and epigenetic programming." <i>Perinatal and Developmental Epigenetics</i> . Academic Press, 2023. 243-271. https://doi.org/10.1016/B978-0-12-821785-6.00001-3 .
355	STRESS AND EMOTIONS IN PREGNANCY	Low confidence in parental self-efficacy during pregnancy	Risk of anxiety during pregnancy	Worrying during pregnancy can affect the health of both the mother and child. This study looked at how a parent's confidence in their abilities (parental self-efficacy), along with age and whether it's the first pregnancy , influences anxiety in pregnancy . We studied 771 participants online, considering their confidence, anxiety, and demographics. The results show that parental self-efficacy and certain factors like age and whether it's the first pregnancy can predict almost half of the anxiety. Confidence influenced worries about body image, personal concerns, baby-	Brunton R, Simpson N, Dryer R. Pregnancy -Related Anxiety, Perceived Parental Self-Efficacy and the Influence of Parity and Age. <i>Int J Environ Res Public Health.</i> 2020 Sep 15;17(18):6709. doi: 10.3390/ijerph17186709. PMID: 32942604; PMCID: PMC7557851.



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- Pièce 6 - Mode de vie sain et écologique aide les futurs parents à consolider leurs connaissances sur les choses à faire et à ne pas faire pendant la grossesse. Cette salle contient environ 300 recettes de cuisine pour inspirer les futurs parents à cuisiner et, bien sûr, à manger sainement.



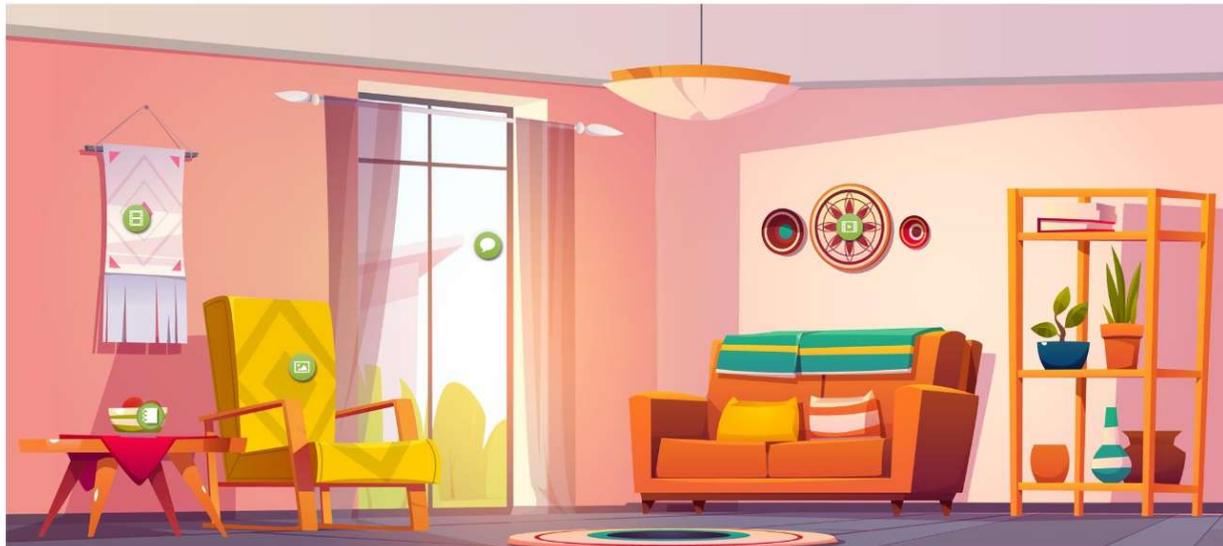
FAMILIAS Y CRIANZAS: ENCRUCIJADAS ACTUALES

