



International early years congress on
pregnancy, birth and early childhood

The dignity of the child

10 to 13 June 2020 at the Goetheanum

«I feel good in your eyes»

How do trust, warmth and
autonomy arise in the interaction
between adult and child?



Organiser

Interdisciplinary working group CARE I

(Pregnancy, birth and early childhood)

Medical Section in collaboration with
the Pedagogical Section

Goetheanum

*We must not forget
to look at the world with the eyes of a child.*

Henri Matisse

We humans are born immature. The phase of life comprising pregnancy, birth and the first three years is very sensitive. Never again is the human being so much in need of protection and capable of being shaped as in this first period.

What does the child need right at the start of their life? Trust, being perceived and the continuous presence of a caregiver with empathy who also cushions their anxieties and creates free space for pleasure and play.

What do we companions of these children need so that a secure attachment and good basis for the whole of life can be created?

- *If I have trust - I can give trust.*
- *Whence do I take my trust, my inner assurance?*

How can we develop in such a way that the child feels perceived, secure and strengthened in our gaze? An important role is played here in the way we handle fear and anxiety. A healthy dose of fear and anxiety is part of life, they can wake us up and protect us. But in order to shape the future, to be able to give children the space for their development, fear and anxiety must not overwhelm and dominate us. How do we learn to handle fear and anxiety well and transform them?

Today's children will have difficult tasks to solve in their life and require the foundation of a start in life that sustainably strengthens them.

The intensive, mindful collaboration between the various professional groups who deal with this age group provides a great opportunity for the children and families. We want to give an impulse to such interdisciplinary collaboration with this congress which can be taken up in everyday activity in many different places.

We welcome everyone who wishes to work with us on these questions and invite you very warmly to the Goetheanum.

For the preparation group from the CARE I Working Group (Pregnancy, Birth and Early Childhood¹) of the Medical and Pedagogical Sections.

Ina von Mackensen

Working Group for the child from Birth to 3
of the German Association of Waldorf
Kindergartens

Georg Soldner

Medical Section
at the Goetheanum

¹ The *CARE I working group* includes international representatives from both the educational (early intervention, education for infants, special needs and social therapy) and medical fields (gynaecologists and paediatricians, child and youth psychiatrists, midwives, nurses, eurythmy therapists, physical and art therapists). The *Working Group for the child from Birth to 3 of the German Association of Waldorf Kindergartens*, as well as the *International Association for Steiner/Waldorf Early Childhood Education (IASWECE)* are actively promoting the planning and realisation of this congress.

Wednesday, 10 June

11.30–12.30

School of Spiritual Science work

Open to everyone, followed by questions about School of Spiritual Science work if desired

Michaela Glöckler (EN)

Christoph Meinecke (DE)

13.45–14.30

Lecturers' meeting

Congress start

15.00–16.30

Congress opening

"I feel good in your eyes"

Opening lecture

Georg Soldner and Florian Osswald

16.30–17.15 Coffee break

17.15–18.30

Media care: digital media from pregnancy to school enrolment

Lecture by David Martin and Silke Schwarz

18.30–20.15 Evening break

19.30–20.00

Introduction to the Act of Consecration of Man

Claudia McKeen

20.15–21.30

The many faces of fear – global challenge (EN)

Panel with Stefanie Allon, Ignacia González Rena, Julia Grebner, Stefan Krauch, Angelika Maaser, Christoph Meinecke, Lakshmi Prasanna, Georg Soldner

Chaired by Stefan Schmidt-Troschke

Thursday, 11 June

08.00–08.30

Creating the mood for the day

Eurythmy, singing, Bothmer® gymnastics or Act of Consecration of Man

08.45–10.30

Healthy development and prevention I

The power to obtain upright posture from the start

Lecture by Michaela Glöckler,

Claudia Grah-Wittich and Angelika Maaser

10.30–11.15 Coffee break

11.15–13.00

Workshops

13.00–14.45 Lunch break

14.45–16.30

Musical prelude

Autism and fear (EN)

Lecture by Lakshmi Prasanna

16.30–17.15 Coffee break

17.15–18.45

Workshops

18.45–20.15 Evening break

20.15–21.15

Eurythmy

Between the worlds

Music by J S Bach and others

Goetheanum Eurythmy Stage

Friday, 12 June

08.00–08.30

Creating the mood for the day

Eurythmy, singing or
Bothmer® gymnastics

08.45–10.30

Healthy development and prevention II

Self-regulation of the adult (EN)

