

## **Tvorivé stretnutie pre rodiny s deťmi so špeciálnymi potrebami – Bratislava, september 2013.**

### **Reactions of parents:**

#### **Question 1:** How did you feel in the meeting?

*Martina, mother of Tomas:* Very pleasant, thanks to nice and open people and pleasant space.

*Tana, mother of Zinka:* We felt great. I was going to people I already knew (at least some of them), so that was easy for me. As between friends, very pleasant. Martin, my husband, was a little afraid – he imagined that he will have to sit and follow the lectures, he was also afraid that it will be too esoteric (what he does not like), so than he was visibly relieved and even came the second day. And our daughter Zinka was very happy. Walburga made a perfect program for her. Zinka was never bored and felt very fine. I was a bit afraid that she will be exhausted and tired, but she coped with everything very well.

#### **Question 2:** Where do you see contribution of this meeting (getting new information, social aspect ...)?

*Martina, mother of Tomas:* Getting new information and getting to know people who are in Babyfit team, experiencing the philosophy of BMC, a contact with the parents we have so much in common.

*Tana, mother of Zinka:* I learned some new information about BMC and its principles (thanks for the written materials we got at the beginning). Very interesting for me was to see how the other practitioners work with Zinka. Similar what Anka does and different in the same time. And even more – I had opportunity to see practitioners working with other children. This was very special for me – I think also us, parents of our children should have the opportunity to see the experience of work with the other children, not just ours. The same for you as the specialists of BMC. I imagine it could be inspiring, but in practice I do not have a concrete proposal. I was really glad that I could be in this meeting. It would be great if we could meet again the families we met at the meeting – I hope that it will happen with your help.

#### **Question 3:** Which principles of our work you find the most interesting?

*Martina, mother of Tomas:* Observing of own body, its reactions on stimuli, touch, its communication with stimuli, touch.

*Tana, mother of Zinka:* I found very interesting the true respect to our children. Focusing, tuning into the child, perception with a whole being. All, who worked with children, are definitely very sensitive and talented. That is not something, you can learn.

#### **Question 4:** Some other observations?

*Martina, mother of Tomas:* I found interesting our own movement exercises. I am pregnant now, so I experienced „different“ perception of my body through closed eyes. My body I perceived as strange, not mine, sometimes I could not predict its reactions, thanks to closed eyes my brain was learning and reacted on change of a centre, gravity, weight of the body. It was new experience for me and now I can better imagine how the communication in the body works when own communication brain-body is still in development or is not working as it should.

*Tana, mother of Zinka:* I would need to know more about the principle „you should not put a child to the positions, where she can not get by herself“. Thomas explained this a little in our meeting, but as I was visiting IDME class about brain development ... I have to get back to this. I feel a little lost in it.

I offer BMC and Bobath concept to Zinka. They are in a contradiction in this matter. And in the same time both approaches are doing so good to her. Zinka enjoys Bobath therapy very much, she enjoys support she is getting to get her „higher“, she even shines. It is very noninvasive and smooth, so it looks as she would move by herself – she still needs that support, but less and less.

For the future, I would be very interested in the topic of coordination eye – hand – mouth and eye – leg – mouth.

*Reaction of Vladimira, mother of Dorotka:*

Time is passing by and we still talk with Dorotka about the meeting every day at home. It was great – pleasant atmosphere, beautiful energy, special people.

For me as a mother it had a huge importance in fact, that there is a way, a method, which can connect an upper part of the body with a lower one, what I was missing in previous exercises. I was talking to the different therapists about that, but they always said to continue in the exercises but I haven't seen any connections. So I started to doubt about myself. Usually who looks for, he finds – so I am really looking forward to our cooperation and a next meeting.

That was very positive that children were so fine, relaxed and you worked with them according to their needs and an actual state.

What Carla was doing with Dorotka on the floor was amazing, Dorotka was explaining me that there was something walking inside of her body, she was very relaxed after that and even was sleeping with the wide opened straight legs and the wide opened arms. She is asking, when we will meet again.

I think that perception and consciousness of our own body is the most important, because through a physical exercise we can do a lot, but it is more than mechanical. The most important is to feel the movement and learn to control our own body.

I thank very much that I could be part of that meeting, we brought home peace, the answers, the advices, which we were looking for and memories of you!!!!

Dorotka sends many greetings to Andelicka with stripes (Angelika), smiling Anka, big Thomas, singing Gloria and of course her friend Carla and Hungarians.