

“ The will of one man,  
the future of many ,”



Fondazione  
Valter Baldaccini

# FROM THE ROOTS<sup>14</sup>

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VALTER BALDACCINI FOUNDATION MAGAZINE

WITH THE FAMILIES, FOR THE LAST SIX YEARS



## A MESSAGE FOR YOU



Dear friends,

On a late winter afternoon six years ago, we met doctors Marta

Franci and Mariolina Frigeri of the Scientific Committee. They wanted to share the idea of an intervention in our area, dedicated to the children of the most fragile and struggling families.

These were the first steps of "With families", a project that in recent years has allowed us to enter the homes of thirty-nine families in Foligno and the surrounding towns. Not all the journeys have been easy, but the many parents and children we have met have strengthened our belief that a project like this is truly important to support families in a delicate phase such as the birth of children and to give a peaceful future to many newborns.

This year, for the first time, we were unable to respond to all the requests for help that we received. This is why we have a dream: by 2025, we would like to increase the number of families we support and increase the number of hours that the educators already make available.

Moreover, we are thinking about expanding the team of professionals who are part of the project. Why not?

This is why we need everyone's support. "With families" is an example of concrete help that we are committed to making increasingly solid and incisive.

We want to come closer to you this year!

Beatrice Baldaccini  
President of the Valter Baldaccini  
Foundation

## IN SUPPORT OF PARENTING

Annachiara rings the doorbell of a house in the center of Foligno. Nothing, no answer. She tries again. Two, three times and on the fourth Enrica looks out the window: "Annachiara, you're finally here! Forgive me but Filippo has been crying so much since last night, I don't know what to do anymore. I'm so upset that I didn't even hear the doorbell ring".



When she enters the house Annachiara notices that Enrica is very tired. She suggests Enrica take a moment for herself, to take a shower and relax: "I'll take Filippo if you agree". After a while Filippo calms down, not because Annachiara's hug is

magical, but because in the end he too is tired of crying.

Annachiara Papa is one of the educators of the project "With the families". She is a professional with great experience, a degree in pedagogy, involved in the project, together with the Comunità La Tenda social cooperative since its beginning. Together with another educator and psychologist, Lucia Cecconi, every week she goes to the homes of families who joined the project. She supports many mothers and fathers and helps them build a relationship with their child.

When Enrica returns to the living room, Filippo has fallen asleep. Enrica allows herself a moment of despair thinking that now she must go pick up Naila from nursery school. "Annachiara, I don't know if I can do it". "You'll see, you can do it. You're not alone, take advantage of my presence ... do we want to go out together or do you prefer to take some time alone with Naila?".

**"With families" provides encouragement, support and closeness, which also comes through small daily gestures.**

What happens in the first thousand days of a child's life is crucial for their future and if these days are spent in a fragile context, everything gets complicated.



Enrica and her family have been part of the project for a few weeks and their journey will end in a year. When she was expecting Filippo, Enrica attended the birth preparation course at the Consultorio Subasio in Foligno. Here she met the social worker Francesca Montagnoli and the midwives Sara



Sforna and Maria José Quezada. Through some conversations, the doctors identified some difficulties linked to a difficult past and the recent loss of both parents.

Given the delicate situation, they proposed that she be accompanied by the project "With the families".



**The network is the key to the functioning of this project.**

"With the families" is an important project because it actively collaborates with various local services and because it provides the participating families with the skills and tools to move independently once it is finished.

"Shall we get ready to go out?" Annachiara asks Enrica. "And if Filippo cries?" "I'll stay with him, maybe while we wait for you, we can take a stroll in the square below the library". This afternoon at Foligno's Children's Library they organized a reading aloud, dedicated to boys and girls aged 3 and up, and the educator suggested that Enrica participate with Naila. For them it will be an opportunity to carve out a mother-daughter space, which hasn't been easy since little Filippo was born, and Enrica has understood its enormous importance since Annachiara has been with her.

With mother Enrica and her family a journey has begun where there will be no shortage of steep climbs and tortuous curves.

They will surely arrive where Enrica feels welcomed and safe and where she will be able to enjoy parenthood without feeling inadequate.

