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THE SCHOOL FOR BODY-MIND CENTERING®
Movimiento Atlas

INFANT DEVELOPMENT MOVEMENT EDUCATION PROGRAM

INFANT DEVELOPMENTAL MOVEMENT EDUCATION 1 (IDME 1)

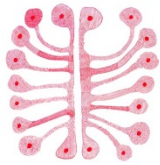
The focus of the Infant Developmental Movement Education courses are on learning a non-invasive, playful and heartfelt approach to interacting with infants and their families and on applying the developmental movement material specifically in facilitating normal movement in infants.

This course includes:

- Developmental assessment of children from birth to 12 months.
- Applications of developmental movement repatterning in working with infants.
- Safe and appropriate handling of infants.
- Educational play and toys.
- Professional issues in working with infants, parents and caregivers.
- Indications, contraindications, scope of practice and referrals.

Minimum course length: 10 days (5 per course), 70 hours (35 per course)

Price: 650 € per course (600 € if paid earlier than two months from the beginning of each course)



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IDME 1: COURSE OUTLINE

1. Orientation, introduction and overview of the course.
2. Self-regulation and autonomic balancing.
3. Birth.
4. Newborn: assessment and key issues, safe handling, focus on general handling and establishing contact and communication through vibration, tone, cellular breathing, and presence.
5. 1-3 months: assessment, key issues and safe handling, focus on head control, midline orientation, and symmetry.
6. 4-6 months: assessment, key issues and safe handling; focus on rolling and balancing tone and activity in prone, supine and side-lying.
7. Review 0-6 months.
8. 7-9 months: assessment, key issues & safe handling; focus on homolateral and contralateral patterns.
9. 10-12 months: assessment, key issues & safe handling; focus on change of level and bipedal locomotion.
10. Birth - 12 months: development of the central core (head and spine).
11. Birth - 12 months: development of the upper limbs.
12. Birth - 12 months: development of the lower limbs.

APPLICATIONS IN MOVEMENT REPATTERNING

1. Newborn: bonding and nursing.
2. Embryological foundations of the development of central core.
3. Development of Brain Levels
4. Organization of physiological rhythms and attunement through vibration, cellular breathing, embryological breathing and fluid rhythms.
5. Balancing gravity (blood, organs & bone marrow); levity (CSF, glands, periosteum), resilience and rebound (labyrinthine, RR & ER).
6. Establishing continuity of flow through skeletal leverage.
7. Establishing continuity of flow through spiraling in transitions and handling.

PROFESSIONAL ISSUES

1. Pregnancy and birth.
2. Applications and the role of an Infant Developmental Movement Educator (IDME).
3. Safe handling of infants.
4. Organizing baby-parent groups.
5. Refining observation skills. Setting up observation sessions, use of observation forms, role of observer.
6. Supporting and communicating with parents, caregivers & other professionals.
7. Toys, play and interactions with babies & parents.
8. Questions, self-care and integration.

VIDEOS/INFANT GUESTS/SPECIAL FOCUS

This is a time for students to view relevant videos or to observe faculty doing sessions with babies and families who will visit during the course.