1ER CONGRESO INTERNACIONAL 2025



ROOM 6

LIFESTYLE



 SLIDESHOW

 DOODLE

 VIDEO

 INFOCAPS

 RECIPES

TO LEAVE THE ROOM, PLEASE ANSWER THE QUESTIONS

QUIZZ



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RECIPES

Click each number to advance in the course

1. SOUPS

2. MAIN DISH

3. SALADS

4. SNACKS

5. DESSERTS



LIFESTYLE



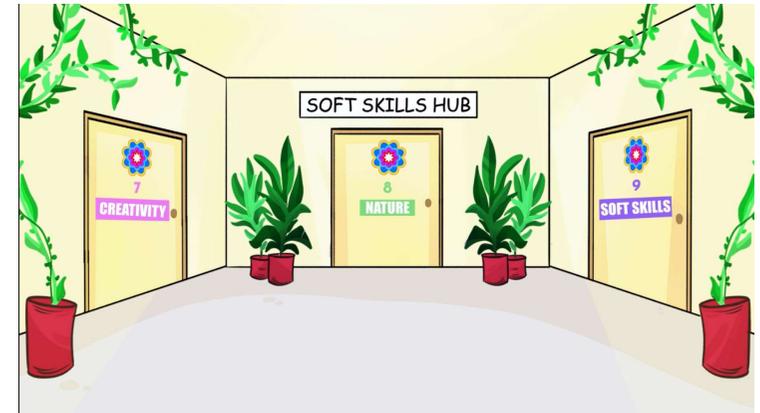


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- Le Soft Skills Hub présente des applications interactives (jeux éducatifs) pour développer la créativité pendant la grossesse (musique, mosaïque, peinture), approfondir la relation avec la nature, développer des compétences telles que :
- la gestion du stress
- la communication non violente
- l'intelligence émotionnelle
- l'imagination créative
- la communication avec l'enfant prénatal
- la prise de décision et la résolution de problèmes etc.





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ENCRUCIJADAS ACTUALES**
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- Pièce 7 - de la créativité, fournit de l'inspiration aux futurs parents sur de nouvelles façons d'améliorer leur créativité pendant la grossesse et au-delà, par le biais de la musique, de la peinture, de la danse.

