

Gentle beginnings

New parent~ New baby
weekly groups in South York



Support and space to nourish
a pleasurable and reciprocal relationship
with your new baby, gain confidence and
trust in your abilities as a parent, and make
new friends.

Venues, date and time:

York Steiner School YO10 4PB

Mondays 1.30-3pm

Tuesdays 1.30-3pm

Cost:

£7/£5 per session payable in blocks of 4 weeks in advance.

Leader: Dorothy Male. I have over 18 years
experience of working with parents and very young children in groups,
and am a trained Steiner kindergarten teacher and counsellor. I run
courses for parents and carers of young children in York and London
(The First Three Years course) and have written a book called The
Parent and Child Group Handbook. (Hawthorn Press). I have also
trained at the Pikler Institute, Hungary, Sophia's Hearth USA,
and completed the RIE 1 (Resources for Infant Educators) training
in USA. I am at present studying for a
Masters in Child Observational Studies in Leeds. I have a 19 year
old son.

Contact:

07986 670792 or 01904 612683

dot@bowring-male.net

Please email for a booking form.

Gentle Beginnings is a new venture born out of a wish to give gentle support and space to new parents and babies. We hear a lot about the importance of creating a healthy attachment and bonding with our baby from the earliest weeks and months. We also know now that babies develop in a healthy, confident way when their needs for self directed development are respected. Babies also need a quiet simple life!

Gentle beginnings is based on up to date baby/infant research and the long experience of loving and respectful care of babies and infants practised at the Pikler Institute in Hungary, RIE in the USA and within the worldwide Steiner/Waldorf movement.



Gentle Beginnings ~

Gentle support for new parents and babies

Over the weeks of our regular coming together we will:

- * Share and reflect on the joys and challenges of new parenthood in a warm supportive setting, where friendships can easily form.
- * Have time to give loving focused attention to observing each child's unique personality and needs.
- * See how the practical times of bodily care can nurture a joy filled and reciprocal relationship with your child
- * Experience a nourishing setting equipped with age appropriate toys, where each child is free to be active and curious, unhurried and self-initiating in what is a uniquely individual developmental journey.
- * Explore together how to find new orientation and balance as parents, whilst respecting your child's needs for safety, security, daily rhythm, sensory protection, warmth and peace.

Mums/dads with babies from birth to 12 months old are very welcome. The group size will be 8-10 families (max)

Gentle beginnings

New parent~ New baby
weekly group in York

Booking form

Name Email.....

Address.....

.....

.....

Telephone number.....

Name of your baby..... Birth date.....

I am booking onto the first 4 sessions of New Beginnings, meeting
on a Monday 1.30-3pm (please tick)

Or Tuesday 1.30-3pm

At York Steiner School, Fulford Cross, YO10 4PB

I understand that payment for four each session block is required in
advance and I enclose a cheque for £28/£20 (please circle
appropriate payment—this is dependant on your income and life
circumstances).

Please make the cheque out to D. MALE and send to

D. Male, 45 Scott Street, York YO23 1NR

Thank you very much

If you have any questions please email dot@bowring-male.net or

phone 01904 612683 I look forward to meeting you

Gentle beginnings

New parent~ New baby
weekly group in York

Your child's biography and your wishes for the group

If you have time, I would love to know a little about the birth of your child, and how things are. I would also like hear about your wishes for the group.

You are very welcome to enclose these reflections and thoughts with your booking form.

A little about me

What I bring to the group comes from my experience of working with the Steiner understandings of child development, and also my trainings and experience in the Pikler model from Hungary and RIE model from the USA. These models together, for me, offer a beautiful understanding of what babies and infants need and how we can begin to understand and find confidence in our roles as parents. In the group we can explore together what parenthood means, who our babies are, and our new journeys which are beginning to unfold. We will observe and reflect.

Here are some resources if you want to find out more about what I base my approach on:

You are your child's first teacher by Rahima Baldwin (Hawthorn Press)

www.hawthornpress.com

Dear Parent—Caring for infants with respect Magda Gerber RIE

www.RIE.org