



Delft, January 14, 2021

Dear (future) parent or interested person,

We are delighted that you are interested in the REKI Play and Learning Center. By means of this file we hope to give a clear picture of what we stand for and how we work. To support this, a film of 2 minutes (in Dutch) is included where our working method is also visible (<https://vimeo.com/636339066>). We hope to make you enthusiastic about our way of working with children.

Central location

REKI is located at Kluizenaarsbocht 2-4 in Delft, a quiet side street of the Buitenwatersloot. Due to its central location, just outside the center of Delft, within walking distance of Den Hoorn and nearby roads, REKI is easy to reach.

Translation Manifest 1001 Critical Days in practice

REKI has translated the Manifesto 1001 Critical Days into its own Early Education (0-4 years), Extended Early Education (4-6 years) and Positive Healthy Activity Program (0-13 years).

Focus is on brain and awareness

Scientific research shows that if the infant brain is fed with positive, healthy & warm attention, activities, thoughts and experiences, this has a lasting effect on the further life of a child.

Why choose REKI?

Our goal is for every child to grow up in a positive & healthy way, with a positive view of their own life, through (self) awareness. Choosing REKI means that your child will end up in a magical world. In a homely and relaxed environment where permanent life coaches react sensitively and responsively. One big family, where you can be yourself and feel at home. Where your child and the life coach like to stay and find it pleasant to be together. Where every day is seen as a new beginning, opportunity or challenge to discover, create and experience being together. We use our self-developed Positive Healthy activity program for this, a program aimed at a balance of active (effort) and passive (relaxation) exercise. Active movement through risky play in exercise group space or outside in the garden or squares, sports, brain games, fantasy and role play, creativity, music or singing. Passive movement through Baby and Child Massage, Baby and Child Gestures, Conscious Breathing, Mindfulness, Child Meditation, Yoga, Color and Aromatherapy.

Early Education in Connection with Positive Healthy Activity Program

Our focus is on the following points of attention: stimulating & challenging the baby-child brain, the experience of sensory experiences, (self) awareness of yourself (unity in body and mind), (self) awareness of a healthy lifestyle, in a positively inspiring environment (REKI) where you can be yourself.

Our baby group is designed to be stimulus-proof, all our life coaches have followed a recognized training as baby specialist, can respond sensitively and responsively to the basic needs of nutrition & sleep and know how each child, in their own way, can be stimulated and challenged to take the next baby step.



De babygroep





Our toddler groups have 2 different group rooms: each toddler can choose to play in corners, round tables or for creativity in one group room or for risky play, fantasy or role play in the other movement group room. Brain activities are also offered there that challenge the children to be clever differently. The power of this combination is that every toddler is given the freedom and space to decide for himself in which group room, how, with what and with whom he/she wants to play. This gives the life coaches a good picture of the interests of each toddler and can respond to them.

Our BSO (Outside school entrepreneurship) has 2 different group rooms.

One group room is set up for playing in corners, table rounds, creativity and Wii. The other is an exercise group room with cooking center.

REKI has had a vegetable garden since September 2021, so that the children can learn more about enature and take care of their own vegetables, fruit & herbs.

Entrepreneurship outside of school (BSO)

At REKI, entrepreneurship means letting go of the intensive school day and getting space & freedom for the change you choose. By undertaking what you want to experience, feel or do, everyone's freedom of choice is different. Do you prefer to take a moment of rest first by stilling or daydreaming or do you want to actively play or play outside, it's up to you to decide. Our life coaches also respond to questions that can play into the life of every child. Questions such as 'Who am I and Who are you?', 'How Clever am I and How Clever are you?' can be asked to yourself or that other person without any obligation. This provides a wealth of own knowledge and diversity.



Newcomers

When parent(s) and child(ren) come to the Netherlands, expectations, signals or demands are often placed on them unconsciously or consciously. We find it important to provide hospitable support to newcomers and to respect the culture. We take the time and can, if necessary or desired, explain our vision in English and possibly discuss other matters with newcomers. We recognize Early Life Stress symptoms in a child and know how to build a healthy, secure attachment. Our mission is to permanently strengthen the relationship of trust with each other so that parent and child can make a promising start in the Netherlands. By sharing the curiosity & interest in that other person, we can grow towards diversity together.

Coaching 1001 Days open from Monday January 31, 2022

What unique is that Coaching 1001 Days is located on the top floor of REKI Coaching. An independent department for coaching child and parent(s) with a heart for their own strength & diversity. Coaching 1001 Days focuses on the Manifesto 1001 Critical Days, mirroring, equal parenting, shared upbringing and broadening innovation & collaboration with REKI and others. Interested parties can contact us earlier by sending an email to Coaching1001days@outlook.com or leave a WhatsApp message on 06 10 243 383. We will contact you as soon as possible.

We hope to have made you enthusiastic about our Play and Learning Center REKI & Coaching 1001 Days. If you want to know more about it visit our website www.reki.nl, call to 06 20 144 654 or 06 30 400 657 or contact us by sent us a e-mail to info@reki.nl.

Sincerely,

On behalf of REKI and Coaching 1001 Days

Conny Immers



06 20 144 654 / 06 30 400 657



06 10 243 383