

INFANTS AND TODDLERS

Whakatauki:

He penei tonu te pāharakeke i te whānau.

The flax is like the whānau (family). In the middle grows the rito, the tamariki, (the child). The child blossoms within the caring embrace of the father, mother and whānau.

Dr Emmi Pikler (1902-1984):

Emmi Pikler was a paediatrician and the founder of the Pikler Institute. Through her study she learnt that children from poorer areas suffered lighter injuries from a fall than children who were over protected and from more affluent families. She concluded that the child who is responsible for his own equilibrium in every new position, and as a baby step by step, would be best prepared for becoming cautious, careful and attentive in new situations.

Principles of the Pikler Philosophy

- Full attention- during the time you spend with your baby give them your full attention. It is wiser to divide your time than your attention.
- Slow down- benefits both the adult and the child, over stimulated babies can become fretful which creates stressed caregivers.
- Never put a baby into a position which they cannot get into themselves-babies need to learn to turn over, roll, creep, sit, stand and walk at their own pace.
- Respect babies as competent and capable people, they learn what works for them.
- Build trust and your relationship during caring moments- make nappy changing, feeding, bathing and dressing an unhurried and pleasant quality time.
- “With and Not To” - Talk with babies about what you are working on together.
- Allow babies uninterrupted time for play. Adults do not need to entertain babies in a nurturing environment with freedom to explore.
- Babies send us cues all the time. Tune in respectfully.
- Provide a very predictable, safe environment.



eResource provided by Jude Mitchell - Early Childhood Team Leader

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