Lecture by Michaela Glöckler, Katharine Scharff

10.30–11.15 Coffee break

11.15–13.00

Workshops

13.00–14.45 Lunch break

14.00–14.30 *

"Sleeping Beauty" puppet show

*in the Felicia Puppet Theatre at the
Goetheanum*

14.45–16.30

Musical prelude

Vaccination and fear

Panel discussion with debate
Georg Soldner and Karin Michael

16.30–17.15 Coffee break

17.15–18.45

Familiarisation - transition and gateway to something new

Lecture by Julia Schilter, Ina von Mackensen

18.45–20.15 Evening break

20.15–21.30

Tango performance, terrace festival and tango trial session

Saturday, 13 June

08.00–08.30

Creating the mood for the day

Eurythmy, singing or
Bothmer® gymnastics

08.45–10.30

Healthy development and prevention III

Warmth and envelopment in togetherness

*Lecture by Michaela Glöckler, Natalie Hurst,
Cristina Meinecke*

10.30–11.15 Coffee break

11.15–13.15

Overcoming fear and anxiety – You feel good in my eyes

Closing lecture by Jan Vagedes

Performance of "Harvest Seeds"

Christoph Müller and Dirk Glaser

Translation

All contributions in the plenary sessions will
be made in German or English
and translated into the following language:

French, Spanish, English and German

*** Sleeping Beauty puppet show**

Fairy tale from the Brothers Grimm.

Contribution to costs: CHF 10,
Maximum audience of 40.

–Subject to change–

Workshops (the workshops build on one another)

Thursday 11.15–13.00 and 17.15–18.45 / Friday 11.15–13.00

1. Can you see me? The unborn child in prenatal care and prenatal diagnosis (DE/EN)

Ultrasound and prenatal diagnosis are part of managing pregnancy today. What effect do they have on parents, on their perception of the child, on attachment and on the unborn child themselves? Where are they helpful, where problematical? What specific inner attitude and abilities do we still have to develop to establish contact with the unborn child?

Angelika Maaser, Justine Büchler, Johanna Huenig

2. Medical and therapeutic support in pregnancy and birth. Experiences in integrative medicine with medical and painting therapy support (DE)

Keynote lecture/case study from outpatient and inpatient practice during pregnancy and with hyperemesis, premature labour, inviting and inducing birth. Practical exercises from painting therapy, painting light, darkness and colour.

Bernadette Gollmer, Anemone Maria Hedtstück

3. The free play of the child: how do we enable the small child to process experiences in a beneficial way? (DE)

For uninterrupted and free development to be enabled through play requires the carer to hold back their own impulses, create spaces of quiet and to observe attentively and empathetically what is happening in the life of the child and is waiting to be assimilated.

Bettina Mehrtens

4. How the child experiences themselves through the language of the adult (DE)

"It is not moralising, not sensible instructions which act on the child ... but what the adults do visibly in front of their eyes." The child learns to speak in that the adult speaks with them. In the workshop we will work on: "When do I speak? What do I say? How do I speak with the child?". With video observation and exercises.

Brigitte Huisinga

5. Being with the child – AND remaining with myself (DE/EN)

The well-proven exercises from vital eurythmy help us to be aware of this issue and work on it through movement.

Christiane Hagemann

6. Difficult situations and conflicts: how do we recognise and support the feelings of the children? (DE)

What is required in terms of inner attitude, in terms of the nature of our presence, how does the observation of and knowledge about the children help to avoid or lessen difficulties? How can we show empathy without suffering with the children ourselves, how can the children "feel good in our eyes" and how do we thereby act positively on the whole group of children?

Christiane Pfitzenmaier

7. The signature of birth – and its consequences (DE)

Each birth has its own specific character. Often it continues in the biography throughout life. What opportunities do I have to recognise and balance out "themes" in early intervention? How can adults make spaces available for this as the first and most important environment of the children? Can "birth" become a source of strength? In the workshop we will gather experiences of our own. Using video sequences, we can practise observing the opportunities for early intervention and the development of the child. For midwives, physicians, therapists, parents and early years teachers.

