

PIKLER/LÓCZY FUND USA

www.pikler.org

Condolences

We would like to extend our condolences to Community Playthings for the loss of their senior pastor Arthur Wiser. Over the past several years, Community Playthings has become a valued supporter of our work. The donations they have provided are instrumental to our training and education efforts.



To read more about the life and work of Art Wiser, go to www.plough.com/en/articles/2013/april/a-thrilling-life

Your Hands

When approaching an infant, be sure to slowly show the infant your hands prior to picking up the infant. Each infant needs time to process the information about what is going to happen. Consistently allowing this time lets the infant know that you respect his needs and cues him as to what will happen.

Hands portray peace or violence, peaceful hands should be the first act of kindness and gentleness that the infant receives. Through your hands, the infant begins to feel his worth and learns to trust the adult who cares for him.



~An excerpt from *Being with Infants and Toddlers: A Curriculum that Works for Caregivers*



ANNA TARDOS DEMONSTRATED HOW TO APPROACH,



SUPPORT, AND LIFT AN INFANT



DURING THE INTENSIVE III TRAINING IN CHARLESTON, SC

There are some small, very simple rules, and, if the caregiver follows them, the atmosphere of being together will be completely different and it will be more pleasurable for both the baby and the adult to be together during care.

Anna Tardos
 Director, Pikler Institute, Budapest, Hungary

Living Moment to Moment by Ramee Serwanga

It is often hard to remember to slow down, center oneself, and PAY ATTENTION. We are bombarded daily with what we should be doing, how we should be doing it. I was motivated to think about this subject when I spent a week in Charleston, South Carolina listening to Anna Tardos who gave a Pikler Intensive Training entitled Observation of Infants and Toddlers: Attention to Detail. This intensive training brought to light the importance of being “in the moment” with children, and living moment-to-moment. It is something that we all try to do, but the hustle and bustle constantly threatens our time. It is ever important to rethink quality versus quantity not only with our children but also with ourselves.

First and foremost what does “moment-to-moment” mean? It is not just idly standing by and watching. It means immersing oneself “in the moment” and engaging all of your senses. It is experiencing something with no particular outcome in mind, taking information into your body and connecting. When you are with children, this may mean jumping into the sandpit, finger painting, or playing in the mud without worrying about having a change of clothes because the delight on the children’s faces and the conversation to follow is far more valuable. With adults, it is spending that allotted time in your personal life to get back to what you are passionate about. It is making the time to renew yourself and “forget about your worries.”

If we are not refreshed ourselves, we certainly cannot be “in the moment” for children. It is our duty to be in a place where we can genuinely be there for the children and families we work with. If you had your child in care, wouldn’t you want the teacher to be fully present and able to enjoy all that your child had to offer – good days and tense days? Wouldn’t you want to know that the teacher felt good about coming to work? So it is not just about giving to others in this field, but also asking for what we need. Taking some time to think about what you need as a caregiver, so that you can be the best person for the children and families that entrust you with part of their lives.

Make a plan for yourself and then take it one day at a time. Ask yourself:

1. When was I last really content?
2. What about that experience brought me peace?
3. How can I recreate this for myself?
4. How can I be sure to do this often, for me?
5. How can we grow if I share this with the children?

Ultimately, there is so much to be gained in this world that cannot be purchased in a store, watched on a television or computer or iPad, or acquired from a gadget. I want to not forget to get my feet soaking wet in the rain puddles, get paint everywhere, dig endless ditches in the mud, play with sticks, roll in some grass, make fun shapes out of rocks,

watch the clouds go by, walk barefoot, and just be with children.

Honestly, it could be exhausting and maybe not so enjoyable, to be constantly focused on being “in the moment” all day every day. Aspiring to develop this personal awareness and to experience at least waves of this connection throughout your day, is the attainable and rewarding goal. Children’s young minds have an uncanny ability to just BE, and it is not until they grow older that we do a great job of hammering it out of them, in the name of preparing them for “real-life.” Real-life” can be a lot more, as WE define it, we do not have to follow the herd. We can be “in the moment” with children, and be “in the moment” with ourselves; even if it’s just for a few extra minutes each day. If we could all strive for genuine kindness, respect, being open-minded, and understanding people for who they are, what a powerful influence we would create!!!

Ramee Serwanga spends her time consulting around the San Francisco Bay Area on various aspects of quality. She is a Program for Infant Toddler Caregivers (PITC) certified trainer and helps infant/toddler and preschool classrooms improve quality by working with parents to deepen their understanding of child development and using the CLASS tool, which has an intense focus on teacher-child interactions.



Join the Pikler USA Association

PLUSA invites you to become a member. The goal of this association is to inspire people through the beauty of natural movement and importance of a close and personal relationship with infants and toddlers. It is our hope that by creating an association where like-minded individuals can share ideas, we will bring together the resources of a global community to help ensure mutually respectful, fulfilling partnerships between children, parents and caregivers. Your membership dues will provide you with the quarterly newsletter, the insider scoop on upcoming training and events, and a discounted rate for trainings and materials!

Cost is just \$30 per year! Please make your checks payable to: **Pikler/Lóczy Fund USA**

Name _____

Phone _____

Address _____

Email _____

Mail to 2437 S Sheridan Tulsa, OK 74129 or
call 918-810-0877 to use your Visa or MC

In the next edition of the PLUSA newsletter, we will focus on Pikler around the world. We would love to hear from you through photos or stories of how you are supporting the Pikler approach wherever you are.

