

## ***Bulletin for parents***

Your child's group will run a FinnSenso training program that promotes the development of the children. It is a form of training designed for schools and kindergartens, where all children in the group or class take part in a short training session daily. The exercises are based on the implementation of the child's normal developmental plan and are exercises that develop and integrate physical sensory functions.

The training is done during a normal day of school or kindergarten and lasts about 10 to 15 minutes/day. Exercise enhances children's balance, motor skills, eye muscle control, visio-motor skills, hand-eye coordination, and corrects even mild developmental problems. Training also develops of cause-effect understanding and logical thinking.

The goals of FinnSenso training are:

- Improves the learning and concentration ability
- Improves individual and group social interaction
- Promote the advancement of children in the so-called normal learning path
- Preventing exclusion

Researched information on the effects of training:

In 2006-2008, a research project was carried out in Finland as part of the development of a model to find ways to prevent exclusion in society. In 2006 about 50 teachers and assistants were educated to implement the developmental FinnSenso training (from six schools and nine kindergartens) to carry out training of children for the next 2 years. In the winter of 2008, a personal interview survey was conducted with 7 kindergarten teachers and 3 nurseries from kindergartens and 6 teachers from primary schools.

The following diagram summarizes the effects of developmental training:

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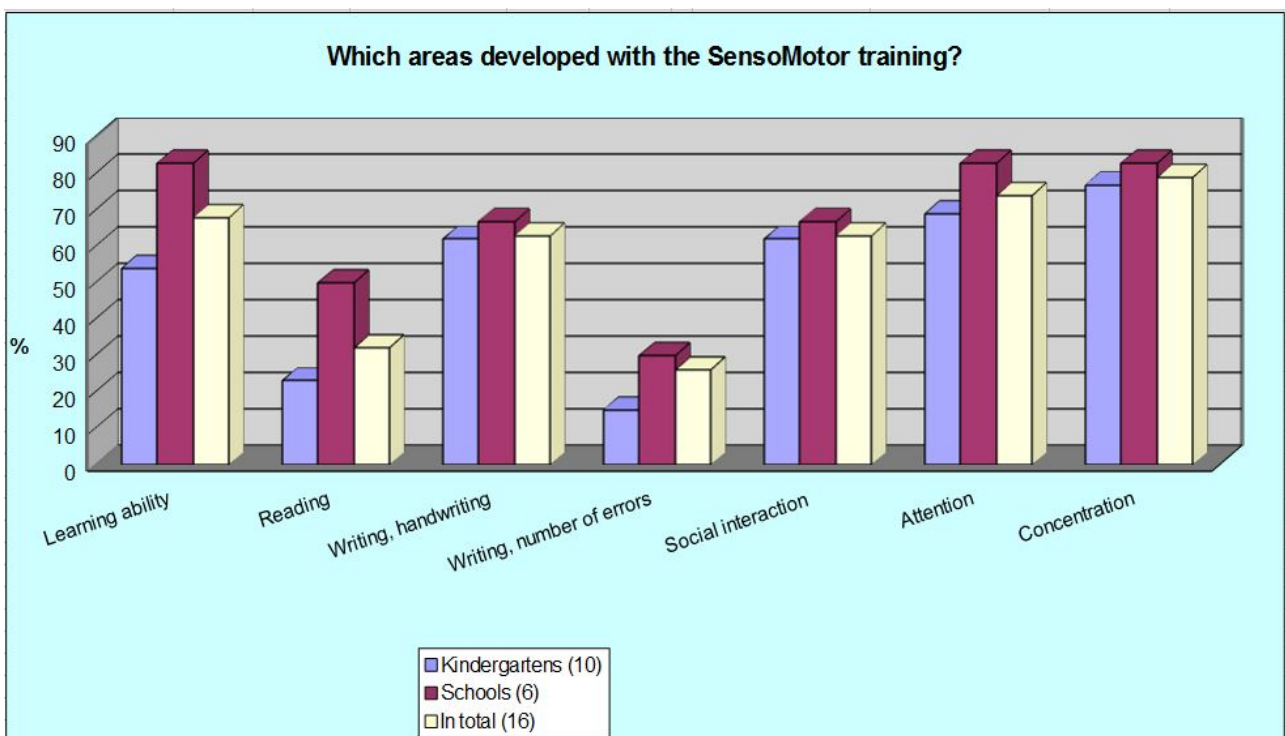


Figure 1: Distribution of teachers' opinions on different issues.

Interpretation: The higher the %, the more teachers felt that the questioned ability had developed positively.

If your teacher asks you to do Sensory Motor exercises on weekends or during a holiday, the request is based on the fact that this type of developmental training is most effective when it is done regularly, and many children benefit from this regular training.

If you have any questions or concerns about this, please contact your teacher.

Thank you for your cooperation