Dorothy Marlen Dorothy is a free-lance trainer and workshop leader supporting carers and parents of very young children for over 20 years. She was the first person from the UK to train at the Pikler Institute in Hungary 10 years ago, and now organises full Pikler trainings in the UK with Pikler trainers from Europe. She is a co-founder and the chair of the Pikler UK Association. She is course leader and lead tutor for the Level 3 Holistic Baby and Child Care course run through Emerson College in Sussex. She lives in York where she has run parent and baby groups based on the Pikler approach for over eight years. She offers introductory courses such as this one to professionals around the country.



Clare Caro Inspired by a group of Pikler trained friends, when Clare herself became a mother she had enough information to start the relationship with her daughter following Piklerian ideas. With such an inspiring outcome, she eagerly gathered a large collection of articles about Dr Emmi Pikler and the Pikler approach. In May 2012 The Pikler Collection website was launched to make the fruits of this research available to others. Through the research and the website, Clare is in contact with the Pikler Institute, Pikler groups, students and pedagogues around the world.



Already a firm believer in the power of play, Clare founded Nature Play, an outdoor parent and child group in 2011. Nature Play offers a space for children of all ages to connect with nature, lead their own play and motor development without the aid of toys, activities or direction. Adults have the opportunity to observe play unfolding and learn to support child-led play. Clare brings together her practical experience, research, knowledge and observations around child-led play and the adult role in children's play into her workshop

Early Childhood Outdoors
Being at Home Outside

The National Centre for Outdoor Play, Learning and Wellbeing

Early Childhood Outdoors (ECO) is a social enterprise seeking to increase the amount and quality of outdoor experience for young children across the UK, through collaborative and enabling work with a wide range of development, teaching, research and design organisations providing support in this field, in order to maximise impact.



With the vision of more children thriving outdoors, more often and for longer, benefiting from richer and more meaningful environments offering authentic, rewarding and satisfying experiences, it aims to connect organisations and individuals, to build support capacity, and to deepen the pedagogy of being, playing and learning outdoors.

Introducing the Pikler approach

A series of four workshops
Facilitated by Pikler specialist Dorothy Marlen and
Pikler enthusiast Clare Caro

Do you have, or work with, very young children?

Have you heard of the Pikler approach and wondered what it is?

Would you like to find out more about how this will help you in your role?



The Pikler approach provides a new paradigm of early childhood care for the 21st Century. Created and developed by Dr Emmi Pikler and her team in Budapest, Hungary, the Pikler Institute in Budapest trains professional carers from all over the world. We in the UK now have the opportunity to learn about Pikler's extraordinary insights into how to care for the true needs of the young child, particularly from birth to three.

The main principles of the Pikler approach are the importance of self-initiated movement from birth and the importance of relationship based care. Together these two principles provide the ideal conditions for healthy development, play and learning. These workshops will provide a thought-provoking introduction to the approach; the Pikler Institute in Budapest and the Pikler UK Association both offer more extensive and in-depth courses.

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The four workshops will give you a practical introduction to:

- Understanding the crucial importance of natural motor development from birth for later health and learning;
- 'Relationship is all' – how to understand and practice relationship based care;
- Creating the right conditions for calm, focused play from birth;
- Being in nature and the Pikler approach.

Movement – Saturday 24th November 2018, from 9.30am – 2.30pm

- A background history to the work and legacy of Emmi Pikler and the Pikler Institute in Budapest
- Emmi Pikler's research and discoveries about natural motor development
- Natural motor development and primitive reflexes
- Obstacles to natural motor development
- Experiential exercises, video footage and time for discussion

Care – Saturday 26th January 2019, from 9.30am – 2.30pm

- The lemniscate of care
- What relationship-based care looks like in practice – including nappy changing, feeding and nap times
- Self development as key to relationship
- Experiential exercises, video footage and time for discussion

Play – Saturday 9th March 2019, from 9.30am – 2.30pm

- Appropriate toys and play for different ages
- Setting up the right conditions – environment, routines, attitude and skill of the carer
- Managing and reducing conflicts
- Experiential exercises, video footage and time for discussion



Outdoors in Nature – Saturday 3rd May 2019, from 9.30am – 2.30pm

- How play unfolds – universal play patterns
- Our relationship with the outdoors
- The roles of movement and care in play
- Lessons in child-led play; adult roles and approaches
- Exercises, slides and time for discussion

To book a place on these exciting events please complete the attached booking form or contact Jan White on janwhite56@hotmail.co.uk.

Who is this training for?

- Parents and carers of babies, toddlers and two year olds;
- Educators (such as room leaders, childminders, lead practitioners…) with an interested in this age group;
- Others interested in deepening their understanding and practice.

Where?

- All workshops will be held in Copmanthorpe near York
- Workshop 4 will include practical sessions outdoors - *Please come dressed for the weather*
- Copmanthorpe is 4 miles from the centre of York, with good national rail links and a regular bu service. By car the venue is 5 minutes from the A64

How much? [All prices include a light lunch]

• Single workshop – early bird until 30th Sept 2018	£60
• Single workshop – full price from 1st Oct 2018	£70
• Invest in all four workshops – early bird until 30th Sept 2018	£200
• Invest in all four workshops – full price from 1st Oct 2018	£240

