

# Understanding Developmental Milestones & Baby Handling Skills

Course leaders: Helen Terentjev and Hilary Percival CPD hours: 8

21 January 2023, 9am-5pm (coffee and registration 8.30-9am)  
Queens' College, Cambridge CB3 9ET

This is a base-line training for understanding postural development and the importance of achieving quality milestones for our future optimal functioning later in life. This is an intense and mostly practical 1-day course.

We will go through stages and principles of development, from supine and prone: rolling, sitting, creeping, standing and walking, and prehension with specific focus on stabilising system of the spine: core stabilization at rest and during movements, role of respiratory diaphragm, breathing stereotype and pelvic floor. We will focus on recognising ideal and compromised patterns of motor development - precursor, purpose, contribution to development of higher level of skill for each key behaviour. Participants will work with each other to evaluate the quality of our own movement patterns and understand functional assessment and treatment approaches.

Baby Handling Skills to aid the optimal development and support osteopathic treatment. We will be practising on dolls all main holding and transfer positions, dressing-undressing routine, tummy time etc, relating them to cases we see in practice. Where possible we will try to bring a patient to demonstrate our reasoning and approach.

We will study:

1. Becoming human-evolution to upright posture: stages and principles of development from supine, from prone, and prehension
2. Infant diaphragm and pelvic floor. Test your understanding – Practice
3. Utilisation of the understanding of the above in osteopathic practice, Q & A (revision in practice)
4. Baby handling skills - do's and don'ts. Test your understanding – Practice

Eligibility:

- You must be a registered osteopath who treats children and regularly uses 'cranial' as a mode of treatment.
- You must hold full professional indemnity insurance, which covers you for studying in England, and it must be for the full duration of the course. We cannot accept any osteopath who is not adequately insured.
- Part of the course is practical sessions where you will be expected to be a model. We will give you a form to fill, which you should complete and send back ahead of the course. This form will be shared with course tutors, and either returned to you after the course or shredded at the end of the course.
- As we will hope to have some children on the course, you must hold a current Enhanced DBS certificate (last three years). Please provide a copy with your booking form.

Cost £150.

Should you need an overnight accommodation, please enquire as soon as possible: we might be able to obtain it at the college.

We would appreciate if you could bring a yoga mat, if you can. Please wear comfortable clothing as we will be doing some floor work and some osteopathy too. If you have a practice 'baby doll', it can be useful for practising handling techniques (although we have a number of dolls).

# Booking Form for Smart-Growing Courses

**Course: Stabilisation in a sagittal plane - The first four and half months**

Course date: 21 January 2023  
Your name: .....  
Address: .....  
Telephone: .....  
E-mail: .....  
Lecture weekend, lunch and refreshments £150

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Please confirm that you are an osteopath and  
are appropriately insured and that you have a DBS certificate: YES / NO

Return the form to [courses@smart-growing.uk](mailto:courses@smart-growing.uk) and we will send you the invoice.