

Babyfocus

parent and infant classes

how often?

The classes happen in blocks of 8 weeks
Each class is an hour and a half long

where?

St Lukes Church
Cnr Emano and Piko Streets, Nelson

when?

During each school term

how much?

\$75 per family (you can arrange to pay in instalments)

what to bring?

Bring your baby and yourself. Partners and grandparents are also very welcome.

who runs the classes?

Valerie Schroeder. Years of experience working with parents and in early childhood education settings. Recent training in the Pikler approach to early child care.

would you like to express interest?

Contact Valerie

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email: babyfocusnz@gmail.com

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when is it best to begin?

The *ideal* time to begin these classes is when your baby is around 2 to 6 months old, before she is crawling.

what happens at these classes?

When you arrive the room is already set up for you and your baby. You hold your baby until she is ready to be placed on the carpeted area on her back and you sit close to her so that she does not feel abandoned in a strange place. When she is ready, she will begin to explore and play. You will observe what interests her and what she chooses to play with, rather than you choosing for her.

and then what?

When everyone has arrived and settled in and the babies have started to play there will be a quiet time when the adults do not talk. The quietness encourages the babies to 'talk'. We also use the quiet time to watch and focus on the babies. We watch just how they learn to move, how they move to learn, and how they solve the problems that arise for them. After the quiet time we discuss what we saw. You will learn a lot about your own child, and you will learn lots from watching the other infants. ***We are seeing babies with new eyes.***

what are the main ideas these classes are based on?

The relationship you have with your baby is **the most important thing in the world** to your baby. The better that relationship is, the better your baby's chances for the **rest of his life**. You will learn ways to relate with your baby to foster and enhance your growing a partnership at your baby's pace.

These classes are based on **respect**. There is respect for the wisdom and for the capabilities of the child. The same wisdom that grew the child in the womb is not going to stop just because the baby is born. You will learn ways to support your child's natural wisdom, his intelligence and his natural movement. We discuss the principles of Emmi Pikler and give you handouts for further information.

what does the facilitator do?

Her role is to support you, and to support your baby in her learning and her play. When a difficult or frustrating situation arises for the baby, she demonstrates ways to manage it. It is almost as if the baby watches and says, "Oh, so *that's* how it's done!" And she learns to manage it too.

what are the guidelines?

Have your babies dressed in soft clothes to enable free movement.

Feel free to meet your baby's needs for feeding and changing during the session.

The classes are for babies only. Please make other care arrangements for brothers and sisters.

where did these ideas come from?

These ideas came from the Pikler Institute in Budapest. Dr Emmi Pikler was a family pediatrician who 'watched the babies' to see what they could do when they were free to do things their way and in their time. At the government's request she set up an orphanage for babies who were homeless after W.W.2. For over 60 years they cared for babies using her commonsense principles, with truly stunning results. Her colleague, Magda Gerber took these principles to the USA and started Resources for Infant Educators (RIE) there, teaching parents this respectful care in her Parent and Infant classes.