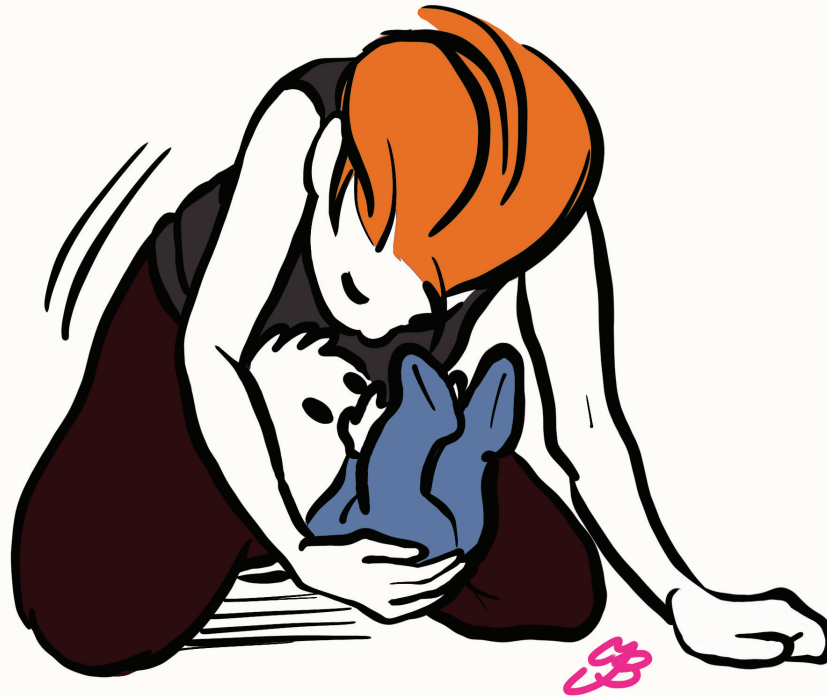


european forum of
psychomotricity



Motor development support for babies from 3 to 18 months

Description:

- I) We read the tone of the baby and adapt our handling to this. The baby gives us information through eye intensity and muscle contraction if it agrees, is afraid or refuses what we do.
- II) We organize time, space, and objects in a way to allow the baby to discover the environment and to train its muscles at the same time.
- III) Affective security as felt on the emotional level helps the baby to act with objects and with the body. This autonomous game is fundamental for the child's development. The baby tests its abilities and discovers the effects of acting. We only intervene when changing the order of the material or to add a new object.
- IV) We use the reflex system of the baby to tone up its muscles.

Instruction:

Foot muscles: We quickly stroke the inside and outside of the foot with a finger → this leads to an inward and outward rotation of the foot. Hand muscles: We take the fist of the baby and touch it with different surfaces like skin, fur, velvet, ... → the baby will open its hand. Abdominal muscles: We gently but quickly stroke with a finger over the strip area of the baby → this leads to an abrupt tension with a following relaxation.

References:

Soloz de Pourtalès, Vanessa (2018). Psychomotorik für die Kleinsten. Bern: Stiftung Schweizer Zentrum für Heil- und Sonderpädagogik (SZH).