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## More about the Feldenkrais Method

The Feldenkrais Method was developed by Moshe Feldenkrais, a nuclear physicist and engineer. His approach arose out of his passion for martial arts, movement and learning.

Moshe Feldenkrais made landmark discoveries while exploring how the human body functions in order to find a way to recover from his own severe knee injuries. It was from these that he went on to pioneer a movement learning system that uses movement, attention and awareness of self to facilitate remarkable changes in the brain, body and mind.

Much of the work is based on developmental movements and Moshe worked extensively with children with developmental problems, cerebral palsy etc. Moshe achieved amazing results.

## More about Child'Space

Refer to: [www.childspacemethod.com](http://www.childspacemethod.com)

Child'Space is a way of teaching parents to skilfully handle and communicate with their child in a way that enhances learning and development. Dr. Chava Shelhav, one of Moshe' Feldenkrais's first students and an educational director in Feldenkrais Training programs over the last 30 years, developed this work through her many years of experience working with children and teaching the Feldenkrais Method.

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## Next Steps: "Let's Begin Moving"

An introductory package designed for children who are new to the methods. This consists of 3 'starter' lessons that are scheduled over one to two weeks. Children experiencing the following issues may find lessons very helpful:

- skipped crawling
- uncomfortable with tummy time
- late walking
- fussy eater
- poor ability to nurse
- slow speech development
- high or low muscle tone
- spatial issues with balance and coordination
- torticollis, poor visual development
- hip dysplasia
- plagiocephaly
- undiagnosed developmental delay
- cerebral palsy, hemiplegia
- brain injury and neurological conditions

Louise offers individual lessons for both children and adults by appointment only; in Hawthorn East and Abbotsford, at the Abbotsford Convent

She also runs movement workshops for adults and parents. Information about future workshops will be posted on her website.

[www.movementmadeeffortless.com.au](http://www.movementmadeeffortless.com.au)

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# Feldenkrais & Child'Space Methods

Independence, Self-Confidence, Self-Motivation



Your children's development happens naturally, a beautiful unfolding of learning as they discover new possibilities in their body.

Sometimes a little extra support is needed.

These approaches offer you ways to support your child's development, beginning from where they are now.

## How a child can benefit

Feldenkrais is a system of movement education that enables a child to learn about moving. If a child is having difficulty in figuring out how to move, we observe where the gap is in the child's image and work out what is disrupting the flow of discovery.

Creatively we seek out new ways in which a child could move differently. Giving the child's nervous system other options to reorganise movement patterns will stimulate meaningful development that provides movement that is smoother, more efficient, and easier. This wakes up the brain to more learning.

Lessons are respectful of each child's ability. Activities are adjusted depending on the child's pace and mood. Each lesson begins with simple movement activities. Each lesson matches with the child's current stage of development and learning and builds from one session to the next through sensory and kinaesthetic experiences.

A series of sessions are recommended for your child, so he/she can build on what is done each time supporting a consistent and sequential learning pathway.



## What parents can expect

- Support for your child's development beginning from where they are now, assisting them to fill in developmental movement gaps.
- An understanding of the missing ingredients for children who had difficulty learning to lift their head, to roll, crawl, sit or stand.
- A safe, playful environment for your child to discover functional movements that improve sense of orientation, balance, body-co-ordination, self-regulation, awareness and emergent self-image.
- Guidance in supporting your child from birth to steady independent walking. Our language of early development includes touch, movement and face-to-face communication to stimulate connections in primary developmental pathways.
- Support in learning to handle your child to promote understanding of body mapping and how to recognise functional movement.
- These Youtube videos: Feldenkrais Dignity and Feldenkrais Babies are worth watching.



## About Louise

Louise Rothols has extensive experience in working with both adults and children. She has specialised in child development and working with children for over 14 years.

As well as being a Feldenkrais practitioner, Louise has trained with Anat Baniel in her ABM Mastery Program and has completed Dr. Chava Shelhav's ChildSpace Method for Developmental Monitoring for infants from newborn to independent walking.

Many are aware of the Feldenkrais Method for enhancing one's experience of moving as an adult. Less well known is the immense value of this approach for babies and young children with special needs or for children with postural problems limiting their movement skills.

Using gentle and playful movement with delicate touch, Louise's approach engages the child's brain to make new connections and develop a more complete sensory image of the embodied self. This leads to breakthroughs in moving and overall improved function.