Cleansing

Gently cleanse the body and admire the soft, rosy skin Let the beautiful

appear

Nurturing

Prepare food with joy and appreciation

Give something

Uprightness

Be an upright example

Allow independence and initiative

Affirming

Name things during body care - word and deed match

Everything has meaning - we just need to discover it

Awakening

Give each other time

Marvel with the

child

Challenging

Practice rhythms and good habits

Formulate ageappropriate expectations

The twelve nursing gestures

Stimulating

Surround your child's body with clear water, fresh air, mild sunlight and warmth -

Choose toys consciously and age-appropriately

Balancing

Provide for a rhythmic lifestyle

Alternate between being alone and together, activity and quiet

Relieving

Carry the child on your body

Take responsibility - be gentle and lenient

Protecting

Set up a secure environment. Avoid sensory overload (no computers, TVs, smartphones)

Creating order

Create structure in space and time

Allow space for the child to shape things, too

Enveloping

Ensure warmth

Build a nest foster a feeling of security and community