

Wed. 27 '35
School of Gladys Cotton
Bramtree Mass

Talk on Posture -

Def - P - is the way or manner of getting about or physically conducting ourselves.

Def - P - is the physical management of ourselves through the twenty four hours.

Def - P - is our motion response to every situation in which we play a part; -

whether in bettering our environment

by swinging a broom or in taking us to new experiences involving walking - driving or

or attending to body necessities motions involved in eating drinking sleeping etc.

or associations with other people - motions involved in all parts of play

adult sports - or childrens activities depending on our age.

(old terms of ex-p.c. - has tended to make us think of posture as mode or unmode in a few minutes but it is the sum of ^{all} our acts and always with

P- is "management" of oneself.
We could say "coordination"
but everyone thinks of that as
something that grows like a
weed without help or hindrance.

"
Management implies good or bad
control or lack of control

Someone in charge or a
bit or wise method.

And that is what the nerve
muscle combination is
capable of -

a situation varying all
the way from a body
well managed by its owner
to one that is very poorly
managed.

Factors entering in
what makes ^{loss} good management?

(Begin with ones which we cannot help).
Disease - Injury -
Hereditry - endurance

Racial
Climatic

Diet - unbalanced diet - lacking
in growth and energy producing
foods.

Factors entering in
what makes ^{less} good management?

(Begin with ones which we cannot help).

Disease - Injury -
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1. Reducing strain and tension.

a. mental help -
(1) how easily can do a thing
as well as how well or hard

b. physical help -

1. Relaxed body rests best.
Rested .. relaxes best.

Habit of going beyond the point where can relax and therefore rest well is started early in life.

It would be wise to help form the habit of changing more easily to a different occupation involving use of different muscles. Nursery schools have planned this in theory and try to put it in practice. Homes should do the same.

As I watch children I notice will pause to talk to another child or perhaps drop on floor. Left to themselves do the more rhythmic thing than when hurried by adults.

Planned program Changed Positions

The adult hurry habit often transmitted to child. Child can not plan ~~and~~ think ahead so needs to be pleasantly reminded - repetition - of future program, with sufficient interval of time for it to take root.

2. Create places for best relaxation.

1. flat bed. (springs).
2. ring chair. (stool).
3. Padded board. (hammock).
4. Floor positions.
5. Large enough socks.
shoe

3. Create times for relaxation.

1. Frequent times.

Posture of babies :

Child up to 2 years is at stage when posture - physical management is greatest interest of life.

When rolling and crawling they are perfecting form and building strength for sitting - walking - playing golf and tennis - skating and dancing. Every move of the baby is of moment and should be as unrestricted as possible. It is not an aimless time filler but a definite strength building - skill building - physical management period. And upon the motion of this period depends the motion or posture of future periods.

(I would rather have child up to crawling age than any other period).

Danger of play pen.

P - something applied from
inside - not from outside.
The way we think about the
structure determines the use
of that structure.

Mr. Cotton and I are endeavoring to incorporate the right movements into the children's play, to help bring about the desired results.

See saw. Saws down - bridge legs gradually towards the front of the line, and this allows stomach or abdomen to go towards the back.

The line man - helps feet to walk straight ahead also to teach body balance.

The engine - is position 3 that baby assumes and therefore easier than 4 which is the position the older body more frequently takes.

The tent - is position 2 which is easier yet but the child is not easily accustomed to the rapid lengthening of legs and makes this ex. somewhat hard for him at the start.

Humpty Dumpty is baby's first position which is easiest of all, but again the child has difficulty because his legs have lengthened away from him.