Claudia Grah-Wittich, Julia Grebner

8. Spiritual orientation for adults accompanying small children (DE/EN)

How do we maintain the inner attitude to be worthy of the devotion of the small child and its imitation.

Claudia McKeen, Bettina Lohn

9. Parent-child interaction, child and parent self-regulation: how can we support it in collaboration with the parents? (DE/PT)

Workshop with content-related contributions, role play and time for the interdisciplinary exchange of views.

Christoph Meinecke, Cristina Meinecke

10. How do I shape my biography when I know that I am imitated in everything? (DE/EN)

How can I protect children from my weaknesses and projections?

Michaela Glöckler

11. Support for families who have experienced fertilisation outside the mother's body (DE)

This workshop aims to give an overview of the techniques of assisted conception as well as attempting to consider such an intervention from our understanding of the human being. We will work on concepts for the therapeutic and educational work with these families. Open workshop for everyone who has an interest in this subject.

Natalie Hurst

Workshops

12. Sensory and attachment development: preventing anxiety (DE)

Every child is born with the ability to develop trust but also to shy away and become anxious. Successful attachment development is the best guarantee for the development of trust and to counter anxiety. An insight into the role of the body-oriented senses and their proper cultivation is of the greatest importance. We will work on content and with a practical orientation in this workshop.

Edmond Schoorel

13. Trust and wonder as an antidote for fear (EN)

The child enters this world with the utmost faith and overwhelming trust. And wonders about everything that they encounter in their surroundings through the senses. How can we, as the first environment of the child, develop trust and wonder in ourselves, to keep it for the child and protect them from disturbing influences? And how can we take care so that the child can maintain their trust and wonder in the world?

Eldbjørg Gjessing Paulsen, Nomathemba Tindlini

14. Early regulatory disorders, eating disorders and sleep disorders (DE)

Experiences from the work on a paediatric ward working with a holistic concept. For counsellors, therapists, parents and childcare workers.

Fatemeh Jacobi, Elfriede Kroker

15. Breast milk and honey – what from when? (DE)

Attachment and development are predisposed at the start of life particularly also with regard to feeding habits. Today breast feeding is neither a necessity nor taken for granted. Mothers decide for themselves how they feed their children. This freedom means that the question as to healthy nutrition remains open throughout life. Reflection and own experience enable the charting an independent path through the mass of nutrition guides (allergies, etc.). Here midwives, teachers, physicians, nursing counsellors and nutritionists are together called upon to make eating come alive as a generative source of strength for life. Tastings will sweeten the workshop.

Inge Heine, Susanne Wegner

16. What do young parents need? Presentation of study results and joint exchange of views [\(DE/EN\)](#)

The influence of pregnancy on the future health of the child is great. Although ever more medical and physiological details on this important part of life are becoming known (e.g. the influence of parental stress on hormone production and brain development in the child), relatively little research exists on the expectations, anxieties, hopes and questions of expectant or young parents. In this workshop we will together work on the consequences arising from the presented study results with regard to the interdisciplinary care of children after birth as well as in the first three years of life.

Jan Vagedes, Tido von Schoen-Angerer

17. Inclusion and acceptance: working with parents and colleagues, cultivating a gesture of openness and warmth [\(EN\)](#)

New parents, new teachers feel tender, vulnerable and overwhelmed with newly-found love and an immense sense of responsibility for the task they are taking up. How do we create environments that create opportunities for parents and colleagues that support both the adults and the children? The first and foremost skill that we must develop to do this work is observation – without it, we are unable to move forward. We will work together over the three classes to weave these subjects together in ways that will develop and enliven our capacities to observe and to become more sensitive to new ways of bringing support to new parents.

Heather Church, Magdalena Toran

18. The body forgets nothing – Bothmer® gymnastics and Spacial Dynamics® [\(DE\)](#)

All our experiences continue to exist in our complex body memory. Thus our body gives us sensory tools to learn to know and understand ourselves better. A particular role here is played by difficult experiences in which we could not obtain as children what we would have needed to come to terms with them properly. Such experiences can later on lead to insecurity, emotional one-sidedness and hidden anxieties – which also reveal themselves in our actions as teachers or therapists. How can we become more aware of these connections? In many movement and perception exercises we will investigate how we can ensure a new balance. Please bring clothing that does not inhibit movement and gym shoes.

