

UPDATE ON ACTIVITIES IN GERMANY, 2022



EIN STUDIEN TAG FÜR DIE SEELE
Stressabbau durch Positive Interaktion in KiTa und Krippe

DAS ANGEBOT
Ein Studientag für die Seele
Stressabbau durch Positive Interaktion in KiTa und Krippe (8 Stunden)

AUSGANGSPUNKT
Kinder brauchen Co-Regulation wie die Luft zum Atmen. Wer diesen Grundsatz beherzigt, hat den Roten Faden in der Hand, um dem Stress-Tunnel zu entkommen.

INHALTE
Stress ist nicht das, was uns passiert, sondern das, wie wir darauf reagieren.
Das Resilienz-ABC:
Achtung: Stressoren (Stress-Auslöser) erkennen
Beruhigen: Sich selbst regulieren
Co-Regulation anbieten

ZIELSETZUNG
Das WinWin der Co-Regulation verstehen und anwenden, damit aus Krisen Chancen werden.

METHODIK
Inspirierend: Neuro-Eduktion
Informativ: Präsentationen
Anschaulich: Videosequenzen
Eindrücklich: Aha-Übungen
Praktisch: Impulse für den Alltag



During the year 2022 Rita focused on establishing new cooperations and making plans for ICDP training to take place in 2023.

In 2022, one of the two leaders of the “Kinderhaus Frech Daxe” quit and the whole Impulse management was changed and thus ICDP lost its previously established supporters. During these changes in the Kinderhaus, the 50 staff continuously expressed their wish to keep on working with ICDP - in the organizational turmoil, ICDP was a kind of anchor for them. Thus, Rita Crecelia made an offer to train their teams individually in order to establish ICDP in their daily routines. The training includes 5 meetings every 2 weeks to start with, and one meeting every 3 months for the ongoing support/supervision. The ICDP work will take place throughout the whole year of 2023, in order to train all the 5 teams. The schedule with concrete dates was established, but by the end of 2022 the financial aspects had not yet been approved by their board of directors. The plan is to start in February 2023.

Other plans for 2023 include the following:

ICDP training will continue for staff in the St. Thomas day-care in Hildesheim.

There will also be training of 45 caregivers working in the Kinderhaus Sternchenn Nursery for children 0-3 years, situated close to Stuttgart. Kinderhaus Sternchenn are linked to Impuls: <https://www.e-impuls.de/sternchen-sindelfingen/>

Cooperation was also established with two new institutions who had shown interest in ICDP and this training work will also start in 2023:

-One is a training academy for caregivers of people with special needs: <https://www.akademie-fuer-rehaberufe.de/akademie/>. There will be a kickoff-event in April followed by two workshops in June.

-The other institution is “Landesvereinigung Gesundheit & Akademie für Sozialmedizin” in Hannover.

It is a large institution concerned with health issues in Niedersachsen: <https://www.gesundheit-nds.de/>. They are running a project aimed at sustaining the health of caregivers in day-cares, as caregivers have been working under increasing pressure. Rita Crecelius made contact with the leader of this project, Mrs. Maasberg, who invited her for a presentation in May and this will be an opportunity to establish contact with more day-cares.

In May 2022, Rita wrote an article about the value of sensitive caregiving for keeping the pedagogical professionals healthy. Mrs. Maasberg put this article in full in her Newsletter [Rundbrief des Netzwerks KiTa und Gesundheit | Landesvereinigung für Gesundheit und Akademie für Sozialmedizin Niedersachsen e. V. \(gesundheit-nds.de\)](https://www.gesundheit-nds.de/Newsletter)