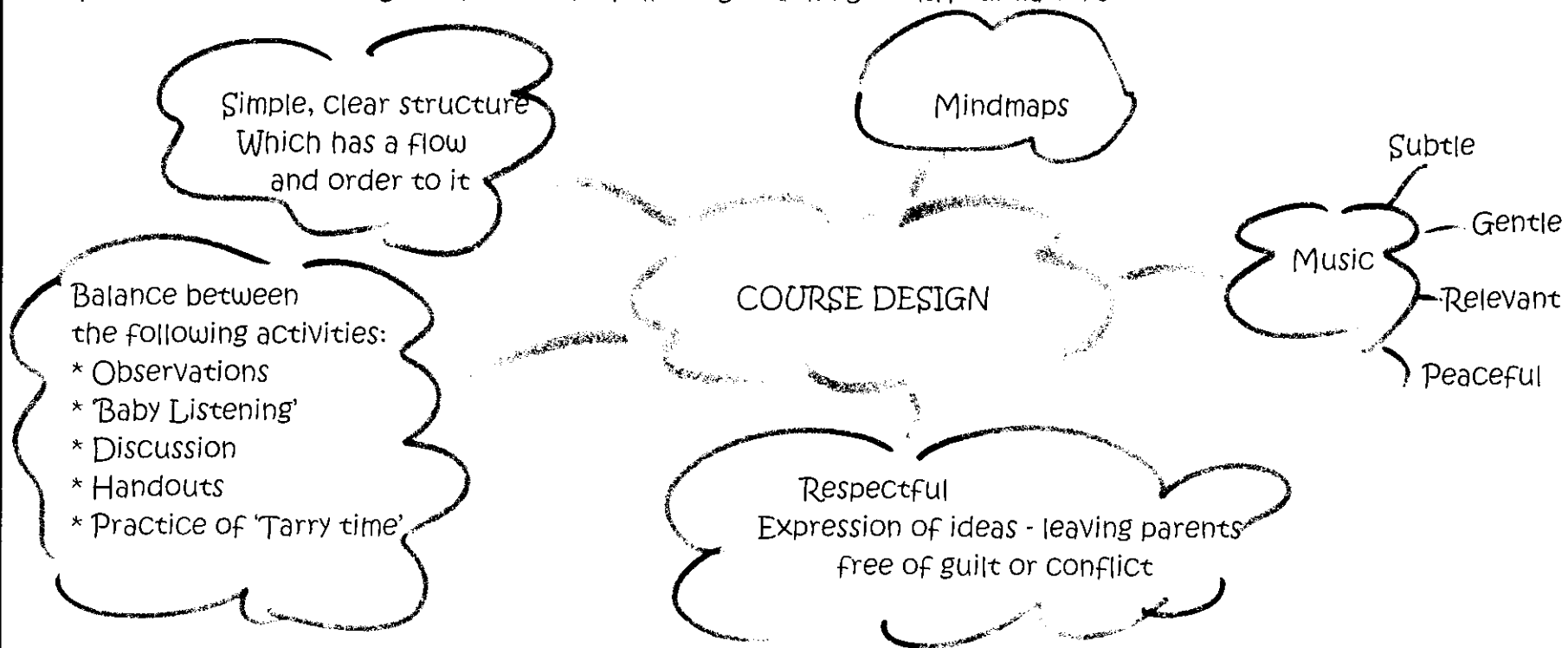


THE PROJECT

The Project: To choose something that you are passionate about - and connect it in some way to RIE ideas that have influenced you.

My passion is to design inspirational programmes for parents. I am looking forward to creating a RIE presentation based on my own methods whilst staying true to the Pikler/Gerber philosophies.

The course will be designed around the following coaching tools/foundations:



SEEING YOUR BABY WITH NEW EYES

Visualisation:

This visualisation will help you to understand what RIE classes are about. If you can - close your eyes for this - if you need them open stare at a single space and listen carefully. OK - let's begin.

(Read with an Enthusiastic voice)

Last Week.