Matthias Lander

Workshops

19. Singing and music making for and with small children [\(DE\)](#)

Children sense the moods of adults very accurately. Thus they sense their calmness, assurance, optimism, confidence, their emotional warmth when the latter sing and make music for them. Small children are very open to and take pleasure in everything that sounds. This workshop will concern itself with music, particularly pentatonic music, with songs for small children, musical instruments and our own voice.

Monica Bissegger

20. The transition between family and the early childhood setting [\(EN/DE\)](#)

How can an attachment-orientated familiarisation process succeed that meets the child's insecurity and its curiosity? What helps to let trust grow and allays separation anxiety? As professionals, how do we foster the space within ourselves to develop inner qualities and emotional capacities to support the transitions for the young child? We will explore these questions through the lens of attachment research, artistic processes, professional exchange and reflection on our own practice.

Nicole Schreyeck, Mary G. Häuptle

21. Presencia: una envoltura que sostiene posibilitando confianza, seguridad y auto-nomia [\(ES/DE\)](#)

Un recorrido vivencial desde la comunicación en el los cuidados al despliegue de la motricidad autónoma y el juego en la primera infancia.

Presence: an envelope which supports and enables trust, security and autonomy

Using a variety of experiences, we will work on a path from communication in caring to unfolding movement and the joy in play in early childhood.

Silvina Fridman, Ignacia González Rena

22. Sensory experience and art as a source of strength [\(EN\)](#)

When you feel and know yourself, you can give confidence and warmth. Creative, courageous exercises for the joyful contact with your senses, and conversations about their relevance for the pedagogical everyday life.

Stefan Krauch, Hansjörg Palm

23. Building bridges between professionals and parents – supporting integration processes in the young child [\(EN/FR\)](#)

Since all of us know about the importance to create warm and supportive surroundings for young children – in our workshop we would like to concentrate on the essential part of lively relationships between caregivers and parents. We would like to explore together the possibilities and ways of creating a nourishing and warm atmosphere around the child. How can I build good contact with all the very different mothers and fathers? What is our common task?

Stefanie Allon, Lourdes Tomes

24. From man to father [\(DE\)](#)

Children are a gift from life to parents. At birth, it is not just a child that is born but lovers turn – into parents. Our understanding of parenthood today is fundamentally different from what it was even seventy or eighty years ago. In this workshop we will deal with the question of how the father in the newly born family can find their place and how good togetherness can come about.

Elke Steup

25. Cosmic origin and incarnation – modelling human embryonic development [\(DE\)](#)

Modelling human embryonic development can help us to understand this earliest phase of physical existence as the transition between the existence before conception and life on earth. Questions relating to our understanding of the human being, education and ethics can be considered on the basis of this artistically scientific basis of experience.

Jochen Brehme

26. When everything changes completely ... [\(DE\)](#)

What children in need of special care mean for parents and ourselves. Discussion forum for midwives, physicians, childcare workers and everyone else with an interest in the subject. Includes keynote presentations.

Christoph Stolzenburg

27. From movement to feeling from feeling to consciousness.

Eurythmy workshop [\(EN/DE\)](#)

In this artistic workshop we will investigate how we can develop true movement and perform a new social quality which serves as a basis for our work with the child.

Alexandru Bugnariu-Nicolae

Workshops

28. Einreibung for infants and young children (DE/SV)

Practical exercises for and demonstration of Einreibung. Here the four upper and lower senses are relevant in the communication with and care of the child.

Anette Beisswenger

29. Following and reflecting on the congress content for Korean colleagues (KO/DE)

Working on and deepening the congress theme on the basis of the lectures, focusing on practical implementation in everyday organisation.

Marie-Luise Compani

30. Acting intuitively out of perception of the child (DE)

Parents today are subject to a flood of information and promotions. How can we learn and teach reading the needs of children? Emmi Pikler always encouraged everyone to respect the skills of the child and thus strengthen their own initiative. Alongside aspects of the inner support for parents, we will also learn little gesture games and songs in the mood of the fifth by Wilma Ellersiek.

