Review of the Book "Building Bridges: Promoting Wellbeing for Family. Handbook for Parents", Coordinator Aurora- Adina Colomeischi, Lumen Publishing House, 2018

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Abstract: The volume "Building bridges: Promoting wellbeing for family. Handbook for parents ", published by Lumen Publishing House from Iași in 2018, was developed within the project "Building bridges: Promoting social inclusion and well-being for the families of children with special needs (PSI-WELL)", and is the result of a cross-sectional and transnational study on social inclusion, stress levels and the well-being of families with children with special needs, carried out in each of the 6 countries that were partners in the project (Romania, Spain, Portugal, Croatia, Turkey and Lithuania). The volume coordinated by Assoc. Prof. PhD. Aurora Adina Colomeischi provides concrete results of the extensive research undertaken within the project and seems to be a viable starting point for the development of an educational policy for parents and families of children with special needs. The work is very well substantiated scientifically, and is especially useful for parents who face the special needs of their children, but also for the specialists who undergo therapy with them. In our opinion, the book deals with desirable aspects in the development of social intervention programs often aimed at parents with children with special needs, programs dealing with improving personal resources and parenting skills needed to solve various special and difficult situations presented by children.

Keywords: *Aurora-Adina Colomeischi; well-being; family; children with special needs.*

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The volume “Building bridges: Promoting wellbeing for family. Handbook for parents ”, coordinated by Aurora-Adina Colomeischi (2018), is a scientifically sound work, which provides theoretical and practical information on the role of parenting for personal and family life, improving parenting skills and the relationships between parents and children, offering concrete ways of intervention for families with children who have special needs. The authors, who are all researchers from 6 universities in Europe, submitted a meritorious work under the coordination of Assoc. Prof. PhD. Aurora Adina Colomeischi. The book is structured in three parts that address the most important issues related to resilience and well-being among the families of children with special needs, social and emotional learning and parenting for children with special needs.

The paper debuts with information on parental stress, coping and resilience experienced by families with children with special needs. The book sets out, rigorously and elegantly, definitions of the terms used, statistics on the effects of the birth of a child with a disability in the family. The authors present the results of studies conducted in Romania, Spain, Portugal, Croatia, Turkey and Lithuania, which analyze family stress, chronic upset and coping strategies for an increase resilience within the family. The presented studies reveal the general tendency of neglect of one's own person in what regards the parents who have children with special needs. These parents show a strong sense of duty to the child in difficulty and deny themselves the right to take care of their own well-being. Studies have shown that in these families there is a predisposition to emotional pain of a psychological and social nature.

The book analyzes the contextual, individual and family factors that influence the well-being of families with children who have special needs. Fluent and persuasive language provides some stress management tips, information on special education services where parents can find assistance and help, and some useful online resources for stress management are listed. The paper addresses the issue of family resources in the context of child disability: personal resources, family resources and social work. In a clear and rigorous manner, aspects regarding the informal resources of the family are presented: family communication, time and strengths of the family, relationships and care for oneself and others in the family. The issue of the implications of a person's satisfaction on their quality of life starts with the presentation of two important theoretical models that conceptualize the idea of well-being. The illustration of parents' perception of their own level of well-being is achieved by presenting several scales and practical applications. Based on research from around the world, the authors advocate a positive

and optimistic perspective, a perspective of the family's strengths in understanding how these families manage to overcome life's difficulties, supporting the restructuring and rebalancing of family problems.

The paper presents a selection of relevant information on effective parenting. The main mechanisms by which the family context influences children's emotional behavior are addressed. Parental styles are treated from multiple perspectives, with an emphasis on parenting issues for children with special needs (intellectual disabilities, cerebral palsy, autism or Asperger's syndrome, learning difficulties, ADHD, emotional or behavioral disorders). Starting from the definition and explanation of disability - in terms of empowerment and adaptive behavior, continuing with aspects of the functioning of these families in different social environments and reaching suggestions and timely information for parents -, this last part of the paper could open the way to new directions of research and action.

The volume coordinated by Assoc. Prof. PhD. Aurora Adina Colomeischi successfully manages to invite to reflection, proposing viable solutions for social inclusion and the well-being of families facing the special needs of their child.

The paper "Building bridges: Promoting wellbeing for family. Handbook for parents" is remarkable both because of its scientific level and the argumentation of each inserted study. The authors' plea for the development of an educational policy for parents and families of children with special needs can only be encouraged.

References

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