

# Positive Psychology and Cognitive Behavioral Therapy

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## Rethinking attitudes towards children

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Early year services in Romania have, until recently, lacked any form of national financial support. Early childhood practitioners are very low paid and the investments in training programs are insufficient. The impact on children should be considered and policy decisions should be taken, in order to grow the opportunities for training. In a world affected by financial crises, attitudes about children's needs are very important. This research evaluates if the voices of children in Romanian preschools are heard and proposes new educational policy in order to train practitioners for preschools. The purpose of the study is to involve practitioners and parents in the Early Years in an experimental training program focused on how to reconstruct positive attitudes about children. We discovered that according to the traditional attitudes of Romanian parents and practitioners, children's voices are rarely taken into consideration. After the new training program was put into practice in preschools and homes, teachers and parents started to give more attention to children's voices and children's wellbeing was improved. The study is relevant in order to increase public attention to the professional development of the early childhood workforce as a factor that can contribute to a healthy childhood.

## Biography

Mag Alina Georgeta is a Dr. Lecturer at the "Lucian Blaga" University of Sibiu, where she teaches early childhood education, psychology and pedagogy courses and seminars, providing theoretical and practical support for the training of students. She participated in many national and international conferences and published important articles and books in order to share her research work in early childhood education. She is a person with real passion for the pedagogical field and she enjoys working with people, being recognized for the significant impact as a trainer in the fields of early childhood education and teacher training. The enthusiasm proven in the activity of training young children, students, parents and teachers, motivates her to continuously develop her competences and research interests.

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