

## Being Me – Being Social Movement Play with Babies (1 day)

### Overview

A baby's world is a world of sensation and movement. Movement is the means through which they greet, question, explore and feel. Through movement they grow and strengthen their bodies - and as they roll, push up, reach and pull they build a felt sense of themselves and their world.

This course offers ways to tune in and support babies to discover the movement play that delights them, discussion about what babies need and why, practical ideas for family groups and one to one work.

The approach supports all aspects of babies' development.

### About the course

This course offers you ways to support babies to be as fully physical as they need to be – taking the 'ideas' for the games from the babies themselves.

It offers:

- simple observation techniques that underpin ways of working with babies' movement
- simple games that put babies in charge
- ways of holding movement conversations with babies
- ideas for resources to support spontaneous movement play
- ways to use spontaneous movement to support relationship building and social and emotional development
- ways to support physical development
- ways to work one to one, or in family groups
- ideas to suggest to parents for playing at home

### The course will enable you to

- work one to one with babies
- structure family group movement play sessions

### Style of the course

This is a very practical course with lots of opportunity to try out movement activities for yourself. There will also be opportunities to talk about how to set up activities in your setting.

It will include:

- practical movement activities
- small group discussions
- whole group feedback
- watching video and looking at photographs of the work in action
- recognising that we are all different, the chance to identify how comfortable you feel to support activities in your setting

**Who the course is for**

Early Years practitioners, family workers, child minders and crèche workers.

**Course content**

- introduction to the person-centred, spontaneous movement approach JABADAO offers in all its work
- practical ideas
- discussion about implementing these activities in your setting

**Attendance and certificate**

A certificate of attendance is given to those completing the whole day.

**Tutors**

All training courses are run by experienced movement practitioners who ground their teaching in practical work with the appropriate client group. Courses combine theory and practice in seeking to give teachers, health and social care workers, as well as parents and families, new understanding that will enable them to integrate movement more fully into their ongoing activities.

**What to wear**

Come ready to move - loose, comfortable trousers for preference.

**To book**

To book a place contact **Pat Pickavance tel 0113 236 3318 email [pat@jabadao.org](mailto:pat@jabadao.org)**

To discuss hosting the Being Me – Being Social course in your area contact **Linda Neary tel 0113 236 3344 email [linda@jabadao.org](mailto:linda@jabadao.org)**

**About JABADAO**

JABADAO is the national advisory agency that helps people think radically about the role of physicality in child development, education and lifelong wellbeing.

For further information about JABADAO visit [www.jabadao.org](http://www.jabadao.org)

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