

Correct development – right from the start!

«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, are 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.»

Maketa from Zürich



Fotos Heike Joas



«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



First-Step®

Heike Joas, Professional First-Step Instructor

Endorföhle 17, 3655 Sigriswil, Switzerland

Tel: +41 79 544 99 74, Mail: first-step@heike-joas.com

www.firststepmethod.com/heike-joas



First-Step®

For Your Child's Development

Get ready for life!



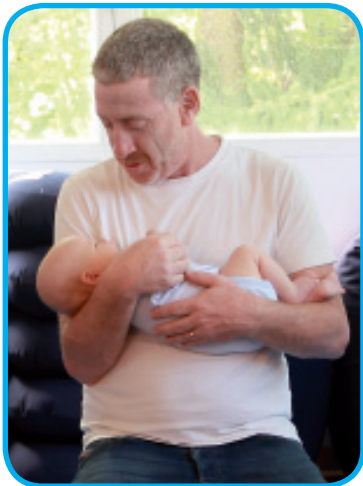


The first months of a baby's life are very important for his development.

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. Enormous developments take place during this phase, which will influence the child's 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. First-Step 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 life-cycle of children and adults. Shai is renowned in the field of child development, and is an accurate diagnostician with powerful intuition. Over his 25 year-career, Shai has diagnosed and successfully treated hundreds of children with special needs and their families. He founded and directs the First Step College, which trains hundreds of infant development therapists.

What are First-Step Workshops?

First-Step workshops provide developmental guidance for babies. 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 4-5 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.

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. Also developmental problems can be specifically addressed and positively influenced by individual lessons.

Workshop No. 1

- CRYING – why and how to handle it?
- SLEEPING – how, more and deeper
- STOMACHACHE
- Lying on all 4 SIDES
- Different types of CONTACT.
- COMMUNICATION
- BABYWEARING

Workshop No. 2

- HAND-EYE-COORDINATION
- TURNING and ROLLING
- Preparation for TUMMY CRAWLING
- BALANCE SYSTEM
- COMMUNICATION
- NO FEAR of changes.
- continuation of workshop No. 1

Workshop No. 3

- TURNING around the axis
- CREEPING
- From creeping to CRAWLING
- Learning to SIT independently
- Encourage INDEPENDENCY
- Dealing with FRUSTRATIONS

Please check homepage for details about placecs and times.



Heike Joas – First-Step Instruktor

I spent my whole childhood in a sports club and I have been working voluntarily for more than 25 years as a sports teacher. 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 you learn correctly from the very beginning doesn't have to be adjusted later on. That is so much easier and makes so much sense.

MOVEMENT IS THE PRECONDITION FOR HEALTH.

I'm offering private lessons and workshops in English and German.