

## Dear Friends of the Pikler Approach

How do children develop their own initiative, vigilance, perseverance, and trust in themselves and the environment? How do they build social competence? What are the conditions for a healthy sense of self-value in a person and for the ability to build relationships to develop?

Anyone pondering such questions will find insightful, timely and relevant answers in the infant pedagogics of the Hungarian paediatrician Emmi Pikler. After ten years caring for families with small children, in 1946 Emmi Pikler founded the Lóczy home for infants in Budapest, which is now known as the Pikler Institute. The intricate quality of her observations and her intensive scientific research paved the way for a transformation of awareness in infant pedagogics. The Pikler approach fundamentally questions certain conventional attitudes towards children and helps us to see them with fresh eyes. It enables each and every child to cultivate their potential without pressure, to develop a positive and reliable sense of self and to experience themselves as competent beings, however young they may be. This, in turn, has a proven positive effect on their long-term development.

Growing demand for the program we offer, and increasing interest by both parents and professional educators, inspired us to put together a professional concept for a full Pikler training program.

Our experience clearly shows what a significant challenge it is to properly care for and accompany children and parents, especially when one strives to take seriously their developmental needs and individual experiences. In addition to theoretical analysis, it is therefore essential that the adults caring for small children are themselves appropriately supported and accompanied in their own continuing educational progress. The Pikler qualification helps awaken and deepen the adult's understanding of an infant's developmental processes while providing support for their gradual personal maturation too.

With its clear conceptual outline, the Pikler training program hopes to contribute to maintaining and guaranteeing a high quality and level of accuracy in the Pikler approach to working and living alongside infants and toddlers.

**We look forward to your interest and involvement!**

Pikler Verband Europa e.V / Pikler Association Europe

## **Contents**

Emmi Pikler's pedagogical principles drawn from decades of experience working with families and in the Pikler Institute in Budapest, in the Home for Infants and in the Pikler Nursery/Daycare.

- The Pikler approach to infant pedagogics and its significance in various fields today
- Continual support for professionals working with young children
- Foundational groundwork: Elfriede Hengstenberg's pedagogics of movement and Sensory Awareness

## **Requirements**

The Pikler training programme is an additional educational programme. Candidates must have completed a professional qualification in education, psychology, medicine or therapy prior to being admitted on the course. Exceptions may be made on the basis of a personal interview.

Minimum age: 25 years including two years professional experience.

## **Target group**

Pedagogical, psychological, therapeutic and medical professionals working with babies and small children. These usually include:

- Nursery and kindergarten educators
- Professionals in the medical realm such as midwives, paediatric nurses and doctors.
- Physiotherapists, ergotherapists, speech therapists
- Psychologists and psychotherapists

## **Aims of the programme**

This training fosters differentiated perception, understanding and recognition of early childhood needs in order to respond to them, thus improving the quality of care, guidance and support offered to babies and small children.

The course helps stimulate and encourage the continual personal development of professionals working with infants in order to further their self-understanding as well as their understanding of others with a view to nurturing a peaceful encounter with small children. It builds a foundation upon which a caring and attentive approach to children and adults can be experienced as ever more natural and self-evident.

## **Qualification**

The “Diploma in Pikler® Pedagogics” is awarded after all required training modules, course work and a final written assignment have been successfully carried out. This qualification allows a person to work as a certified “Pikler educator” in nurseries, as well as to lead “Pikler child-parent groups” following the Pikler PlayRoom model, and to offer “Pikler introductory” courses.

## **Registered trademark**

In order to secure quality control and protect the content of the Pikler approach and its teaching, the name “Pikler®” is a legally bound registered trademark. Without explicit authorization or the appropriate qualification, it is against the law to offer courses or the like with reference to this name, or otherwise to use this name in a pedagogical context.