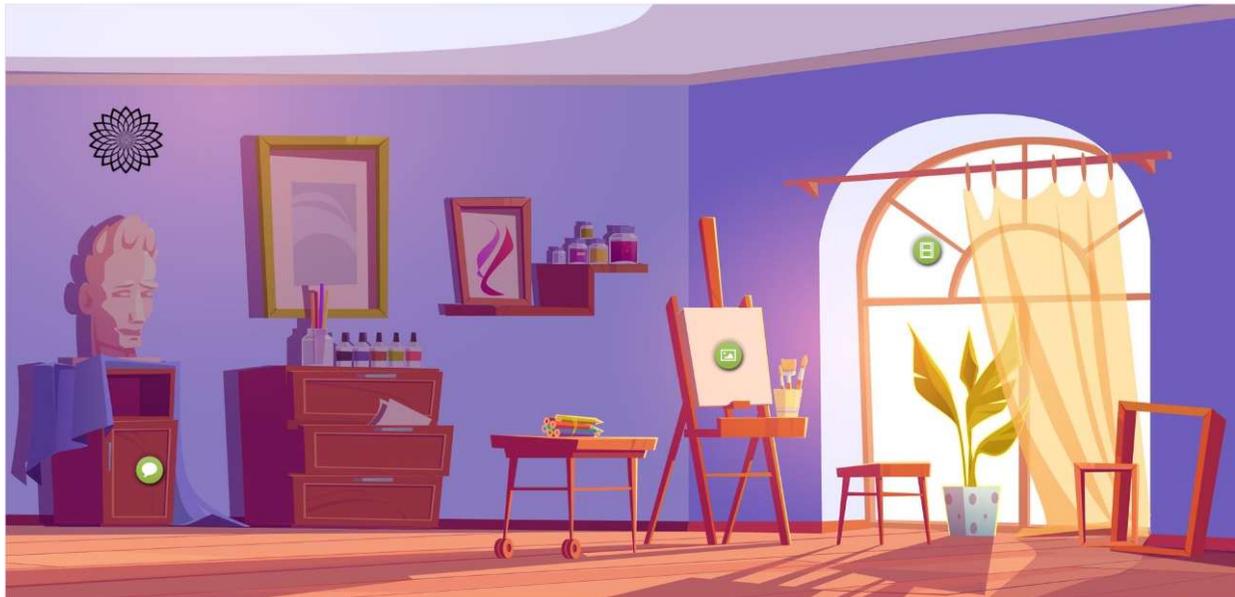


FAMILIAS Y CRIANZAS: ENCRUCIJADAS ACTUALES

1ER CONGRESO INTERNACIONAL 2025



ROOM 7 7. CREATIVITY




MANDALA


SLIDESHOW


VIDEO


INFOCAPS

TO LEAVE THE ROOM, PLEASE ANSWER THE QUESTIONS

QUIZZ



**FAMILIAS Y CRIANZAS:
ENCRUCIJADAS ACTUALES**
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- Pièce 8 - Connexion avec la nature - renforce leur conviction que, en contact direct avec l'environnement naturel, les futurs parents peuvent découvrir des moyens d'être plus calmes, plus confiants et plus sains pendant la grossesse et pour le reste de leur vie !



FAMILIAS Y CRIANZAS: ENCRUCIJADAS ACTUALES

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ROOM 8

NATURE



SLIDESHOW



VIDEO



INFOCAPS

TO LEAVE THE ROOM, PLEASE ANSWER THE QUESTIONS

QUIZZ



**FAMILIAS Y CRIANZAS:
ENCRUCIJADAS ACTUALES**
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- Pièce 9 - des compétences transversales aide les futurs parents à devenir plus conscients d'eux-mêmes, à se détendre davantage en réduisant le stress et à renforcer leur intelligence émotionnelle pour surmonter plus facilement les conflits et les défis pendant la grossesse et après la naissance de leur enfant.



FAMILIAS Y CRIANZAS: ENCRUCIJADAS ACTUALES

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ROOM 9 *SOFT SKILLS*



-  SLIDESHOW
-  DOODLE
-  VIDEO
-  INFOCAPS
-  CASE STUDIES

TO LEAVE THE ROOM, PLEASE ANSWER THE QUESTIONS

QUIZZ



FAMILIAS Y CRIANZAS: ENCRUCIJADAS ACTUALES

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ROOM 7

7. CREATIVITY

RANDOM

Color 0

Color 1

Color 2

Color 3

Color 4

Color 5

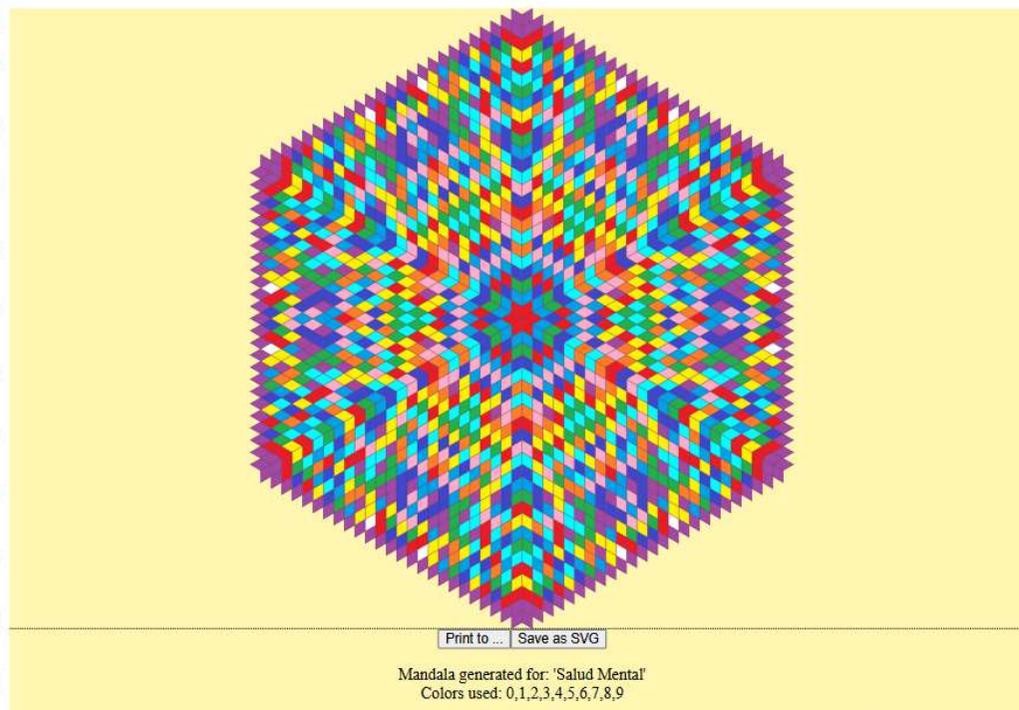
Color 6

Color 7

Color 8

Color 9

Border



Print to ... Save as SVG

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Colors used: 0,1,2,3,4,5,6,7,8,9

