

The Dignity of the Child  
International Congress for Pregnancy,  
Birth and Early Childhood

## Life forces

29 May – 1 June 2024



### Finding forces that bring life in a world of exhaustion

How do we do this? Which remedies, applications and tools in therapy and education support our life forces?

The theme for our conference arose out the perception of growing distress and of widespread exhaustion among pregnant women, whole families, professionals and increasingly even among young children. Planning for this 2024 international, professional congress at the Goetheanum has been carried by the interdisciplinary CARE I working group for Pregnancy, Birth and Early Childhood. This congress will continue the series of CARE 1 congresses, hosted jointly by the Medical and Pedagogical Sections, as a way to facilitate even more international collaboration between the various professional groups around this stage of life.

In the face of the progressive “virtualization” of our life circumstances, it has become a pressing need to support the ways children and adults can connect well with their bodies. Also, to better understand how they can encounter the world through their sense in a healthy way, so that they find real sources of strength through encountering the world. At this congress we want to not only understand, but also try to experience how a child gains and maintains life forces by immersing itself in its body and its senses. Concrete ways will be shown for how we can promote this in childhood, as well as how we can strengthen it in ourselves.

Through shared content, discussions, artistic work and self-reflection we will approach the theme of life forces in order to make them effective for our therapeutic and pedagogical work, and at the same time explore ways to care for and preserve of our own forces.

For the interdisciplinary working group CARE I and the Medical Section  
Ina von Mackensen, Claudia Grah-Wittich, Karin Michael

**Target groups:** Midwives, gynecologists, pediatricians, GPs (the topic is relevant from neonatology to school and kindergarten medicine or child and adolescent psychiatry!), nurses, (infant) pedagogues, motologists, ergo-, logo- and physio-therapists and all other specialists and interested people in the fields of early childhood education and interventions.