By taking one step at a time and recognizing that not all days are

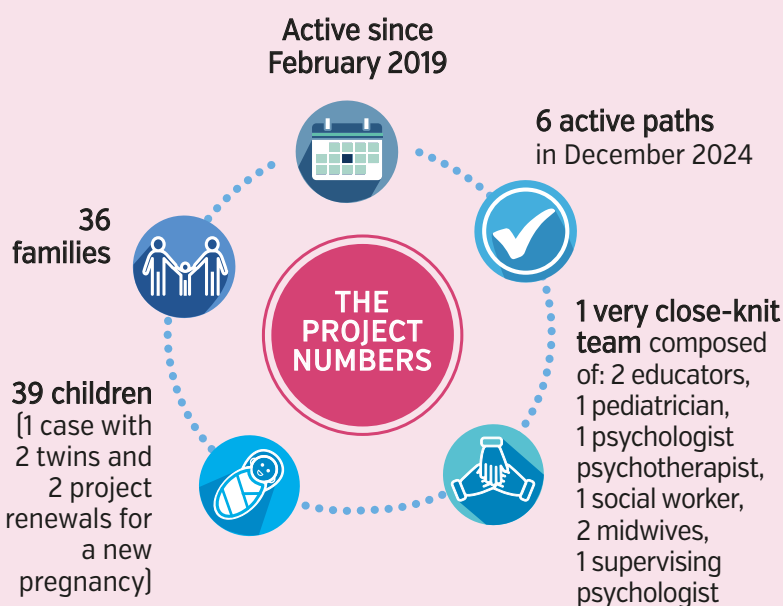
the same and that being a parent is a difficult task, she will learn more day after day.



*The photographs in this issue were taken by Francesca Boccabella, they represent some moments of the educators during an afternoon with the families*

## DO YOU KNOW WHAT SUPERVISION IS?

Every month and a half or so, the entire project team meets with a professional external to the project, with whom they talk about the various situations they are facing. The supervisor of the "With the families" project is the psychologist Gianni Di Cesare. His task is to help the team read about what is happening in the different families and support the professionals in their work. The role of the supervisor is very important for the effectiveness of the project.





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Since 2015, the Valter Baldaccini Foundation has been committed to preserving the life testimony, values and actions of Valter Baldaccini, a Christian man and enlightened entrepreneur. Every day it supports those who are most in difficulty by carrying out projects in three areas: family, education and work, in the area and around the world.

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Valter Baldaccini Foundation  
Via V. Baldaccini 1, 06034 Foligno (PG)  
CF 91047210546 - [fondazionevb@pec.it](mailto:fondazionevb@pec.it)  
phone: +39 0742 348 428  
e-mail: [info@fondazionevb.org](mailto:info@fondazionevb.org)  
[www.fondazionevb.org](http://www.fondazionevb.org)  

## A MOTHER DESCRIBES THE PROJECT IN HER OWN WORDS

*A couple of years ago I asked for help from the Foligno counseling center for personal psychological support. I had two children, one less than a year old and the other three. For the most part, I had to manage things alone because my partner was very absorbed in work. I had recently started a new job, and I felt very alone, without family members nearby and with the difficulty of dealing with everyday life. I was constantly burdened by a thousand commitments and by an incessant and merciless request for attention and care from the children. Also, I needed to be supported and reassured in managing the delicate dynamics between the very young brothers. There was also my constant feeling of not giving them adequate attention.*

*In addition to providing me with personal support, the psychologist of the counseling center immediately presented me with the opportunity*



*to become part of "With the families", a project designed to support families who are going through a difficult time related to the birth of children and the reconciliation of parenthood with everyday life.*

*The educators Annachiara and Lucia immediately brought much-needed stability and reassurance to the fragile and insecure mother who presented herself to them.*

*Their constant presence has become an important point of reference for me and my partner. We have often sought their advice on how to manage some critical moments with the children linked to their internal management and also with respect to "socializing" the older brother in his first experiences at nursery school and with the small challenges of childhood.*

*The practical contribution was significant since they physically accompanied us in various moments where a single adult with two small children would have moved with difficulty [supermarket, pediatrician, playground]. They would keep the children company while I dedicated myself to some household chores, allowing us to streamline the performance of daily activities. The children loved their company, always so calm, competent, attentive, solid and pleasant, familiar and discreet. The greatest value they brought was the support they offered us in parenting, reassuring us about our choices, guiding us in reflection, comforting us in moments of confusion or indecision, providing us with tools to read some aspects of our children and mature as parents and as a family.*

*After a year together, Annachiara and Lucia left behind a more close-knit pair of siblings, two parents who were more confident, a mother who was less insecure; and they will certainly remain part of our family history. They have been a sweet, crucial and very helpful presence in the moment of great fragility when our second child was born.*