



CONDUCTIVE EDUCATION AT STEPS

service details and referral pathway

1. CONDUCTIVE EDUCATION

Is a holistic method of learning by which children with neurological and mobility impairment learn to specifically and consciously perform actions that children without such impairment learn through normal life experiences.

Established by Prof Andras Peto in the 1940s, he believed that motor disorders are *learning impairments* and children with impairment can learn new and different ways of dealing with activities of daily living.

2. THE EVIDENCE BASE

Peto's belief has an evidential basis – the study of neurophysiological development has provided clarity on the motor development of infants and young children. This bears out in practice because the earlier babies and young children engage in conductive education, the better the outcome.

Conductive Education aligns with the evidence-based management of '*Cerebral Palsy in the under 25s*' (NICE Guidance 62), and '*Spasticity in the under 19s*' (NICE Clinical Guidance 145).

3. REFERRAL CRITERIA

Conductive Education is most appropriate for children with motor disorders arising from neurological issues.

Children must be of preschool age and early referrals are encouraged, since there is evidence that outcomes are significantly improved.

Referrals can be made by anyone - by telephone to 01509 506878 or by email to info@stepscentre.org. The Steps team will then request the relevant details and follow up the referral within two working days.

4. METHOD OF LEARNING AND THE ROLE OF CONDUCTORS

A Conductor leads each session, setting goals to maximise potential with minimal dependency on adaptive equipment. The aim is for independence.

Whilst activities are carried out in groups, the conductor sets individual goals for each child and individual ways of achieving them.

Conductors encourage and motivate the group using a structured programme of learning through play which aims to be fun for the child and the parent. In fact, most of the exercises are accompanied by a song and the tasks are transferable to home for ongoing practise.

Parents or carers are expected to actively participate in sessions and incorporate conductive education principles into daily routines.

5. JOINING PROCEDURES AND PROGRAM OF CONDUCTIVE EDUCATION

On receiving a referral, Steps will contact the family to complete an application form. The family are then invited for a visit to the centre where a conductor will assess the child's needs and assign them to the most appropriate group. The start date will be arranged with the family who will be invited to attend weekly until they start school.

Prior to starting school, Steps will liaise with their schoolteachers to inform them of the child's developmental achievements, and to advise on how to build on the progress made towards their independence.

The child's length of engagement with Steps may be extended with the offer of a 'Gym Club' session if arrangements can be made with the school.

6. PROFESSIONAL BACKGROUND & REGULATION OF CONDUCTORS

Conductors complete a 3-year university course to be awarded BA Hons in Conductive Education.

They are regulated by the Professional Conductors Association through its Code of Practice.

7. MULTIDISCIPLINARY TEAMWORK

Conductive Education is not carried out in isolation, but forms part of the multidisciplinary care plan. Within Steps, conductors work alongside assistant conductors and students, they liaise externally with the range of professionals and therapists involved in the child's care plan.

The profession's Code of Practice places a duty on all conductors to work collaboratively with health and care professionals for the best interest of the child and their family.

8. MEASURING IMPACT

The impact of Conductive Education is measured using Tapestry – a validated educational learning platform. This monitors the progress of each child after each session, which enables the conductor to set and regularly revise personalised goals.

There is a growing body of research on the impact of Conductive Education; Steps' senior conductor is currently undertaking her PhD.

9. ABOUT STEPS

Steps is a registered charity (No. 1063143) and was 30 years old in 2024.

The service is completely free for parents and their children.

10. VISITING STEPS

Steps is based in Shepshed, Loughborough, Leicestershire, and welcomes visits to its centre for professionals involved in the care of children with neurological and mobility impairment. Please use the following contact details to arrange a visit.

Phone: 01509506878

Email: info@stepscentre.org

Website: www.stepscentre.org