A friend offered you a strawberry. You accepted it and popped it into your mouth - twisting the stalk off as you did so. Four chews on it and down the hatch it went. Delicious!

(Read with a Peaceful, Calming voice)

Today.

I am offering you a strawberry. You take it and hold it up to look at. You notice that it has a perfect symmetrical shape. The leaves around the stalk are slightly hairy and a beautiful bright limy green. The berry is a plump dark red one, with dark fibres springing from it's dimpled surface. You draw the strawberry towards your nose and detect the sweet aroma of freshly picked fruits. You touch the berry to your lips - it bristles gently on your skin. You open your mouth, and rest the strawberry on your tongue - and very slowly, you close your mouth down onto it. You can feel the berry squashing and spreading out in your mouth. The sweet liquid starts to run across your tongue, and you begin to chew slowly - the memories from childhood summers come flooding warmly back to you. And as you do this - you wonder why we don't eat strawberries this way all of the time - paying great attention to every exquisite detail.

OK - slowly bring your focus back into the room

Discuss with the person next to you "what are the parallels here to the way that we see our children?"

Possible Responses to Visualisation

The second way of viewing the strawberry:

Offers a Heightened Awareness

A greater Appreciation

Attention paid to the amazing details - that could be easily overlooked and unappreciated

Brings all of your senses into play for a full experience

Felt more involved

We took our time more - and noticed a lot more

It offered a fuller experience

We saw the Strawberry with New Eyes

And this is what the RIE experience will gift to you. You will see your baby the same way that you saw the strawberry - almost as if you were seeing it in focus for the first time!

You will marvel at the miracles of development that are performed on a daily basis.

YOU WILL SEE YOUR BABY WITH NEW EYES!

Observing
Being 100% present
Being mindful

Understanding
the importance of
not interrupting play

Gaining new ways to
talk with your baby

How to build your relationship
during care-activity time
(bathing, feeding,
nappy changing)

Understanding baby's
built in clock for reaching
Baby milestones
- (and why we are wise not
to mess with it!)

RIE is about
'The Wonder of Babies'
'Seeing Your Baby Through New Eyes'

Seeing how much
More they discover when
placed in a safe and fully explorable
environment

How babies can learn
gently about boundaries
and respect

How to 'tune in' to the
Daily wonders performed by your baby

Learn to trust your baby
and their competence

Sometimes it is hard for us to know where we can fine tune what we do with our babies.

We thought of the following statements we parents often make around our babies.

They remind us:

- That we often place them in environments to play where mini-hazards exist
- That we step in very quickly rather than let the infants find their own way through a simple situation
- That we think we know best what they will enjoy
 - That we give a lot of instruction and direction

'Ugh - take it out of your mouth - it's dirty'

'No - you'll hurt yourself'

'Give it to me - that's got sharp edges'

'Watch out - you'll fall'

'Be careful - you're only little'

'No, that's hot'

'No - give it back to him'

'Don't be mean - you've already got one'

Here, play with this - it's pretty, you'll like this one'

'Don't do that'

'Come over here and play with Ben'

'Come and have a turn on this'

'Get back on the mat sweetie'

'Hop on - I'll help you'

'Turn around and come down this way'

'Come back and play over here please'

'Turn around and come down backwards'

'Mummy lift you on?'

'Put your leg over like this'

'No, that's not yours'

'No - not like that - like this!'

FEELING GROOVY!

(Adapted from Paul Simon's song '59th Street')

Slow Down, we move too fast
We've got to make these moments last
Just observing everything they do
Looking at them and feeling groovy

Ba da da da da da da da - feeling groovy



Hello baby, what ya knowing'
I'm here to watch your brilliance growing
Ain'tcha glad we got this time
Dootini doo-doo, feeling groovy
Ba da da da da da da da - feelin' groovy



You're free to explore, and feelin' so safe
I love that I now see your skill and your grace
Well it's true what they say -
I can see through new eyes
Respecting my baby feels so groovy
Ba da da da da da da da - feelin' groovy (x 2)



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