

**Judit Szathmary**  
Life beyond a neurological diagnosis



# Empowering Parents



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You never know who you  
might serve by who you  
chose to become.

I remember it was 25 years ago when a mother of a little girl from Bournemouth said to me collecting her child from the little pre-school I ran in the conservatory of my house as a young mother myself.

If I knew about this back then, my life would have been so different.

I wish you could go into hospitals and tell all the mothers and families that there is a way.

A very different way.

When my Sarah was born they took her away from me and nobody really wanted to tell me what was going on. The nurses looked away as they were carrying on with their duties.

I was scared and alone. I was hiding behind the curtain as I was laying in my hospital bed.

I would have liked you to come and pull that curtain open and say it to me: "Hey don't be afraid, there is so much can be done. I will show you the way."

Instead, I had the doctor pulling the curtain open and telling me that my child has got brain damage and she will be a vegetable.

His best advice was to go and have another child.

None of us are taught how to be a parent and none of us are prepared for how to parent a child with a neurological problem.

## Alex and the mirror

I often see parents almost paralysed because of the trauma they had to go through and because of the picture is painted for them as their future.

I remember I was working with Alex a 7 years old boy around that time over 25 years ago and I put a large mirror in front of him where he could see his face and his whole body.

I will never forget the impression on his face, his jaw dropped and he was just looking at himself with amazement for long, long minutes.

I have asked his mum later on have you ever shown him a mirror.

She said no, he cannot go to the bathroom or sit up.

I know it was a long time ago and nowadays things are different, but for a seven year old boy, having never seeing his own reflection, and not even knowing how he looked, this simple event was a great eye-opener for me.

A true realisation of the expectations of the parents having a very different experience from the birth of their children.



*“Parents are the doorway to the success of their children and have a great affect and influence on the conductors’ success....*

*What mummy/daddy believes - their child will live up to it.”*

There is a great, but often missed opportunity to help parents by showing the way that even just by thinking differently they can help their children and it will have an immeasurable positive effect on their children’s development.

We are all different and we all have different views and beliefs how life should be, but we are the same in one sense, that we want to do our best for our children.

It can go so far that one day when I was working in London at the Hornsey Centre for conductive education and I was helping a mother to remove the plastic splint (AFO) of her two year old son. I found that the young boy’s ankle was bleeding.

I looked at the mother and said to her - ‘do you know that it is hurting him?’

Her answer was: - ‘Yes, but the consultant told us that this is what we have to do’. She wanted to do her best so much that she completely obeyed what the consultant told her, forgetting to listen to her heart and even using her common sense.

Imagine if we can channel the power of that intention and energy in the way that it opens up endless possibilities and solutions, that are constructive and a more pleasant experience. Possibilities and solutions that are also aligned with heart and mind working in harmony and could create a bond between mothers and children and parents and families.

Where parents and children feel connected and experience things together and grow together. It is not about how to become perfect people, but about people who are bonded to each other with a higher purpose, higher calling and a deeper meaning.

Having somewhere to go is called home and having someone to love is a community. Having both is a blessing.

I would like you to think and feel that you have arrived to a base (home) where you can find essential components that awaken your mind, keep you aware on your journey of finding the answers right for you and your child. That our conductive family will inspire you and will be giving you a sense of belonging, where you can experience love and a structure you could build your own life from on your own chosen way.

I would like you to feel and see me as I was a universal mother figure, your mentor you can come to and learn from. Learn ways that are not taught in schools and couldn't be learnt by being bought up with it, as it hasn't been practiced as such. I always wanted to have a universal mother especially as a grownup. Wouldn't you?

We are expected to be adults, mothers and fathers and forget about that inside of us it is just us. Without a label of a persona playing out a certain role and carrying with it all the responsibilities attached to that role.

I wanted to ask her universal questions about raising my child that no one talks about and debates, just accepts as a norm and it isn't in any parenting books either.

So, I have decided to become that mother for myself and for you if you wish.

I knew and felt so strong about many things in my heart and they often didn't match the ways things were presented to me as options by the 20<sup>th</sup> and 21<sup>st</sup> Centuries standards. Some of those standards didn't sound true to me, so I chose to listen to my own truth. I have made decisions from who I really was and freed myself from others opinion.

I would like to encourage you to do the same - Whatever you are presented with, either by me and my team or on any other platforms, question it, process it and only follow it, if it feels true to you. Value your thoughts, your feelings and your own responses as they are uniquely yours.

*Believe in yourself and back yourself. You are the only one you can truly rely on.*

What if you told yourself - I know I am safe, I am, and I will be OK, because I know and I promise myself that I will never let myself down and I will find the way. -

- Educate yourself and educate your expectations. Self-education is the greatest investment you will ever make.
- Find answers true to you for the questions manifest in your heart and mind.
- Any question has ever been formed the answer was created for it at the same time.
- Answers can appear in a most unlikely places and not necessarily from the way of thinking of the previous generations and not on the path which has been already walked on.



