

First-Step is precious
for all children

Workshops 2017



First-Step®

For Your Child's Development

Find out how to support your child holistically, how to encourage his movements and how to give him security. With these abilities he'll live a SELF-SECURE and SELF-CONFIDENT life. With a nicely developed vestibular system no one will be able to take him out of balance. With the help of the First-Step method your child gets a valuable base on which he can build all his life.

Less crying • better sleep • tummy time • rolling • tummy crawling
crawling on 6 • sitting independently • standing freely • walking

Sign up today!



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

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



What is First-Step?

First-Step supports parents to encourage their child's development. It has an holistic approach and sees the parents as a significant factor contributing to the development of a child. First-Step believes that there is an optimum time window for each step of development. And this opportunity should be made the most of. The First-Step Method is structured so that the infant will undergo a development step at a time – without missing one. Always, whether you come to a private lesson or attend a workshop, it will be your baby's senses, motor-skills and nervous system that will be stimulated to set the smooth flow of their development.



Who invented the First-Step Method?

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 relation between infant development and the lifecycle of children and adults. Over the last 25 years Shai Silberbusch has diagnosed and successfully treated hundreds of children with special needs and their families.



Workshop A (tuesdays) **Less crying, sleeping better, tummy time, rolling**

for babies from birth to approximately 4 months

WS A1: 22.8., 29.8., 5.9., 12.9., 19.9., 14:00 – 15:00 pm

WS A2: 17.10., 24.10., 31.10., 7.11., 14.11., 14:00 – 15:00 pm

WS A3: 21.11., 28.11., 5.12., 12.12., 19.12., 14:00 – 15:00 pm



Workshop B (tuesdays) **rolling, crawling on tummy, crawling on 6, sitting independently**

for babies from 5 to approximately 9 months

WS B1: 22.8., 29.8., 5.9., 12.9., 19.9., 15:15 – 16:15 pm

WS B2: 17.10., 24.10., 31.10., 7.11., 14.11., 15:15 – 16:15 pm

WS B3: 21.11., 28.11., 5.12., 12.12., 19.12., 15:15 – 16:15 pm



Workshop C (tuesdays) **Sitting independently, getting up and down, standing freely, walking**

for babies from 10 to approximately 16 months

WS C1: 22.8., 29.8., 5.9., 12.9., 19.9., 16:30 – 17:30 pm

WS C2: 17.10., 24.10., 31.10., 7.11., 14.11., 16:30 – 17:30 pm

WS C3: 21.11., 28.11., 5.12., 12.12., 19.12., 16:30 – 17:30 pm

Workshop or rather private lesson?

Workshops are held on a weekly basis in a joyful atmosphere. Together with other parents you can make useful experiences and learn how to move and touch your baby in a way to stimulate and support his sensor and motor development – what will also improve his cognitive skills. Throughout the lessons, there are lectures on parental coping with various issues in the baby's life, among them: behavior (coping with crying, soothing), communication and language, cognitive development and the relation between balance and fear.

Individual questions can be addressed more precisely in private lessons. In the case of infants who are slow to develop or who were born prematurely, these sessions result in significant improvements very quickly because the method targets and stimulates the most important areas of development. Also developmental problems can be specifically addressed and positively influenced.



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For Your Child's Development



Heike Joas – First-Step Instructor

Movement is the precondition for health! A stable balance and therefore the ability to move independently can prevent a variety of fears.

The healthy development of children is my matter of the heart. With the First-Step method I'm able to support children from birth on to have a life full of joyful movement. Better motoric skills result in better cognitive skills. Everything someone learns correctly from the very beginning doesn't have to be adjusted later on.



Info & registration

Heike Joas, First-Step Instructor
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Kosts:

150.- per workshop
90.- per private lesson (75 min)

Location:

Osteopathie Elisabethen
Elisabethenstr. 41, 4051 Basel

Leben ist Bewegung
osteopathie
elisabethen