## **Course fees**

Fees for the Pikler training programme vary between 85.- and 140.- Euro per tuition day, depending on the respective city in which the training is carried out and various seminar-related tax conditions. The training involves circa 70 tuition days (7 x 50 minute lesson units per day) plus observation hours and supervision of the final written assignment.

## CURRICULUM

Duration: at least 3 years

1. Foundational training with a designated Pikler® instructor

**Basic Course:** 1,5 years,  
(incl. Sensory Awareness)

**Practice Guidance:** 1,5 years,  
(incl. Hengstenberg work and Sensory Awareness)

2. Consolidation courses, after the first year of the programme

**Budapest Seminars** at the Hungarian Pikler-Lóczy Society  
5 x 5 days

3. **Practice-observation** followed by **reflection & discussion:** 24 lesson units

4. Final **written assignment** and **feedback conversation**

## Groundwork

3 days Sensory Awareness during Basic Course

3 days Hengstenberg work during Practice Guidance.

3 days Sensory Awareness during Practice Guidance.

In the groundwork seminars (Hengstenberg and Selver/Sensory Awareness), participants work on experiencing in themselves what they are learning to recognize in the children, what it means to be a human being and their attitude towards children.

Elfriede Hengstenberg and Charlotte Selver were pupils of Elsa Gindler and Heinrich Jacoby, who both worked with adults on the natural givens of human development and behaviour. What they were working on with adults, Emmi Pikler was doing at the same time with babies and small children. Thus what began for Emmi Pikler in the 1930s with the Hengstenberg seminars in Budapest has continued without interruption until now: a collaboration between the followers of Pikler and Gindler/Jacoby.

The **Basic Course** consists of 21 days over 1,5 years

The Pikler Basic Course, carried out in units of between two and four days, is a practice-based introduction to the pedagogical principles of Emmi Pikler and the ways in which this approach can be applied and experienced within families and in groups with infants and small children.

#### Topics are:

- Biography and history: Emmi Pikler and Lóczy
- Autonomous motor development
- Free play
- The “prepared environment” with climbing material and toys
- Caring and relating to
- Social learning
- Children amongst themselves
- Language and communication
- The role of observation and guidance
- Groundwork - Sensory Awareness

The **Practice Guidance**: consists of 18 days over 1,5 years ( 21 days from 2019 on)

Professional supervision constitutes an experience-based approach to working with children and parents involving the taking of observation notes, video recordings and case studies. The workgroup provides background support for the candidate’s ongoing dealings with children and communication with parents. Continued support allows the candidate to develop a lasting and increasingly profound understanding of the pedagogical approach which results in both personal and professional involvement. In the course of the practice observation there will be two seminars to enhance self-awareness - Hengstenberg work and Sensory Awareness.

#### **Budapest Seminars at the Hungarian Pikler-Lóczy Society,**

First hand experience of decades worth of knowledge and research carried out at the Pikler Institute offers an invaluable opportunity for candidates to deepen their acquired knowledge and understanding and to integrate these into their own personal development.

The *Budapest Seminars* can be taken as of the second year of training alongside ongoing group work during the Pikler Basic Course or the Practice Observation.

## **Budapest Seminars** / 5 x 5 days

Three Mandatory seminars (1<sup>st</sup> level):

- Movement and quality of life
- The development of free play
- Quality of relationship – the significance of the caring situation

After the three mandatory seminars two seminars, (2<sup>nd</sup> level)  
of your choice

- On language: how do we talk to children?
- Difficult situations with children
- Observing and understanding
- Supporting the family
- Children in group situations
- and other themes

## **Observation** / 24 units of observation with subsequent reflection

Observing work in practice allows candidates to experience the particular quality of Emmi Pikler's approach to working with and caring for small children, and enhances perception in observation.

- Observation at the Pikler daycare in Budapest
- Observation of Pikler educators at work in their caring institutions and day care facilities
- Observation in Pikler PlayRoom - parent-child groups

## **Pikler diploma**

Written assignment (supervised by appointed Pikler educator) and final talk.