

CHART A COURSE

Move forward with play learning

Course The magic of movement.

Movement may be vital for adults, but it's even more important for children whose cognitive, perceptual, social and communication skills are all linked to this facet of development.

"Movement allows a child to explore their world, to play, to problem solve and to communicate. Without movement, learning is limited," the workshop manager at Learning Links, Kate Whitney, says.

"Recent research has also shown that psychological problems can be secondary to motor problems, resulting in low self-esteem and high levels of anxiety and depression as the child grows."

This short evening course for parents and early-childhood professionals provides practical, affordable play-based strategies for home and day care, to encourage and support movement activities.

Emphasis is given to working with children with special needs.

"We discuss the more subtle 'red lights' that can indicate an underlying movement problem, along with the most common motor difficulties and the activities that can help address these," Whitney says.

Duration 2½ hours.

Time Evenings, usually 6-8.30pm.

Where Various locations in Sydney.

When March and November.

Link learninglinks.org.au.

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