

## **Efficient Parenting in Times of Permacrisis**

Ildiko Sperlea, Anca Menina Danci and Roxana Damaschin, Fundatia de Abilitare Speranta, Romania; Anastasia Pyrini, Despina Sarrigeorgiou and George Sarrigeorgiou, PARAGON-eduTech, Greece; and Nuria de Pablo Sánchez and Candela Alonso, Fundación Siglo22, Spain

### **Abstract**

In the face of protracted and overlapping global crises—ranging from pandemics to armed conflict and digital misinformation—the Efficient Parenting in Times of Permacrisis (EP-II) project offers an urgent, systemic response to the evolving needs of parents, caregivers, and communities. Building on the success of the previous "Efficient Parenting" initiative, EP-II introduces a forward-looking framework designed to bolster parental resilience, promote inclusion, and foster civic participation.

Led by Fundația de Abilitare Speranța (Romania), with partners in Greece, Spain, the Netherlands, and Ireland, the project delivers a comprehensive training curriculum across four thematic modules: supporting children with disabilities, empowering women in vulnerable environments, protecting children's personal data, and navigating digital misinformation. These modules are integrated into an interactive e-learning platform—built with accessibility and inclusivity at its core—allowing for flexible, self-paced engagement tailored to the needs of diverse adult learners.

The project employs an intergenerational, community-based approach that recognizes the often-overlooked roles of grandparents and non-traditional caregivers, especially in contexts of forced migration or economic displacement. Impact is sustained through the training of adult educators, development of open educational resources (OERs), local pilot programs, and a robust dissemination strategy including multiplier events and a final international conference.

By equipping families not only with tools for effective parenting, but also with democratic competences and digital literacy, EP-II contributes to a stronger, more cohesive Europe—where resilience is built not in isolation, but through solidarity, shared knowledge, and collective empowerment.