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***Childhood, care and spaces: The capabilities approach and the participation-action methodology as feminist tools for socio-spatial transformation.***

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**Abstract**

The capabilities approach (CA) has great potential to broaden the focus of our questions. It is, therefore, advantageous to address invisible realities such as children's experiences concerning time, care, and spaces. Based on this premise, we propose an operationalization of this approach in the framework of feminist action-participative research. To do so, first, we put the CA in dialogue with Life Sustainment Approaches and Childhood Studies principles and use them to study the uses of time in childhood. Next, we discuss how this theoretical framework has guided us in designing and developing a participatory process incorporating children and young people as co-researchers, placing their perspectives and experiences at the center of the research and recognizing them as experts by experience. Then we describe our mixed method methodology and the different tools and language (traditional and creative) we used. Finally, we summarise the key ideas and point out how we have promoted the visibility and individual and collective generation of knowledge with a horizon of social and spatial transformation.

**Keywords:** Childhood and adolescence; Feminist action-participative approaches; Time use; Care; Spaces.