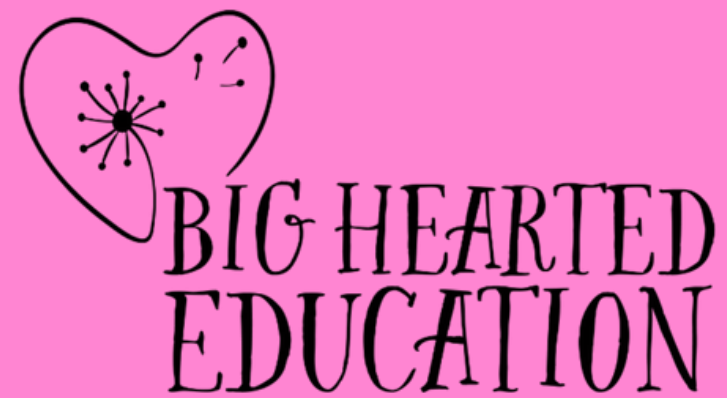


BIG HEARTED EDUCATION

Swing the Pendulum Back:
Slow Pedagogy in Action





Hi, I'm Victoria!

Early Childhood Director

I'm an Early Childhood Director with over 15 years' experience in the sector.

I specialise in Family Day Care and support educators to build reflective, intentional practice.

My approach is practical and heart-led, helping educators simplify and connect with purpose.

I'm passionate about creating calm, meaningful learning environments where children truly thrive.

Slow Pedagogy

What is it?

- Reflective and intentional approach
- Time and space to explore
- Presence, connection, and holistic development



Pressure to perform?

Mindfulness in Action

Child-Led Learning

Emphasis on Well-Being

Connection to Nature and Community

Less, but more meaningful documentation



An invitation



Take a breath!

The Impact of Rush

Overstimulation

Disrupted Routines

Emotional Overload

Creating Balance in a Busy World:

Educator's Role

Developmental Benefits

Modelling a Healthier Pace for Families

The Case for Being a Respite

The Need for Slowness:

Overstimulation:

Result: Increased irritability, emotional outbursts, difficulty in self-regulation, and challenges with sleep and focus.

Cognitive Processing:

Remember: Slower routines provide children with the mental space they need to integrate these experiences, which is essential for healthy brain development.

The Role of ECE, particularly FDC:

Reflect: Process their emotions, interactions, and experiences in a safe and supportive environment.



Dispelling Guilt

It's common for educators to feel conflicted about prioritising rest and slowness, especially when the external world demands constant activity and achievement. Here's why embracing and modelling a slower approach is so important



Dispelling Guilt

Modelling Balance and Mindfulness:

As role models, educators can demonstrate the importance of slowing down to children and families alike.

By intentionally integrating pauses, reflective moments, and unstructured play, educators communicate the message that quality of experience matters more than quantity.

Support from Child Development Theories:

Emmi Pikler's Approach:

- Pikler emphasised the importance of free movement and uninterrupted play, arguing that children's autonomy and well-being flourish when they are not rushed.

Maria Montessori:

- Montessori's principle of "following the child" underlines the value of observing and adapting to a child's natural pace of learning and exploration.

Attachment Theory:

- Slower, more intentional interactions strengthen bonds between children and their caregivers, fostering secure attachment and emotional resilience.

Practical Applications of Slow Pedagogy

The beauty of Slow Pedagogy lies in its practical and approachable implementation, transforming everyday moments into meaningful experiences. Here are expanded ideas for incorporating this approach into your care setting.

Nature Walks:

- Take children on slow, intentional walks in nature.
- Encourage them to notice details like the sound of birds, the feel of wind on their skin, or the shape of clouds.

Educational Benefits:

- Supports sensory development and curiosity about the natural world.
- Builds observational skills and vocabulary as they describe what they see, hear, and feel.

Sensory Play:

- Provide materials like watercolours, beeswax, sand, or clay.
- Allow children to engage at their own pace, focusing on the textures, movements, and colours.

Educational Benefits:

- Enhances fine motor skills, creativity, and emotional regulation.
- Offers a soothing, meditative experience for children.





Slow Daily Routines

Everyday routines are opportunities to embed slowness into the day, promoting reflection and connection.

Intentional Meal Times

Educational Benefits

Simplified Transitions

Educational Benefits

Unstructured Play

Unstructured play is central to Slow Pedagogy, offering children the freedom to explore their interests and develop at their own pace.

Provide Extended Play Periods

Educational Benefits

Facilitate, Don't Direct

Educational Benefits



Critical Reflection and Professional Growth

Embedding Slow Pedagogy into your practice involves more than just adjusting the pace of activities, it calls for a shift in mindset and intentional professional growth.



Addressing Your Concerns

Introducing Slow Pedagogy can feel counterintuitive in a world that values productivity and measurable outcomes. You may worry about balancing expectations or feel unsure about the effectiveness of this approach.

Some questions you might have

Discussion and Brainstorm

Reflective Questions

Follow Up Task

(You didn't think there was no homework?!)

Growth Mindset

A growth mindset encourages you to view Slow Pedagogy as an opportunity to deepen your relationships with children and families, rather than as a limitation.

Fostering Deeper Connections with children

With Families

Reframing Success

Celebrating Professional Growth



Summary of Slow Pedagogy

Slow Pedagogy is a mindful, child-centred approach to education that emphasises quality over speed, valuing the process of learning and development rather than rushing to outcomes. It creates a calm, intentional environment where children can explore, reflect, and engage deeply with their surroundings, fostering emotional well-being, creativity, and critical thinking.

Mindful Presence

Child-Led Learning

Unstructured Play

Connection to Nature and Rhythm

Meaningful Documenttion

More relaxed and enjoyable days for everyone

**If you would like to download
the PDF resources I have
created to help you continue
with this, scan here**



Thank You!



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