

european forum of
psychomotricity





Implementation of the Sherborne approach in parents - children group sessions

- Description:** Parents and young children (aged 1,5 - 2 or 2 - 3 years) meet once per week, where a psychomotrician provides specific movement and body experiences. Babies and toddlers, with their parents' support, work individually, in groups of two, of three, of four or with the whole group, either statically or in motion and by using different body parts, levels in space and qualities of movements.
- Goals:** Acquiring body and special awareness, building self-confidence and a positive self-image, gaining awareness of other people's bodies and finally to start forming relationships with others, based on trust and confidence as well as to develop communication skills and creativity.
- Activity:** Exercises for body and space awareness (moving in different directions, levels, in different ways, e.g. fast-slow, light-heavy etc.), rocking, rolling, cradling, swinging, sliding, jumping, hanging, balancing, pushing, pulling exercises, somersaults and many other combinations of the above elements, in different dynamics within the group.
- References:** Sherborne, V. (1990). Developmental movement for children: Mainstream, special needs and pre-school. Cambridge: Cambridge University Press. Simons, J. (2009). Introductie tot de psychomotoriek. [Introduction to psychomotricity] Antwerpen: Garant.