



Pregnancy, birth and early childhood
International Early Childhood Congress

The dignity of the child

15 to 18 June 2022 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

Dornach, September 2021

Dear Colleagues,

Always when we have a sense of insecurity and fear, the danger is greatest that we will lose precisely the gaze that Matisse reminds us of in this short sentence. Yet taking account of the perspective and needs of the small child are so crucial for the world of tomorrow. The child in this phase of life is as open as a sensory organ, all impressions "trickle" deeply into them and are formative.

It is becoming increasingly clear how strongly the maternal experience and the professional support during pregnancy and birth affect the child. In the first phase of life, the parents have the greatest influence on the child. For us as educational and medical professionals, it is important to always be aware of this and to work accordingly.

Many parents are searching anew for their path and the longing for inner security and a meaningful context for the big questions makes itself felt. Parents at the beginning of their journey are very exposed, vulnerable and often insecure. But one of their characteristics is also that – as described by Matisse – they suddenly rediscover the world as if through the eyes of their child.

- What skills do we professionals need in order to avoid shutting down this space of wonder with hasty routine and the corresponding answers, and instead to support the great opportunity of change in parenthood?
- How do we inspire parents to give their children the right tools for their healthy development and for the challenges of the world of tomorrow?
- How do we succeed in making space for the resilience-creating factors of attachment and security and actively promote them from the very beginning?
- How can we reduce anxieties, strengthen confidence and enable the experience of self-efficacy?

The early phase of life is shaped to a very great extent by the *mood* of the people who form the surroundings at the beginning. The Covid-19 pandemic has particularly affected parents and children all over the world and has made us even more aware of the importance of protecting this phase of life. Therefore the CARE¹ working group of the Medical Section (Pregnancy, Birth and Early Childhood) has also launched the campaign "Here you can thrive". Our attention belongs to the child and we protect its developmental space.

We are delighted that, in all likelihood, it will be possible in 2022 for us to meet internationally at the Goetheanum, share our experiences, strengthen our relationships, and work together on central questions about the healthy development of the young child. Please also mention the conference to people from other professional groups around you who are interested in this topic.

We have reorganised the 2022 programme so that the two lunches are a fixed part of it and are included in the conference fee. We would like to use these meals together as a meeting place for the different professional groups and nationalities.

For the preparatory group of the CARE I¹ working group, the Medical Section and the Pedagogical Section.

Ina von Mackensen

Working Group for the child
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 arts 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, 15 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 Philipp Reubke

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

Optional with shortened 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, 16 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

20.15–21.30

Artistic conclusion and terrace party

Friday, 17 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

Warmth and envelopment in togetherness
*Lecture by Michaela Glöckler, Karin Michael,
Cristina Meinecke*

10.30–11.15 Coffee break

11.15–13.00

Workshops

13.00–14.45 Lunch break

Optional with shortened evening 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 and
Ina von Mackensen*

18.45–20.15 Evening break

20.15–21.30

Eurythmy "Everywhere is Blue"

Goetheanum Eurythmy Ensemble

Saturday, 18 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

Self-regulation of the adult (EN)
*Lecture by Michaela Glöckler, Katharine
Scharff*

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 "WonderWorldsGerms"

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

*** «Hans im Glück» puppet show**

Fairy tale from the Brothers Grimm.
Contribution to costs: CHF 10,
limited seating

–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?

Justine Büchler, gynaecologist; gynaecology, obstetrics, practice, Dresden (Germany)

Johanna Huenig, midwife; obstetrics, midwifery training, Dresden (Germany)

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

During pregnancy and birth, the unity of mother and child can become unbalanced for individual reasons. Not infrequently this requires therapeutic and medical help. A holistic approach, as offered by integrative anthroposophical medicine, can help to overcome the symptom in the sense of a transformation process. We would like to invite you to self-experience using case studies of three common problems (hyperemesis gravidarum, premature labour and induction of labour) - with practical exercises from painting therapy.

Bernadette Gollmer, art therapist; painting therapy support during pregnancy, Rüti (Switzerland)

Anemone Maria Hedtstück, assistant physician; gynaecology and obstetrics, Dornach/Basel (Switzerland)

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, trainer in primary education; child care, lecturer, consultant,

Arlesheim (Switzerland)

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, social worker; infant care, specialist consultant, Pikler lecturer,

Siegen (Germany)

Workshops

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, vital eurythmist; coaching, courses, lecturer, Hamburg (Germany)

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, social education worker and Pikler lecturer; infant care, specialist consulting, training, Marburg, Frankfurt (Germany)

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, social worker; early intervention, parent counselling, lecturer, "der-hof" educational and therapeutic centre, Frankfurt (Germany)

Julia Grebner, midwife; parent counselling, lecturer, Schwifting (Germany)

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, kindergarten and school physician, Berlin (Germany)

Bettina Lohn, specialist in paediatric and adolescent medicine, Arlesheim (Switzerland)

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, specialist in paediatric and adolescent medicine; paediatric consultation, neonatal care, psychotherapy, Havelhöhe Community Hospital, Berlin (Germany)

Cristina Meinecke, special needs teacher; course leader, parent counselling, director of Emmi Pikler House, Berlin (Germany)

Workshops

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, specialist in paediatric and adolescent medicine; lecturer, author, coordinator, Dornach (Switzerland)

11. 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, paediatrician at the Children's Therapeutic Centre, Zeist (The Netherlands)

Lonneke Winters, speech therapist, SI therapist at the Children's Therapeutic Centre, Zeist (The Netherlands)

12. 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, nurse; breastfeeding counselling, parent counselling, course leader at the Filderklinik Hospital, Filderstadt (Germany)

Susanne Wegner, early years teacher; parent counselling, Merzhausen (Germany)

13. 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, specialist in paediatric and adolescent medicine; teaching, research, Clinic/Filderklinik Hospital, Filderstadt (Germany)

Tido von Schoen-Angerer, specialist in paediatric and adolescent medicine; practice, research, WHO adviser, Avusy (Switzerland)

Workshops

14. 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.

