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# RACHEL TAPPING

IN-HOUSE TRAINING - WORKSHOPS - SAND KITCHEN

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# IN-HOUSE TRAINING

## OBSERVATION & SELF-REFLECTION

Your staff are a hugely important asset. Each person brings their own unique set of experiences and learning, but at the same time, however qualified and experienced, we also bring our baggage.

We are all influenced by our upbringing and life experiences and our instinctive behaviours are driven by those. However knowledgeable we are, it's very hard not to slip into negative, judgemental language if we find ourselves triggered by children's behaviour.

Working with the Pikler approach in mind and years of implementation and practise, I can help you and your staff to take steps towards being the best that you can be for the children in your care, bringing more peace, joy and satisfaction to the crucial work that you do.

There are many aspects to childcare, not least of which are the three main topics that I look at when I come into your setting.

## THE IMPORTANCE OF PLAY

This is a great place to start. Play is the work of the child so it's important to have a deep understanding of how children use play - for learning, for processing and for motor development, amongst other things.

In a play session, participants are given the opportunity to experiment for themselves, ask questions, and delve deeply into various aspects of play, including setting up the environment, supporting independent, self-chosen play, and the different stages of play during early childhood.

Find out how this can improve outcomes for children and staff alike.

## IN-HOUSE TRAINING - CONTD.

### SPEAKING AND LISTENING

How does it feel to be truly heard?

As an adult, do you feel like your partner or best friend really listens to you? Isn't it wonderful when someone is able to say, in so many words, 'I hear you. You're finding that difficult.'

Children need to be heard too. Deeply, truly heard. Whether it's a crying baby or an excited toddler. Having our distress truly noticed or our joy properly acknowledged, confirms to us that we are valued.

This topic looks at communication - between child and adult, adult and adult, child and child. With experiments and discussion, we learn about empathy, acknowledgement and non-judgement. It's powerful stuff and can really transform your relationships from battles of will to cooperation and partnership.

Helping children to understand that they have value, even when they can't do what they want to in the moment, is key to helping them learn how to learn, how to make friends and, perhaps most importantly, that it's ok to make mistakes, ask questions and say NO.



### WHAT DO WE MEAN BY CARE?

Being a professional carer in a nursery or daycare setting means caring for several other human beings, all at once.

It's a wonderful vocation and one that is not always valued in society in general.. Caring for others, especially if they're small and dependent, can drain our resources if we're not careful so in this element of training we take a look at how to create balance in life, making caring more meaningful and experience richer.

Caring for yourself in the workplace allows you to care more deeply for others, both at work and at home. With more experiments and discussion, we look at your questions and challenges, finding different ways to use our time together with the children to let them know we care, whilst preserving some time and energy for ourselves and other tasks.

Using care moments such as nappy changing, feeding, washing, and changing clothes to connect and bond with the children in your care, you free up time for the child to play freely and for you to attend to other things. It's a little bit like MAGIC!

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If you'd like to know more about the Pikler approach, please go to the Pikler UK Association website at [pikler.co.uk](http://pikler.co.uk).

If you'd like to talk about bespoke training for your setting, please email me at [rachel@firstplaytime.co.uk](mailto:rachel@firstplaytime.co.uk) or via my [contact page](#).

# PARENTING COURSE

## FOR PARENTS & LITTLE ONES

**This course is designed for busy, possibly a little overwhelmed parents who are trying to give little ones the best start in life whilst juggling work and family.**

Do you ever feel like you're putting all your energy into parenting and your job but you're not getting any quality one-to-one time with your little one or for yourself?

When you're multi-tasking - juggling these very important everyday tasks - it's easy to get stuck feeling exhausted and blue. The good news is, you can turn this busy life of yours into a less exhausting, more fulfilling one with just a bit of a shift in mindset and understanding.

I help parents who feel overwhelmed and exhausted to finally understand that you CAN be good enough at it all, if you just start focusing on one basic thing.

If you're finding the going tricky and know you can do more but you just need some guidance, empathy and a bit of support, I can help. We'll look at three main areas of parenting together and make big things happen for you and your family.