If you look at the little girl on the first picture on the left, what does it say to you?

If you look at the same girl on the right after conduction, what does it say to you?

Would you believe that the girl on the first picture could become the girl in the second?

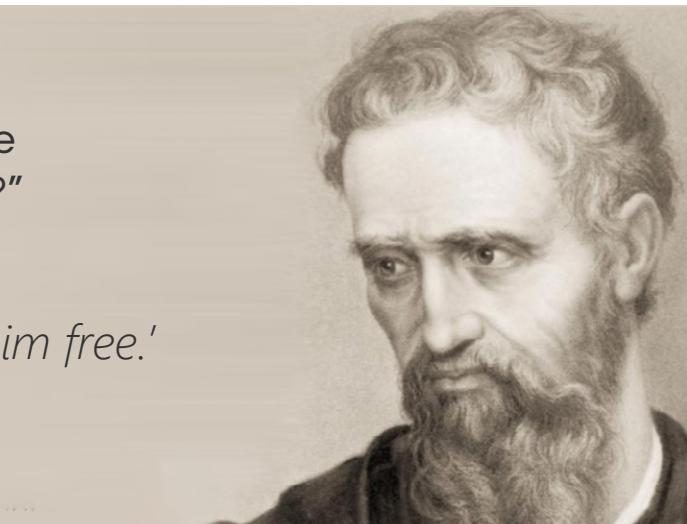
It is the very same child with not significantly long time passing by between the two photos being taken.



When Michelangelo was asked, - "how did you make the statue of this beautiful angel from this peace of marble?"

His answer was:

*'I saw the angel in the marble and carved until I set him free.'*



András Pető saw the person behind the presenting façade and devoted his life to set it free.

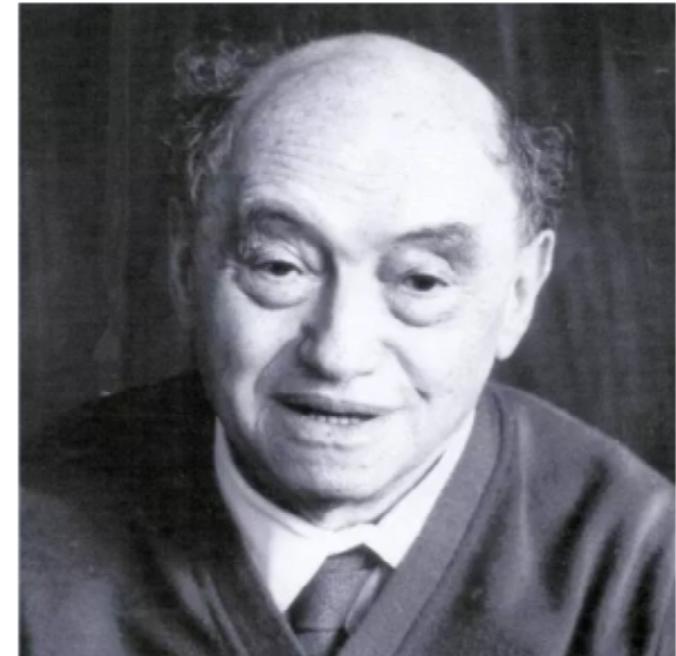
His life work was also to create a system where it can be duplicated over and over again and established a training to teach specialists who can deliver the system.

He taught his specialism to develop visual, observational, intellectual, emotional and mental acuities, just to list a few and imbedded that into the practice.

What conductors can, meant to be and able to observe and see is a skill itself and it sharpens more and more by the years of experience one commits to the work.

It is the job of the conductor to deliver this specialised system and with conduction make an impression on the mind of the child.

Parents must have a platform where they can learn about conductive upbringing where they can find and learn strategies and skills they can use to give the best for their children.



Dr András Pető 1893-1967



Conductive Education empowers parents when they know what to do and that is the greatest opportunity for the child to progress. The very action of progressing together is one of the greatest energies and is a kind of enlightenment.

As conductive upbringing is a life's tool itself for them, a life with deeper meaning, connection within the family where they can overcome obstacles together with a knowing that they are doing the best they can.

**And this could be a more harmonious way of existence through time...**



I am a pedagogue and an advocate for empowering individuals, their families and professionals to move beyond the labels of diagnosis, into a life of greater fulfillment, independence, personal freedom and purpose they have ever imagined possible.

I hope you have found this brochure useful and informative  
Please told hesitate to contact me with any questions or  
enquires.

I would be happy to hear from you.

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