

Holistic Well-being SIG

Report 2018/2019

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1. Aim of the SIG:

The holistic well-being SIG aims to critically reflect on the concept of children's well-being in a holistic, inclusive manner. This is timely due to the increased awareness and interest of practitioners, researchers and policy makers at a cross-national and global level in understanding children's and families' physical, mental, social, emotional, cognitive, spiritual and cultural well-being. What makes a 'good life' for children, families and professionals in different contexts and situations?

2. Activities 2018-2019:

- **Annual SIG meeting (Tuesday 28th August 2018)**

In this meeting members of the SIG discussed about ongoing projects and ideas. There was feedback shared from the SIG June 2018 Conference and discussions about hosting the 2nd Holistic Wellbeing Conference in Bielefeld, Germany, in 2020. Members also positively embraced the idea of putting forward a Special Issue at the EECERJ Journal on Holistic Wellbeing concerning children, families, communities and professionals.

- **EECERA 2018 Conference**

We presented 3 self-organised symposia organised in EECERA 2018:

- Symposium set A/19: HOLISTIC WELL-BEING SIG: CARING PEDAGOGIES
- Symposium set B /26: HOLISTIC CHILDREN'S WELLBEING: FRIENDSHIP AND HAPPINESS
- Symposium set F/25: HOLISTIC WELL-BEING: SUPPORT FOR CHILDREN AND FAMILIES

The first symposium explored pedagogies of care, including compassion-based pedagogy, child-centred pedagogy and how the arts can support children's wellbeing through their own agency. The second symposium recognised the role of friendships and a sense of happiness as key social milestones

emerging from children's interactions. The last symposium captured the diversity and necessity of sources of support for children and families, addressing poverty, immigration and bereavement.

- **Inaugural Holistic Well-being EECERA SIG Conference**

28th-30th June 2018 – Liverpool, UK

The Conference entitled: 'Debates in child and family well-being' and participants from different countries had the chance to share initiatives, projects, thoughts and reflections on aspects of child and family well-being. The Conference was devised in four stands — the child, the family, the adult, and the society, enabling a micro and macro level of analysis under a holistic, multi-disciplinary and inclusive approach.

<https://www.eecera.org/holistic-wellbeing-sig-conference-success/>

- **Research activity**

- Members of the SIG have been engaged in the Children's Worlds, International Survey of Children's Well-Being (ISCWeB): <http://www.isciweb.org/>. This is a worldwide research survey on children's subjective well-being aiming to collect solid and representative data on children's lives and daily activities, their time use and in particular on their own perceptions and evaluations of their well-being.
- Similarly, members of the SIG are involved in Children's Understandings of Well-being – global and local Contexts, <http://www.cuwb.org/>, that investigates how children conceptualise and experience well-being through qualitative approaches. The study aims to interrogate children's perspectives on the meanings and experiences of well-being via a comparative national analysis.
- The SIG members have been active will publications like: Lewis, A (2019). Examining the concept of well-being and early childhood: adopting multi-disciplinary perspectives. *Journal of Early Childhood Research* (in press) and research outputs.

3. **Future activities:**

Publications, meetings, networking, cross-national collaboration, symposiums

- Proposal for a Special Issue at EECERJ on Holistic Wellbeing (to be submitted by end of 2019).
- Self-organised symposia for EECERA 2019.
- Exploration of cross-national collaborations and research project development.
- Organising the 2nd SIG Conference in 2020. Indicative title: Celebrating Children's Rights and Wellbeing (given the 30th Anniversary of the UNCRC).

4. **Networks established with other institutions and organisations:**

Through the Conference there was opportunity to develop networks and connections between Universities and explore possibilities and opportunities for future collaborations.

5. **How do the SIG's activities fit with aims and ethos of EECERA:**

The Holistic Well-being SIG aims to foster cross-national collaborations and research in a range of aspects related to Holistic Well-being. It provides the space to explore, develop and sustain concepts, methodologies, paradigms in the field of early childhood by addressing the complexity of what makes a 'good quality of life' for children, families and communities.