



First-Step Instructor

Method founded by Shai Silberbusch



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Introduction

Based on the principles of the **Feldenkrais Method**.

This method emphasizes child development and provides an alternative approach to raising and nurturing children.

First-Step method is characterized by a holistic vision in which the child is perceived as part of the family complex, and his parents as an important part of the developmental environment in which he is continuously developing.



About Shai

Shai Silberbusch is the founder of the First-Step Method since 1998 and a specialist in child development for both typically developing children and those with special needs. His programs, which include early childhood development classes (ages 0–6 years), sleep consultations, and feeding consultations, offer practical solutions for parents.

Through his work at the First-Step College, Shai and his team have trained over 3,500 instructors through online and hands on studies, who now apply his method worldwide.

Shai is internationally known for creating an innovative program for children with special needs. His intensive approach challenges conventional thinking by viewing every child as capable, with unlimited potential for growth.

By fostering a "can-do" environment, he empowers both children and parents to exceed expectations. His call to parents is both simple and revolutionary: "Dare to dream for your child."



Basic Principles of the Method



- The environment is key to a child's development
- Education & guidance parents ,adapting the environment supports growth
- The first year is critical for future development
- Early potential realization impacts later life
- Developmental stages should follow their sequence
- There's a key "window" for each developmental stage
- Focus on quality psychomotor development
- A holistic approach to child development is essential

First Step in Numbers

5

International centers

1M

Babies treated

3 500

Trained specialists

200K

Trusted parents

35

Years of experience

3

Languages

Media & PR

Worldwide

- Article at the "Corriere della sera" Italian newspaper, ITA
- KMSK Magazine, Swiss
- Familien Leben Magazine, GER
- Tedx talks, UK
- This Life Magazine - parenting
- Israel TV, ISR
- Handelszeitung Magazine, GER
- News Russia, RUS
- Vidnovskyi Hospital, RUS
- Prenatal centers ,RUS
- Swissmom CH, Swiss
- Actuelle Magazine, Swiss
- Cyprus TV, CYP

The First-Step method combines a holistic view of the child and his environment with the understanding that an environment suitable for the baby will allow him to optimally realize his potential

Partners & Associations



AEMO – The Association for Children and Orphan Diseases

aemo.ch



KMSK – The Foundation for Children with rare disease

www.kmsk.ch/en



ASK – All Special Kids – Switzerland

www.allspecialkids.org



EASPD – European Association of Service providers for Persons with Disabilities

easpd.eu/about-us/our-story



First Hug – Association Provides Hospitalized Abandoned Babies with human touch

www.tinokot.org.il

Expert Domain

- Therapist and expert in child development from 0 -2 years
- Professional Instructors for child's development and babies
- Support and guidance for parents and families
- Raising awareness of the importance of normal development and motor-sensory abilities
- Diagnosing and preventing environment-related developmental problems
- Applying the method in nurseries and kindergartens
- Presentations for parents of the method in kindergartens and parental centres
- Parenting advises in hospitals, premature centers, neonatal centers

Services

- After Birth Guidance
- Assessments: Identifying developmental delays or issues
- Developmental Workshops: For children from birth to two years and their parents
- Private Lessons: Individual sessions for children with developmental delays
- Kindergartens: Implementing developmental programs in early education settings



Functional Assessments



- Addressing challenges related to the child's physical growth and development
- Identifying the source of the difficulties/delays
- A proposal for possible solutions
- Recommendations for parents, support and answers to questions

Workshops

- Parental guidance and support
- Professional recommendations
- Guidance for each parent/baby
- Enjoy quality time together
- Strengthening communication skills between parent and child





Good morning, how are you?

Private Lessons

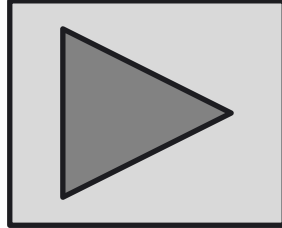


- Full sensorimotor assessment
- Full support and assistance
- Individual selection of a program for each child
- Assistance and consultation for parents
- Assessment of the situation and provision of recommendations for development



Private Lesson

W Sitting



Kindergartens

From 1 year to 2 years babies

- Integration of normal development and developmental delays
- Sensomotoric based stimulations
- Working with small groups in workshops
- Tips to parents
- Red points " communication, environment o the kindergarten " advising



First-Step College

Instructor program in baby
development by First-Step
Method

Certified Professional training
program
Available in 3 languages

More than 3,500 graduate
experts certified
worldwide



Collaboration

Workshops for parents
Consultations for parents
Groupe sessions
Individual sessions

Qualified to support initiatives by
guiding and educating parents in
the fields of children's
development

For parent workshop or private
lessons in prenatal hospitals and
centers

Contact



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Find us on social media