To contribute, email us at susan.patrick@cox.net



PLUSA's mission

We want to inspire adults to the wonder and harmony of a close and personal relationship with infants and toddlers in home and group settings. This approach is based on the work of Dr. Emmi Pikler from Budapest, Hungary. Our commitment to service, training, and research demonstrates our belief that all children have the right to be respected as competent and autonomous individuals by a caring adult.



The Pikler Institute, Budapest



Day Schools, Tulsa, OK

Pikler/Loczy Fund USA strives to advance the work of Dr. Emmi Pikler's. The board has been actively working to spread her knowledge through various avenues. They have raised over \$500,000 to help in this effort. They have been successful in assisting early childhood professionals gain a deeper understanding of the research behind the approach. They have presented at numerous conferences worldwide as well as bringing training to the USA. The following are highlights over the last 12 years:

- 2000** Establishment of Pikler/Lóczy Fund USA in Budapest, Hungary
- 2001** World Forum in New Zealand – Presentation on Pikler
- 2002** RIE conference at UCLA with Laura Briley as keynote presenter on Pikler
- 2003** RIE Conference presentation and introduction of its newest board members, Elsa Chahin, Karen Gordon and Alex Curtis-Boyer; Pikler conference in Budapest, For Children to Grow Without Violence celebrating Emmi Pikler's 100 years; World Forum Conference in Acapulco; Fundraiser held in Budapest, Hungary with Tony Curtis as Honoree; new board member, Beverly Kovach
- 2004** NAEYC conference in Los Angeles; new board member Janet Gonzalez-Mena
- 2005** Infant & Toddler Conference at Tulsa Community College, "Peace Begins With Babies"; Janet Gonzalez-Mena as Keynote and Karen Miller as honoree; World Forum in Montreal; article written for Exchange Magazine on the Pikler Institute, A Unique Approach to Caring For Children; Study Tour to Budapest, Hungary with 60 participants from around the world including 5 Ambassador wives from 5 countries, USA, Austria, Angola, Mexico, and Ireland; NAEYC and meeting with the Hungarian Ambassador to USA, Mr. Simonyi
- 2006** Training with Ute Strub From Germany in San Francisco on the Pikler approach; Study tour to Budapest; NAEYC conference; Zero to Three Conference
- 2007** World Forum in Kuala Lumpur and the establishment of the Working Group for Children's Rights in Children's Homes, NAEYC conference
- 2008** International Study Tour to Budapest with the following countries represented: Mexico, Belize, Israel, Singapore, Indonesia, USA, and Hungary; Honored at the Indonesian Ambassador's home in Budapest
- 2009** World Forum in Belfast; Working Group for Children's Rights representatives from Nicaragua, France, Hungary, Indonesia, Belize, Singapore, Ecuador, and the USA; International Infant and Toddler Conference, Tulsa, OK; new board members, Dr. Johanna Herwitz and Dr. Intisar Shareef
- 2010** NAEYC conference in Washington, D.C. and meeting with Ambassador to the USA from Belize; Pikler Intensive I training, Tulsa, OK; cover and article in Child Care Information Exchange; new board member, Dr. Denise Da Ros Voseles; new advisory board members Peter Mangione and Bonnie Neugebauer
- 2011** World Forum in Hawaii; Second International Infant and Toddler Conference and Pikler Intensive II, Tulsa, Oklahoma; NAEYC Conference; translation of Dr. Falk's article on Tummy Time into English; new board member, Susan Patrick
- 2012** Pikler Intensive III, Charleston, SC; NAEYC Professional Development Institute; NAEYC Conference; keynote presentations in Brazil

International Pikler Associations

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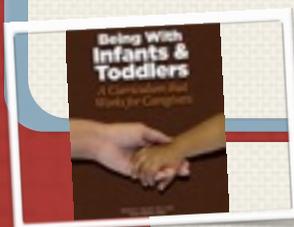
Pikler USA

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BEING WITH INFANTS AND TODDLERS: A CURRICULUM THAT WORKS FOR CAREGIVERS ~ REVIEW BY JANET GONZALEZ-MENA ~

Today, I am thrilled that the field now has an exciting new resource. The book is *Being with Infants and Toddlers: A Curriculum that works for Caregivers* by two talented authors, Beverly Kovach and Susan Patrick plus an equally talented editor, Laura Briley! This book combines Pikler theory, practice, and research with Magda Gerber's teachings and makes it all into a curriculum that is not only accessible and easy to read, but in a format that grabs the reader. The information is conveyed in ways that make the book hard to put down. The photos and words tell a story as the reader sees examples of self-initiated free movement and play activity. The reader is clear that these babies are becoming independent individuals who are self aware. At the same time examples of how to build trusting relationships between the child and caregiver also abound. The reader will learn how to foster self-awareness and also awareness of "the other" as a person. Those who follow the teaching in this book will also observe empathy among very young children! The idea of respect, shows up on every page of this book, which I highly recommend! This book takes a giant step toward making it easier to be a caregiver in a group care program that fosters independence and interdependence, leading to caring relationships and a sturdy sense of self!



Order today from
www.pikler.org

2013 PIKLER TRAINING, BUDAPEST

First Level Summer Course in English Language
The basis of the Piklerian early childhood education June 10-21

Second Level Summer Course in English Language
Difficult for the child, difficult for the adults May 27-31

What does the Piklerian approach offer for the family? June 3-7

To apply for the courses, email Anna Tardos at a.tardos@freemail.hu

World Forum Foundation

The PLUSA board has active representation in the Working Group for the Rights of Children in Children's Homes. The next World Forum on Early Care and Education will be held May 2-6, 2014 in San Juan Puerto Rico.

Visit www.worldforumfoundation.org to learn more.

Visit our Booth #314 at NAEYC PDI in San Francisco, CA June 10-13