

Correct development – right from the start...

«Thanks to the First Step Workshop, I learned how to interpret the crying of my 3-week old daughter, Lana. As a result, I'm now able to support and foster her development much better. From the outset, Lana cried a lot as a baby, but I was able to implement directly what I had learned. This made my handling of the situation much easier, and now Lana cries a lot less. With a young infant, we are continually confronted with new situations and we are often unsure of what to do. The First-Step Workshops provide wonderful support in teaching how to understand correctly our little "creations" as well as providing simpler ways of dealing with them.»

Anita from Thalwil



«We joined the workshop when Lukas was two months old. He refused to lie on his tummy and cried a lot. Now - 12 sessions later - we want to say thank you. Lukas's progress, and the changes we've seen, is just awesome. We learned how to get him used to tummy time, and that quickly encouraged him to roll over and start crawling. Now he's a sunny, sociable baby.»

Marketa from Zürich



«Everyone said I shouldn't worry, eventually Maya would lie on her tummy, raise her head, and roll over. But at seven months, she still hadn't rolled over. At First-Step I discovered why she wasn't turning over, and why it hadn't happened naturally, like I expected. I learned that right from the start I had to lay Maya on her side and cradle her in my arms - that's what encouraged her to roll over. It's a pity I didn't know all this before, but still it's great that workshops like this are available.»

Bettina from Horgen



Photos by Heike Joas



First-Step[®]

For your child's development

Workshops for Baby Development



The first months of a baby's life are very important for his development

A newborn baby will never again learn so much as during the first months of its life. During this time, parents have the unique opportunity to accompany their child in its first steps in life. Enormous developments take place during this phase, which will influence the whole of the child's life. Contrary to animals, whose sensor system and motor functions are fully developed at birth, babies have to leave their mother's womb before they are ready. Nevertheless, they still need the comforting feeling of protection they had in the womb and they greatly benefit when their senses and motor functions are actively stimulated. In addition, this has a fundamental influence on cerebral maturation.

What happens at the workshops?

Workshops are held in small groups of babies and mothers, on a weekly basis. As well as experiential work in groups, each mother practices with her baby individually. All the exercises were developed specially for First-Step workshops, and they focus on movement, touch and the use of accessories adapted to the infant's specific developmental stage. Throughout the 8 sessions, there are lectures on parental coping with various issues in the baby's life, among them: behavior (coping with crying, soothing), communication and language and cognitive development.



Who invented the First-Step concept?

First-Step was developed by Shai Silberbusch, an authority on infant and child development, and a senior instructor of the renowned Feldenkrais method. Shai worked for years with adults and children, learning in the process about the ties between infant development and the life-cycle of children and adults. He then took that extensive knowledge, added his experience as the hands-on father of three children, and developed the unique First-Step method. First-Step helps parents realize their babies' development and movement potential to the maximum.

What are First-Step Workshops?

First-Step workshops provide developmental guidance for babies. We guide parents and babies along the most significant developmental journey they will ever take. As that journey begins, mothers have a one-time opportunity to nurture and guide their children. And they learn how to provide infants with an enriching, positive developmental environment.

Many research studies show that when parents devote high quality time and attention to their infants in the early stages of their lives, they'll grow up as people with better developed cognitive, sensory and motor skills. Our coaches at First-Step would love to show how you can help your baby develop better.

In the case of infants who are slow to develop or who were born prematurely, these courses result in significant improvements very quickly because the method targets and stimulates the most important areas of development. Developmental problems can be specifically targeted and positively influenced by the individual lessons.

Workshop 0-3 month

- Handling of crying
- Sleep patterns
- Prone position
- Lateral position
- Different types of contact
- Baby-carrying sling
- and more...

Workshop 4-8 month

- Eye-hand Coordination
- Turning and rolling exercises
- Creeping
- Equilibrium system
- Communication
- and more...

Workshop 6-10 month

- Turning around its own axis
- From crawling to crawl
- Learn to sit independently
- communication promotion
- and more...



First Step in Switzerland

Francesca Seegy, pharmacist and mother to two young boys, discovered the First-Step Method in 2009 and successfully used it with her own children. Her experiences with this method were so convincing that she successfully completed the professional course as a First-Step instructor. Francesca now offers workshops, private sessions and birth preparation classes in Kilchberg (ZH). Her main focus is on the preventive aspects in early childhood development. Through early detection and deliberate targeting, problems in early development can be corrected from the beginning. The workshops are available in German, English and Italian.

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