

Less is more



Natalie Rehm Walking – Talking – Thinking

[Gehen - Sprechen - Denken]
How babies develop on their own – Fundamentals for early childhood development – From infancy to 3 years

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Natalie Rehm, born in 1971, is a certified child development professional focussing on early childhood. She went through the SAFE® Mentor Training with Professor Karl Heinz Brisch (Secure Education for Parents). Since 2011 she has worked independently as a course and group leader for parents-to-be as well as for parents of infants and toddlers. She also offers child-raising counselling for young families, gives lectures, and offers advanced education courses for parents as well as education and medical professionals.

Walking, talking, thinking: these are the most important developmental abilities that babies achieve in their first three years of life. Yet despite the many support measures for preschool and school children, deficits in early childhood development are still common: babies have trouble holding their heads up, toddlers stumble when they try to walk.

In this foundational work, the professional parenting counsellor Natalie Rehm provides parents with practical guidelines on how they can best help their children to develop their full potential. Yet it is crucial that babies from an early age develop on their own, and this natural process, even with the best of intentions, must not be controlled or even accelerated from the outside.

For example, it is actually more of a hindrance to development when parents sit babies up, or stand or hold their toddlers to help them learn to walk. What babies need is to have full freedom of movement and plenty of space. For language development, it is best to establish communication with babies right from the beginning, and when talking with them it is best to use complete sentences and the correct words instead of baby talk. A stable parent-child relationship and the parents' strong trust in the abilities of their children also play an essential role in ensuring that children develop optimally.

- Comprehensible fundamental work on the development of movement, speech, and cognition
- Practical thematics on how parents can best support the

natural development of their children ages 0–3

- Unique approach: the development of walking, talking, and thinking in children is inborn
- The important development stages clearly presented by the numerous photographs
- Based on the developmental models of Emmi Pikler and the latest scientific findings