Birgit Krohmer

31. Being born into a world of media (DE)

How do media today change the circumstances for pregnancy, birth and early childhood? We are experiencing drastic changes in the relationship between parents and children through the use of new media. As early as the first wonderful moment after birth, this whole technical world intervenes through a "selfie with the newborn" or a flood of messages to "followers", not to mention the difficult to judge influences on the expectant mother and effects on the child before and after birth. How do perception, relationships and development (particularly sensory development!) change under these conditions? Observations, questions and perspectives on the protection of our unborn and born children will be considered in this workshop.

Karin Michael

Congress information

Registration

Using the attached form, please send your registration no later than 27 May 2020 by email, fax or letter to:

Goetheanum Empfang, Postfach, 4143 Dornach, Switzerland

Tel +41 61 706 44 44 / Fax +41 61 706 44 46 / tickets@goetheanum.org

Early bird congress fee (registration ***before*** 2 March 2020)

Normal price CHF 290

Reduced price CHF 240*

Students CHF 160

Ordinary congress fee (registration ***after*** 2 March 2020)

Normal price CHF 330

Reduced price CHF 270*

Students CHF 190

* *Reduced fee for care workers, midwives, pre-school teachers and daycare workers.*

Catering

Breakfast, lunch and evening meal can be booked separately from the congress ticket.

5x all meals CHF 125

3x breakfast CHF 45

Literature for preparation

Rudolf Steiner, GA 120, third lecture – *Manifestations of Karma*
(particularly paragraphs 27-29 relating to earliest childhood)

Rudolf Steiner, GA 303, seventh lecture – *Soul Economy*

The Child from Birth to Three in Waldorf Education and Child Care

(obtainable from the waldorfbuch.de online shop - ISBN 9781936849000)

Georg Soldner, Anthromedics (www.anthromedics.org/PRA-0625-EN)

Development and internalisation of the constitutional entities (members) of the human being in pregnancy

Information about the lecturers at the early years congress

The fields of activity of the lecturers will be presented on the website of the Medical Section at the end of January 2020. www.medsektion-goetheanum.ch

Congress information

Translation

All lectures will be simultaneously interpreted from the respective plenum language into *English, French, Spanish and German*.

Translation services

We are happy to provide simultaneous interpretation for our foreign guests if required. However, we count on your understanding that we can only financially arrange for such translation if the number of participants for a certain language group is seven or more; if fewer participants register for a particular language, you are requested to bring your own interpreter whom we will, of course, offer a free ticket for the congress.

Requests no later than 1 March 2020 to: tagungen@medsektion-goetheanum.ch

Donations to support the early years congress
(not to be used for remittance of the congress fee)

Allg. Anthropol. Gesell. / Med. Sektion / Raiffeisenbank Dornach
IBAN: CH53 8093 9000 0010 0605 6 / BIC: RAIFCH22
Purpose "KK 2020"

Med. Sektion / Förderstiftung AM / Volksbank Dreiländereck eG
IBAN: DE92 6839 0000 0000 9707 60 / BIC: VOLODE66
Purpose "KK 2020"

Booking Form

OKK

International Early Childhood Conference

The Dignity of the Child

Conference of the Medical Section at the Goetheanum

from Wednesday, 10 to Saturday, 13 June 2020

Application requested prior to: Wednesday, 27 May 2020

Please complete the booking form and mail, fax or email to:

Goetheanum Empfang, Postfach, CH-4143 Dornach

Fax + 41 61 706 4446, Tel. + 41 61 706 4444 email tickets@goetheanum.org

Please fill out in block capitals!

☐ Ms ☐ Mr

Name, first name _____

Billing address ☐ private address ☐ address of institution

if so, name of institution _____

Street, n° _____

Town _____

Postcode _____

Country _____

Phone/fax _____

Email _____

I need translation into

☐ English

☐ German

☐ French

☐ Spanish

Conference tickets without meals early booking until 2.03.2020

☐ CHF 290 regular price ☐ CHF 240 with concessions¹ ☐ CHF 160 students² ☐ 450 with sponsorship³

Conference tickets without meals from 2.03.2020

☐ CHF 330 regular price ☐ CHF 270 with concessions¹ ☐ CHF 190 students² ☐ 450 with sponsorship³

Meals (2x lunch, 3x evening meal) ☐ CHF 125

Breakfast (3x) ☐ CHF 45

Food intolerance

☐ Gluten

☐ Lactose

Creating the mood for the day (8-8.30h) ☐ Eurythmy ☐ Singing ☐ Bothmer® Gymnastics

Workshops

1st choice, n° _____ 2nd choice³, n° _____ 3rd choice³, n° _____

Parking at the Goetheanum

☐ Parking permit: CHF 21

Insurance

☐ Cancellation insurance (5% of the total costs, CHF 10 minimum)

See cancellation conditions in the General Information

Payment methods

☐ on invoice (only Switzerland and Euro zone)

Credit card (all countries)

☐ Visa

☐ MasterCard

Card number: ____ / ____ / ____ / ____ Expiry date: ____ / ____

I agree to the terms of payment and cancellation.

