

## ERASMUS+ PROJECT

### *Synergistic education of parents with children with special needs-SynergyEd*

## REPORT ON POST-TRAINING FEEDBACK SURVEY

This report summarizes the responses from parents who participated in the face-to-face parent training in Belgrade, 2024. The data provides insights into the effectiveness of the training, challenges faced in applying learned skills, and areas for further support.

After completing the training, parents reported feeling very confident to respond to their child's daily needs, with most responses falling at the top end of the scale. Most parents rated their confidence as either a 4 (about 47%) or 5 (about 39%) on a scale of 1 to 5 (1=not confident, 5=very confident), indicating that the majority feel well-equipped and very confident to use these learned skills in their daily lives. Just 3 parents (about 14%) reported that they feel somewhat confident in applying the skills and strategies learnt from the training. None replied with slightly or not confident at all. The results reflect the positive impact of the training in empowering parents with practical tools and knowledge.

Similarly, after completing the training, parents expressed feeling more prepared to respond to their child's daily needs, again with most responses falling at the top end of the scale. Most parents rated their readiness as either a 4 (about 52%) or 5 (about 34%) on a scale of 1 to 5 (1=not confident, 5=very confident), indicating that the majority feel well-equipped and very confident in their daily lives. Just 3 parents (about 14%) reported that they feel somewhat confident in readiness to respond appropriately. None replied with slightly or not confident at all. The results reflect the positive impact of the training in empowering parents with practical tools and knowledge.

Parents provided several examples of how they successfully applied the learned skills from the training. Many mentioned improvements in feeding practices, such as introducing new foods, adjusting portion sizes, and maintaining persistence when a child initially refused certain foods. Others highlighted psychological and communication strategies, such as managing stress within the family, understanding their child's emotional needs, and effectively addressing behavioral challenges like tantrums or bullying. Some shared specific achievements, including helping their

child learn to swim, improving communication with a child on the autism spectrum, and applying occupational therapy techniques.

While many parents experienced success, some also faced challenges. Access to specialized care, such as appointments with gastroenterologists or obtaining feeding aids, emerged as a common obstacle. Others noted external difficulties, such as misunderstandings from people outside their immediate family. Despite these challenges, some parents reported that they encountered no significant difficulties and were able to apply the skills seamlessly.

Encouragingly, every parent who responded confirmed that they were able to share the knowledge gained from the training with other family members involved in their child's care. This highlights the training's reach and effectiveness in fostering a shared understanding and approach within families.

When asked about additional support, parents identified various areas where they would benefit from further assistance. These included increased access to psychological, social and financial support, as well as additional training for practitioners who work with children. Some parents expressed a need for more education tailored to specific challenges, such as puberty and communication skills, and better coordination with healthcare providers.

Finally, all parents expressed interest in attending future similar training sessions or workshops. This undisputed enthusiasm underscores the value they found in the program and their desire to continue building on what they have learned.

Overall, the feedback reflects a highly positive response to the training, with parents feeling more capable and prepared to support their children with special needs. At the same time, it highlights opportunities for strengthening systemic and community support to address the challenges they face.

<b>Responses of parents of children with special needs 3 months after the face-to-face training</b>					
<b>1. Since completing the training, how confident do you feel in applying science skills and strategy? (1 = not confident, 5 = very confident)</b>					
The answer	1	2	3	4	5
No of answers	0	0	3	11	7
<b>2. Since completing the training, how much more prepared do you feel to respond to your child's daily needs, and related to the topics you learned in the training? (1=not confident, 5=very confident)</b>					
The answer	1	2	3	4	5
No of answers	0	0	3	10	8
<b>3. Can you give examples of specific situations where you successfully applied what you learned in the training?</b>					
Answers:					Number of parents
- Position when feeding the child					2
- Introduction of different foods in the daily diet					6
- Correcting the size of the food portion					2
- Persistence in offering food to the child that was previously refused					1
- The importance of intestinal microbiota and the use of probiotics					2
- I better understand the specific needs of my child					7
- Initial resistance of the child, but goals achieved without nervousness and frustration					1
- In the application of occupational therapy					1
- In the psychological approach to the child					2
- In the communication approach to the child					2
- In the general diet of the child					5
- In regulating stress in the family					1
- Bullying and signs of bullying					2
- Puberty					1
- Care of the parent himself					1
- The child learned to swim after consultation with parents and experts					1
- How to help a child with autism who has a tantrum on the street					1
<b>4. What challenges did you encounter when you tried to apply the skills and strategies learned during the training?</b>					
Answers:					Number of parents
- Availability of feeding aids					1

- The problem of making an appointment with a specialist-gastroenterologist			1
- The initial resistance of the child, but goals achieved without nervousness			9
- Learned skills applied, there were no challenges			4
- Apply what has been learned to a child in puberty			1
- Misunderstanding of the environment			1
<b>5. If you are married/partnered, or have family members who take part in the care of the child, have you managed to transfer the information learned from the training to them?</b>			
Answers	YES 21	NO /	
<b>6. What additional support or resources would be helpful for you to continue to apply these skills?</b>			
Answers:			Number of parents
- Training of professionals who work with children in this kind of training			1
- Longer vacation			1
- Psychologist support			2
- Support in the child's communication skills			1
- Health support			3
- Educational support			2
- Social support			5
- Financial support			1
- Special training for children in puberty			2
- Better communication with other parents			1
- Further education			4
- Better communication with doctors			1
<b>7. Would you be interested in attending additional sessions or workshops similar to the training you received?</b>			
Answer	YES 21	NO /	