Maybe you've already tried mindfulness or meditation. Well, this is a little different. During our 5 or 6-week course, you and your little one will get the benefit of more than 12 years experience, a safe space so you can feel supported, like-minded others to share the journey and, perhaps most importantly, this innovative, common-sense approach to balancing your child's needs with your own.

***'I'm so glad I attended this course, it was a rare opportunity to openly discuss all the challenges that parenting can bring in a place that was completely free from judgement. By having the children present, it also offered invaluable insight into how, as a care-giver, I can keep my child safe and happy whilst simultaneously doing something that benefits me.'***

**Katie**



## THE SAND KITCHEN

It all started when I went to Berlin for three days of training in a wonderful studio run by a physiotherapist and Hengstenberg practitioner, Anja Werner.

During my stay, we went to visit the Strandgut - a former shop that is dedicated to sand play and was the inspiration of Ute Strub, physiotherapist and movement specialist.

Soon after that, I met Ute, an extraordinary woman who has dedicated her life to helping parents and professionals understand the importance of free, self-chosen play and free movement development. Ute's delightful enthusiasm for her work and life is contagious and I have been inspired to work with her whenever possible since then.

During a weekend of Pikler training in the UK, when Ute was teaching a group of enthusiastic practitioners, parents and health professionals, I got to see the sand play experiments in action and so the seed of an idea began to grow.

The Sand Kitchen is that idea finally coming to fruition. So far, I've shared this with a nursery and with families in Newbury, West Berks, where I did my first sand play pop-up shop.

If you would like to introduce Ute-style sand play to your setting, please get in touch. I can run a training session for your staff and help you understand the benefits this could bring.

And why not host the Sand Kitchen as part of an open event?



# THE SAND KITCHEN

## INDOOR SAND PLAY

Children love to pour, sieve, mix and feel sand.

In the Sand Kitchen, anything goes when it comes to sand play - except throwing it, of course! The sand provided is soft, fine and beautiful to handle, encouraging creative and imaginative play in young children.

The space is filled with all sorts of bits and pieces for the children to experiment with. It's a kitchen, a laboratory, a play space.

It's really up to them to choose, and for parents and carers to watch and wonder.



# ABOUT ME

I'm Rachel Tapping, and I've been running parent-child groups since June 2006. In the past few years, I've added courses and workshops to my offerings and all my work is designed to support parents and professionals in caring for their very young children.

I'm a mother to three children, now in their teens and twenties. Parenthood hasn't always been easy and I've had many personal challenges along the way. My experiences and my discovery of the Pikler approach to childcare have led me to the work I do today.

From 2011-14, I was privileged to attend the first Basic and Practice Guidance Level Pikler Training held in the UK.

This was hugely inspirational, leading to the start of a new model of groups focused on bringing the work of Dr Emmi Pikler to parents and professionals alike.

In recent years, these groups have developed into courses and workshops. I have also spent time training and working with German physiotherapist and Pikler teacher, Ute Strub, leading to even more inspiration to share with those with whom I work.

Ute's Strandgut in Berlin is the model for The Sand Kitchen and her work on movement and on awakening the inner child has been really important in my own continuing self-development.

I currently hold the position of Chair of the Pikler UK Association, which is a great privilege. As an association, we are working to create greater awareness of



the Pikler approach throughout the UK and Ireland and we host trainings, workshops and conferences for professionals and parents.

Whilst there are many pedagogies now popular in the UK, it's clear to me that the Pikler approach not only blends well with almost all other approaches, but is the benchmark upon which all others could be placed.

Fundamentally, we need a shift towards a model of respectful care for the very young child in all settings. My hope is that the work I do might contribute to that shift in some small way.

If you'd like to join me on this mission, let's talk and find out how best to take the next steps towards your setting becoming a model for the **future wellbeing of all children.**



FOR MORE DETAILS ABOUT WORKING WITH ME

Call - 01635 762195

Email - [rachel@firstplaytime.co.uk](mailto:rachel@firstplaytime.co.uk)

Web - [www.firstplaytime.co.uk](http://www.firstplaytime.co.uk)



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