Number of leafs (3...15)

Insert below your name (or date of birth dd-mm-yyyy)

Salud Mental

MANDALA



MANDALA



IDESHOW



VIDEO



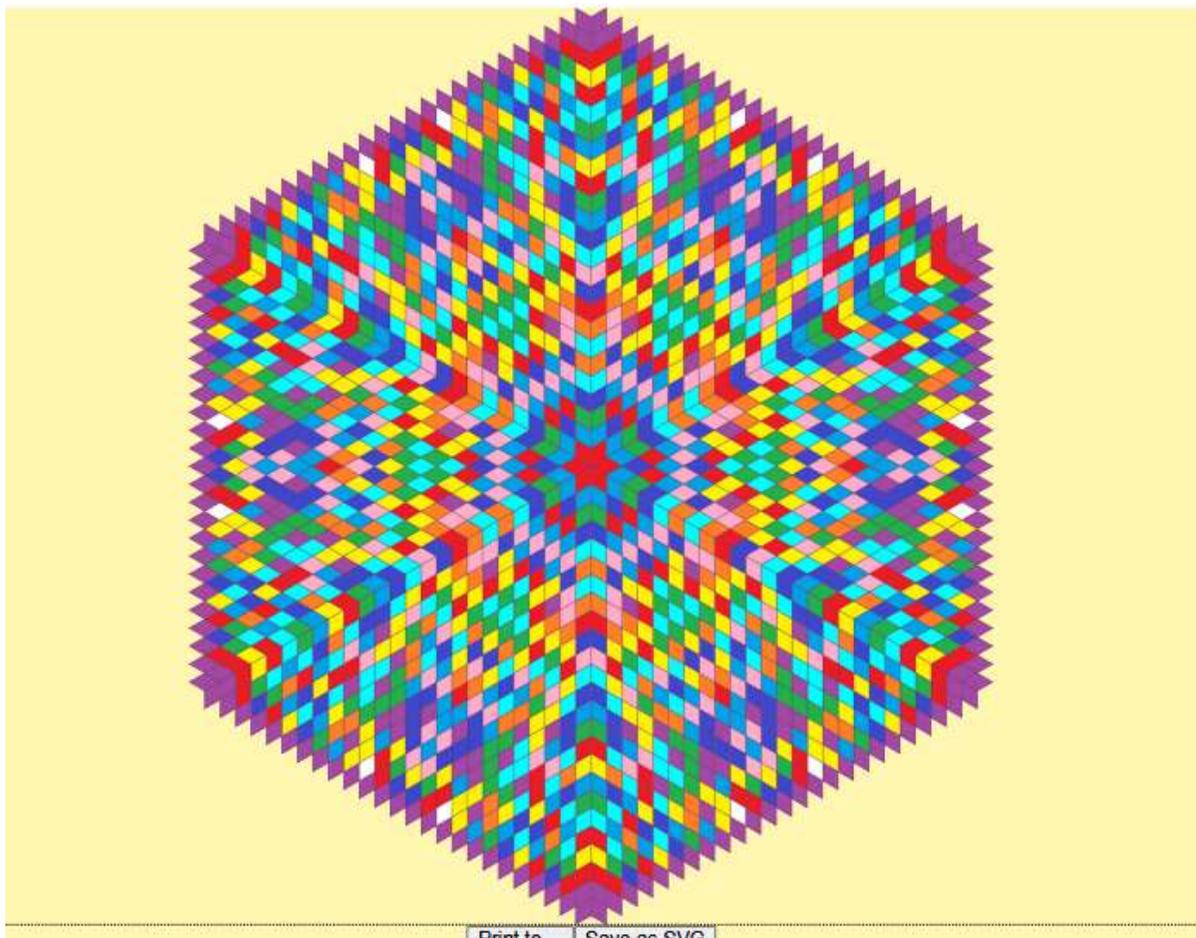
INFOCAPS

QUIZZ



FAMILIAS Y CRIANZAS: ENCRUCIJADAS ACTUALES

1ER CONGRESO INTERNACIONAL 2025

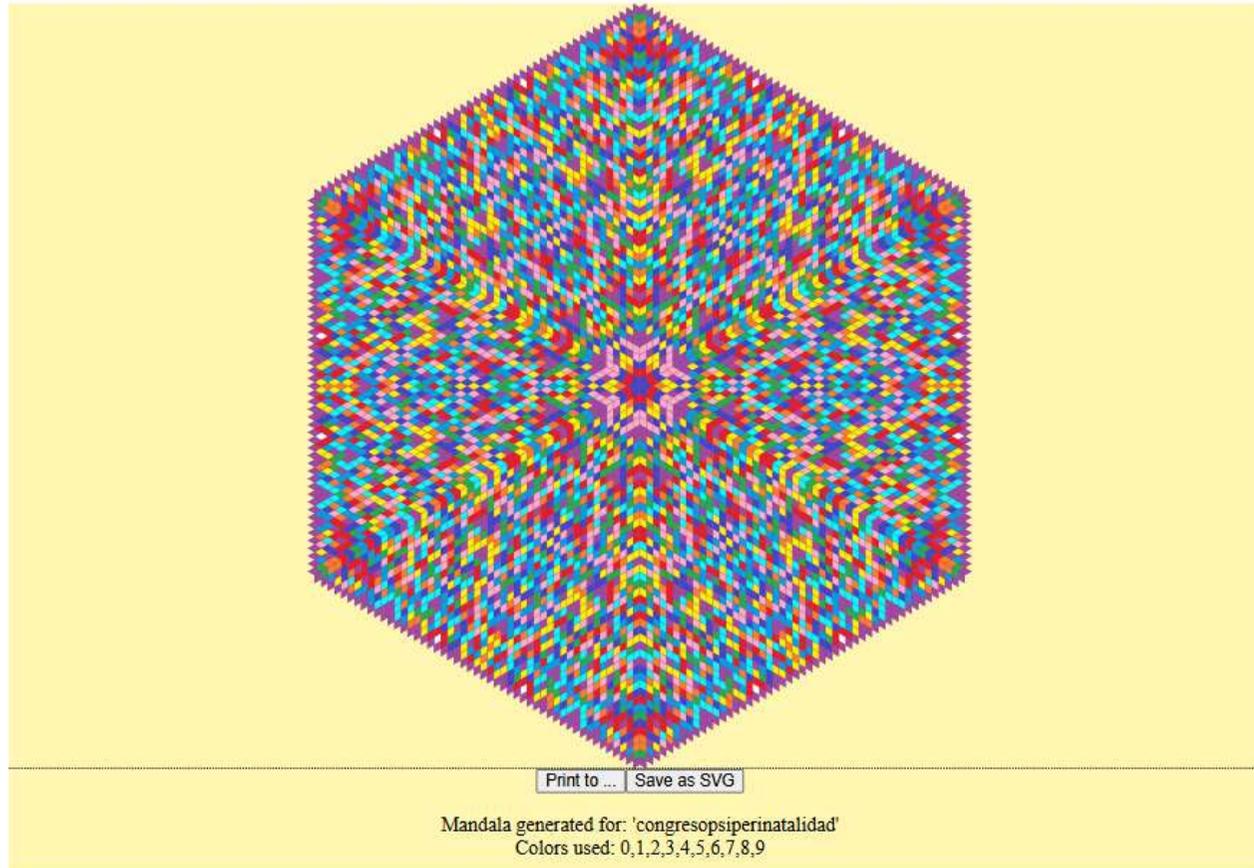


Print to Save as SVG



FAMILIAS Y CRIANZAS: ENCRUCIJADAS ACTUALES

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Colors used: 0,1,2,3,4,5,6,7,8,9

Insert bellow your name (or date of birth dd-mm-yyyy)

congresopsiperinatalidad

MANDALA



FAMILIAS Y CRIANZAS: ENCRUCIJADAS ACTUALES

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MERCI BEAUCOUP!

Print to ... Save as SVG

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Colors used: 1,2,3,4,5,6,7,8,9

Insert bellow your name (or date of birth dd-mm-yyyy)

ASMI WAIMH-ESPAÑA

MANDALA