



Topic Tuesday

IMITATION

Be worthy of *Imitation*

JOYFUL-BEGINNINGS.ORG

Welcome to:

Joyful



BEGINNINGS



Joyful Beginnings is an online community providing support, resources, and a sense of belonging to all those who share their lives with young children, pre-birth to age three.

At Joyful Beginnings parents benefit from the knowledge and expertise of experienced Early Childhood Educators, but more importantly they can learn from and lean on each other.

Joyful Beginnings offers a safe space to learn about and share simple, natural, and joyful ways to care for young children.

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*Introduction
to:*
IMITATION

WHY DOES A CHILD IMITATE?

Imitation is a function of the child's developing social skills and their desire to feel connected to those around them. Imitation is fundamental to learning, not just of social skills, but also practical skills. From infancy, a baby is interested in what others around them are doing and seeks to mimic what they see. Through the lens of Attachment Theory, the child feels secure with and connected to their parents/caregivers and out of this attachment comes the child's desire to be like those they feel connected to. What begins as an involuntary response develops into a mechanism for learning about others and the world around them.



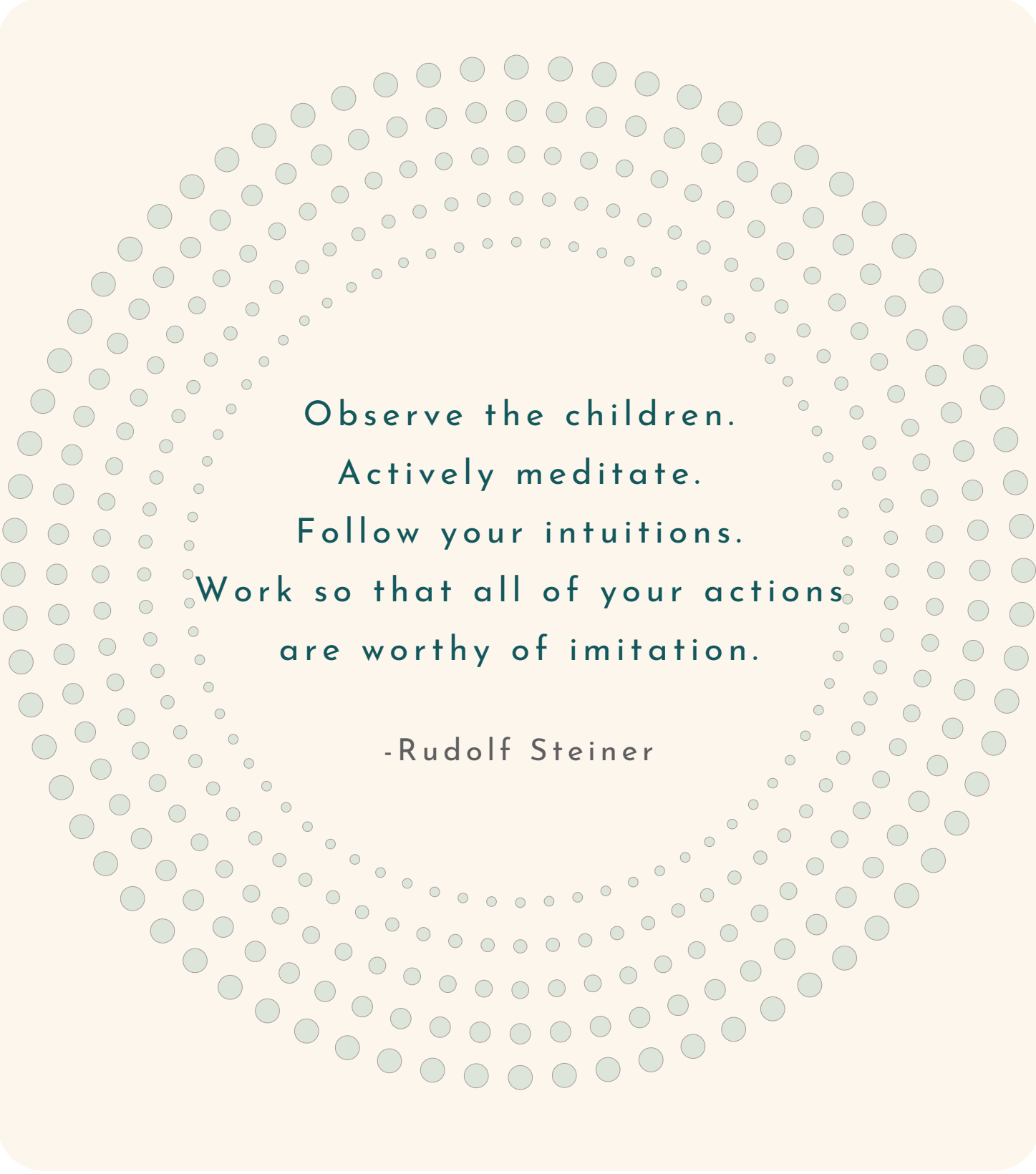
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**BEING WORTHY
OF IMITATION**



WHAT DOES IT MEAN TO BE WORTHY OF IMITATION?

This goes beyond simply showing a child how to do something or being a "good person". Studies have found that, by means of Mirror Neurons ([Wiki](#)), that when a child is imitating, that the same neurons fire in a child's brain when they are observing an action as well as performing it. This has deep implications when we considering the concept of "co-regulation" ([Wiki](#)). A dysregulated infant or child can come into a state of regulation just by being in the presence of a calm, regulated adult.



Observe the children.
Actively meditate.
Follow your intuitions.
Work so that all of your actions
are worthy of imitation.

-Rudolf Steiner

RESOURCES



Links

YouTube Videos:
Baby Imitation

Imitation in Human Neonate

Blog:

What it means to be "Worthy of Imitation"

Book:

The Kingdom of Childhood
by Rudolf Steiner

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