

Pre-congress class on prenatal paediatrics at the 4th Europediatrics 2009

Dear colleagues!

We invite you to the master-class of a method of prenatal preventive maintenance "Sonatal", which is held by Michael Lazarev, the senior scientist of the Institute of preventive pediatrics of Research Center for Children Health of the Russian Academy of Medical Science. "Sonatal" (lat. 'sonus' a sound and 'natal' born) is a method and the program for pregnant women for prenatal development and education of a child (methodical recommendations of Ministry of health and social development 13-03/10-279, 30.09.96).

The most important factor at method application is the voice (singing) of the pregnant woman which is accompanied by specially developed tactile and impellent exercises and represents itself as the tool of emotionally-respiratory training of mother and a fetus. After the influence of vocal, respiratory and impellent exercises of mother the fetus has the early emotional reactions, adequate to the perceived irritants, primary reflex connections between music sounds, speech sounds, emotions, breath and movement form. Thus there is an adaptation of cardiovascular system of a fetus to respiratory-impellent loads, biorhythms of a postnatal life start forming.

On the basis of the data received after almost 25 years of approbation of this system at the big population of children (from 1983 to 2007 more than 30 thousand children has passed through the school of prenatal education of "Sonatal", 22 of them were from Naberezhny Chelny) experts draw a conclusion that the system of prenatal education allows to improve considerably a state of health of the pregnant woman and the child before and after his birth (decrease in a pathology of pregnancy and birth, decrease in infantile death rate, increase lactation, decrease in somatic disease of children of infancy and early age).

**Pre-congress class on prenatal paediatrics
Within the Framework of the Europediatrics Congress**

The master class is conducted by Mikhail Lazarev, Prophylactic Pediatrics Scientific Research Institution Scientific Center for the Health of Children, Russian Academy of Medical Science, Senior Researcher.

Master class plan

1. **Projection of the *Sonatal. Music of Birth* video** (dubbed in English). The video was produced on the order of the Ministry of Health and Social Development of the Russian Federation within the framework of the *Safe Maternity* program in 2000.

Duration: 21 minutes.

2. **Sonatal Prenatal School of Health.**

Duration: 30 minutes.

Discussion and comments: 10 minutes.

Number of pregnant participants: 7-10.

Topical plan of the class:

- Introductory Sonatal test.
- Warming up.
- Topics: *School of Breathing, Rhythms of the Day, School of Movement.*
- Musical relaxation session.
- Final Sonatal test.
- Home exercises recommendations.

3. **Cvetonics Early School of Health.**

Duration: 20 minutes.

Participants: mothers with children of 6-12 months.

Number of children: 5-7.

Discussion and comments: 10 minutes.

Topical plan of the class:

- Warming up.
- Color and music gymnastics with the use of *Color Notes*, a set of sensor game guides.
- Topics: *Rhythms of the Day, Water Songs.*
- The final song: *Goodbye, Music.*

Total duration of the master class: 90 minutes.

Listeners of the Pre-congress class on prenatal paediatrics

1	Turti T.V.
2	Lazurenko S.V.
3	Pavlova N.N.
4	Kogut Y.G.
5	Izmaylova M.V.
6	Parshukova Olga Sergeevna
7	Volkova Vera Viktorovna
8	Kharitonova Nataliya Aleksandrovna
9	Kosova Svetlana Alekseevna
10	Shakhtakhtinskaya Firuza Chingizovna
11	Arshba Selma Konstantinovna
12	Ivardava Marika Indikoevna
13	Kryvkina Natalia Nikolaevna
14	Alieva Gulya
15	Ukleina Natalia
16	Batukhtin Ruslan Vladimirovich
17	Lukoyanova Olga Leonidovna
18	Sher Stella Abelevna
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