



## First Moves Matter

### Professional Learning Program

*“We know the first 3 years (1000 days) of a child’s life are crucial for establishing strong foundations for successful learning and function in later life. But, as Early Childhood Educators, we don’t always know why that’s important and how to share that information with others. That’s where **‘FIRST MOVES MATTER’** comes in (Dr Christine Payard (PhD), Neurodevelopment Educator and Founder of Integrating Thinking)*

**JOIN A COMMUNITY** of Early Years Professionals in exploring the most important stages of life contributing to the later learning success of children.

Learn **HOW** movement, experience and opportunity in the Early Years primes a child’s brain for learning.

It’s **NEURODEVELOPMENT IN ACTION** and, we have a front seat! In fact, we can help drive it.

**‘FIRST MOVES MATTER’** cracks the body code telling you how the brain and body work together to support learning.

### Capacity Build Educators and Families

The course provide 18 hours CPD  
(Aligned to the Australian Professional Standards for self-reporting to QCT).

**Limited Numbers Book Your Place Now!**

## Who is the course suitable for?

- Early Childhood Educators
- Early Childhood Carers
- Teachers
- Allied Health
- Other professionals interested in Early Childhood Development

## Course Structure:

All face-to-face workshops in Cairns (Zoom if required) delivered in the following format (venue to be confirmed):

- **Day 1 on October 20<sup>th</sup> 2021**

6-hour workshop introducing concepts, setting targets and strategies, establishing the learning community.

- **Day 2 on December 9<sup>th</sup> 2021**

3-hour workshop introducing more concepts, following up and building on what we've seen and done in practice.

- **Day 3 on February 10<sup>th</sup>, 2022**

3-hour workshop building on previous material and application of materials/resources etc.

- **Day 4 on April 7<sup>th</sup>, 2022**

Final 6-hour workshop wrapping up the process, reflections, where to from here etc.

## In addition to the course structure:

- Online community forum for networking and connection between our face-to-face sessions.
- Delivery for those participants outside of Cairns Region (should they be unable to attend in person) will be via ZOOM.
- Course materials and resources will still be available on a private online course portal so participants can access course resources in between face to face workshops.
- The course provide 18 hours CPD (Aligned to the Australian Professional Standards for self-reporting to QCT).
- Partially subsidised by Mission Australia ECA NDIS Partner in the Community

## Outcomes:

- **Awareness and understanding** of the importance of 0-3yrs (the first 100+days) as a crucial stage for neurophysiological development to support later functioning and learning.
- **Neuromotor and Sensory Maturity:** What is it? How do our neuromotor & sensory systems develop and mature to support function and learning? Why is it significant for functional and learning development?
- **Recognising the role of developmental activity and supporting it in EC settings:** How do we support this aspect of development in our professional context?
- **Talking about this perspective:** How do we share this information with colleagues, parents, and caregivers in our context? The important of stories, metaphor, visual aids, and other ways of communicating these concepts.
- **References and referral information:** Where do we learn more and what resources can we tap into as EC Professionals
- **Recognising the concepts in practice,** responding to situations in our professional contexts.
- **Reflection, discussion and development** of activities, artefacts, stories and/or metaphors to help share information and activities with others.
- **Developing an action plan** for implementation in the participants' context "applying this my context."
- Creating reference and resource lists to support implementation of theory in practice
- **Provide Early Childhood Professionals skills and knowledge to deliver** developmentally appropriate activities and understand the neuromotor and sensory aspects of those activities.
- **Consider and incorporate accessible and inclusive strategies** to meet the diverse and variable needs of *all* children in Early Childhood Settings.
- **Support Early Childhood Professionals to educate other staff and parents/caregivers** the significance of activities that are developmentally, functionally and age appropriate and that provide a foundation for later learning and function.
- **Conduct a participant review and assessment** of the project – including methods and perceived outcomes.
- **Review and Report** – Evaluation of the project, including methods and perceived outcomes. Identification of future actions, directions, and knowledge pathways for participants.



## About the presenter:

**Dr Christine Payard (PhD)** (*Director and Principal Practitioner*)  
PhD M Ed studies (Lang & Lit), B Ed (Hons): GAICD, INPP Certificate of practice.

Christine's professional experience includes over 30 years in Education and over 20 years in the world of optics and optometry through ownership of a family optometry practice.



Her lifelong passion for **learning** and **learning about learning** has led Christine to pursue further studies in a variety of areas including conducting research in thinking, literacy, professional learning and the neurophysiological aspects of learning that impact educational success and performance. Her experience in small business has led her to complete studies with the Australian Institute of Company Directors.

Christine has shared her knowledge and experience with others as a consultant and educator in many different contexts including:

- State and Catholic Education schools (primary and secondary),
- University and TAFE institutions;
- with principals, teacher leaders, teachers and early childhood educators through private and organisational consultancy work;
- with business managers and employees in small and large private businesses and enterprises;
- local government, manufacturing and industry groups
- community groups including Early Childhood Learning Networks.

Christine's educational consultancy work includes supporting educational leaders and teachers in ways to use the body to support learning in classrooms, implementation of the Australian Curriculum, change management processes, data collection and analysis, and supporting literacy and numeracy learning in the P – 10 school context. She is a registered teacher and participates in regular professional learning opportunities to ensure currency in educational, neuro-developmental, early learning and curriculum areas.

Christine is the founder and principal presenter of the [Body to Brain Learning Professional Development Series](#). In 2013 Christine was appointed the **INNP Principal** in Australia with the responsibility to lead, deliver, and administer the INPP training and Licentiate programme in Australia.

### Papers and information sheets by Christine Payard (PhD):

[Neuro Developmental Education: What it is and Why?](#) (2018) By Christine Payard, 2018. Information Sheet

["Sit properly! Sit still! Concentrate & learn!" Why that's too hard for some learners.](#) (2018) A revised version of a conference paper presented to the Australian Institute of Kinesiologists in 2018 under the title "Sit still, concentrate and learn!"

[Primitive and Postural Reflexes and Behavioural Optometry](#) (2013) by Christine Mensinga-Payard. Paper presented at the Australian College of Behavioural Optometrists National Conference, Brisbane, 2013.

## Cost:

*Mission Australia NDIS Early Childhood Approach* has combined with *Integrating Thinking* to subsidise and support Early Childhood Professionals with this innovative approach to professional learning.

The cost per participant has been reduced to:

- One upfront payment: \$397 (ex GST) for 18 hours CPD.

OR

- Two-part payments: \$ 237 (ex GST). One payment is to be made on enrolment, the second payment is due 4 weeks later.

## Registration:

**Registration Link:** <https://Bodyto Brainlearning.com/First Moves Matter> OR,

**Follow the links:** <https://integratingthinking.com.au/first-moves-matter/>

**Enrolment Closes:** Thursday 7<sup>th</sup> October 2021

Dr Christine Payard (PhD) (Director, Neuro-developmental Educator, *Integrating Thinking* and presenter of “*First Moves Matter*”)

Michelle Watridge (Service Area Manager ECA; North Queensland Region – Cairns; *Mission Australia- NDIS Partner in the Community LAC/ECA*)

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