Lynn Turner, WECAN I.D.E.A. co-coordinator, early childhood education program director and core faculty, Great Lakes Waldorf Institute, new adult education, Maryland (USA)

Leslie Wetzonis Woolverton, WECAN I.D.E.A. co-coordinator, WECAN early childhood research group, Sound Circle Center for Arts & Anthroposophy core faculty, new adult education, Maryland (USA)

15. 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, Bothemer® and Spacial Dynamics movement therapist; movement and drama therapy Lahnhöhe Hospital, guest lecturer Alanus University, Frücht (Germany)

16. 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, music therapist at the Filderklink Hospital, lecturer, Filderstadt (Germany)

17. Familiarisation in intercultural dialogue (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, social education worker and trainer in Waldorf education, Mannheim (Germany)

Workshops

18. 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, Educadora Waldorf; Docente Pedagogía Primera Infancia, Stuttgart (Germany)

Ignacia González Rena, Educadora Waldorf; Docente pedagogía primera infancia nivel Inicial y Superior, Buenos Aires (Argentina)

19. 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, teacher and artist; early intervention, parent counselling, training, "der-hof" educational and therapeutic centre, Frankfurt (Germany)

Hansjörg Palm, artist; senses, visual arts, experience fields, Freiburg (Germany)

20. 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, Waldorf preschool teacher and lecturer in early childhood education, Kiriath Tivón (Israel)

Lourdes Tormes, Waldorf preschool teacher and member of the IASWECE Coordination Group, Madrid (Spain)

21. 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, sculptor; art, research, teaching, lectureship at Alanus University, Bornheim (Germany)

22. Cancelled

Workshops

23. 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. Please bring eurythmy shoes with you.

Alexandru Bugnariu-Nicolae, eurythmy therapist; stage eurythmy, eurythmy teaching, eurythmy therapy, Brasov (Romania)

24. Einreibung for infants and young children (DE/EN)

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, graduate (diploma) nurse; anthroposophic nursing, craniosacral therapy, Dornach (Switzerland)

25. Cancelled

26. 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, Waldorf preschool teacher and eurythmy therapist; specialist counselling, lecturer, council member of the German Association of Waldorf Kindergartens, Freiburg (Germany)

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

How are media changing the conditions of pregnancy, birth and early childhood today? We are experiencing drastic changes in the relationship between parents and child through the use of new media. Already in the first wonderful moment after birth, this whole technical world breaks in through a "selfie with newborn" or flood of news to the "followers", not to mention the hardly measurable influences on the pregnant woman and effects on the child before and after birth. How do perception, relationship and development (especially sensory development!) change under these conditions? Observations, questions and points of view on the protection of our unborn and born children are to be moved in this working group.

Karin Michael, specialist in paediatric and adolescent medicine; paediatric consultation, school physician, training, Herdecke Community Hospital (Germany)

Workshops

28. Birth preparation – cooperation between midwife and doctor (DE)

How can birth preparation, both in the consultation and in the course, be organised in cooperation between midwife and doctor for the benefit of mother, child and family? How can midwives and doctors work together for the benefit of mother, child and family? How can anthroposophical points of view on the topics: Birth, puerperium and the unborn with the necessary current information? How can the expectant father be integrated? Concepts and exchange of experiences from many years of clinical everyday life.

Angela Kuck, gynaecologist and obstetrician; pregnancy and birth care, lecturer, Zurich (Switzerland)

Maya Schlegel, managing midwife; pregnancy and postnatal care, obstetrics, Zurich (Switzerland)

29. Cancelled

30. Trust, wonder and respect as an antidote for fear (DE/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?

Philipp Reubke, Waldorf kindergarten teacher, Co-director Pedagogical section at the Goetheanum in Dornach (Switzerland)

Congress information

Registration

Using the attached form, please send your registration no later than 27 May 2022 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** April 17, 2022)

Fees inclusive lunch! on 16 and 17 June

Normal price CHF 340

Reduced price CHF 280*

Students CHF 200

Ordinary Congress fee (registration **after** April 18, 2022)

Fees inclusive lunch! on 16 and 17 June

Normal price CHF 380

Reduced price CHF 320*

Students CHF 240

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

Breakfast and evening meal

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

3x evening meals CHF 75

3x breakfast CHF 45

Registration of institutions

If you would like to register with 6 employees or more from your institution, we can offer a reduced conference price. For more information and to register, please click on the following link:

[Registrations of institutions](#)

Congress information

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

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 2022 to: conferences@medsektion-goetheanum.ch

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

Allg. Anthrop. Gesell. / Med. Sektion / Raiffeisenbank Dornach
IBAN: CH53 8093 9000 0010 0605 6 / BIC: RAIFCH22
Purpose "KK 2022"

Med. Sektion / Förderstiftung AM / Volksbank Dreiländereck eG
IBAN: DE92 6839 0000 0000 9707 60 / BIC: VOLODE66
Purpose "KK 2022"