

# Understanding Baby's Needs Through PEKiP

**T**HE Prager Eltern Kind Programme, better known simply as PEKiP, is a structured course that offers numerous stimulating games and activities for babies as young as six weeks.

Based on research conducted by Dr J Koch at the Institute of Mother and Child Care in Prague, the programme offers games and activities to stimulate the baby and to increase the mother's awareness of her baby's needs. Classes last seven weeks and are limited to six babies and six mothers. There are

programmes for babies six weeks to four months, four months to six months, seven months to 10 months.

"I always emphasise that these aren't playgroups," Anne Knecht-Boyer, an instructor at PEKiP, said.

"It is an educational programme where the activities are fun. But the mummies don't just watch their children play. They are very much involved in the classe," Ms Knecht-Boyer explained.

Established in Germany in 1978, PEKiP came to Hong Kong four years ago.

"Nothing had been done here for babies this small," Ms Knecht-Boyer said.

"I realised that children needed to have more activities, and mummies needed to be around other mummies with children the same age," she added.

Describing response to the programme as "excellent", Ms Knecht-Boyer said that she was having more and more repeat customers.

"What is interesting is that when the second child arrives they call me right away to sign up," she said. ■