Place, date, signature

¹ For care workers, midwives, pre-school teachers, daycare workers, OAPs, the unemployed and people with disabilities who receive benefits.

² For students, schoolchildren, those in training, military or civil service. Proof of status has to be submitted with the booking form.

³ Should you be in a position to pay an additional amount, this would help to cover the costs of the conference and support the work of the section.

⁴ When registering, your first choice is no longer open, is cancelled or will be cancelled, your second and third choice will be taken into account. If your first, second or third choice is full, we will try to contact you. Please look for updated information at the start of the conference.

General Information

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Regular price:	CHF 290	with meals: 415 CHF
Concessions ¹ :	CHF 240	with meals: 365 CHF
Students ² :	CHF 160	with meals: 285 CHF
With sponsorship ³ :	CHF 450	with meals: 575 CHF

Conference tickets without meals from 2.03.2020

Regular price:	CHF 330	with meals: 455 CHF
Concessions ¹ :	CHF 270	with meals: 395 CHF
Students ² :	CHF 190	with meals: 315 CHF
With sponsorship ³ :	CHF 450	with meals: 575 CHF

Conference meals

Conference meals (vegetarian with dessert) include 2x lunch and 3x evening meal at CHF 125 in total and they can not be booked separately. Breakfast (3x) can be booked separately at CHF 45. Lactose-free and gluten-free dishes can be provided. Lactose-free and gluten-free dishes can be provided. We regret that any other food intolerances cannot be catered for.

Parking permit

For the period of the conference: CHF 21 (not right next to the Goetheanum building). If you have a disability, please display your disability badge in your car.

Methods of payment/confirmation

On receipt of a group application, the respective institution will receive the account for the group. Subsequent bookings can only be applied for and paid on an individual basis.

Credit cards (all countries): The full amount will be charged to your credit card as soon as your booking has been processed. You will receive postal or email confirmation of your booking and payment.

Invoice Switzerland: Confirmation of booking and an invoice will be sent to you once your booking has been processed. Please note that we only send out invoices up until 10 days before the beginning of an event. After that, payment is only possible by credit card or on arrival.

Invoice Eurozone: Confirmation of booking and an invoice will be sent to you once your booking has been processed (Euro account). Please note that we only send out invoices up until 14 days before the beginning of an event. After that, payment is only possible by credit card or on arrival.

Other countries: Once your booking has been processed you will receive a confirmation by post or email. The amount due will either be charged to your credit card or you can pay on arrival. Bank transfers are not possible.

Please note that the conference fee must be paid before the conference starts.

Conference tickets: Tickets can be collected at the Reception until half an hour before the conference starts, also if you pay on arrival. We accept cash (Euro and CHF), VISA, MasterCard, ec-direct and Postcard-Schweiz.

Cancellation: Bookings may be cancelled free of charge up to 14 days prior to the beginning of the conference (27.5.2020, date of posting). After that, 50% of the conference fee will be charged. Meals, breakfast and parking permit may be cancelled free of charge up to 1 day prior to the begin of the conference (9.6.2020). Cancellation on the day when the conference begins or failure to attend are subject to an invoice of the total of 100%. Substitutes will be accepted at no extra cost.

Cancellation insurance: Subject to a payment of 5% of total costs (CHF 10 minimum) full cancellation insurance can be taken out to cover illness (including dependent children and partner), job loss and force majeure. Terms of insurance can be downloaded at: <https://www.goetheanum.org/en/events/informations/>

Data processing: All data will be electronically recorded and filed and not passed on to any third party.

Terms and Conditions will be sent on request or can be accessed online at

<https://www.goetheanum.org/en/events/informations/>

The Biannual events magazine (Pdf-Download) can be found also there.