

A sceptic mommy's experience with BabyGym®

Tasneem Bhayat

Never in my life did I imagine learning the things I have from BabyGym®. I cannot explain how BabyGym® has affected me- and very positively so. I am a mom of four kids, and with four kids come a lot of parenting experience. I was quite sure that there wasn't much I could learn about parenting from the BabyGym® programme. But I was proved wrong! The demands of motherhood are challenging and trying to give your kids the best is becoming more and more difficult.

With BabyGym® I found that one can do so much in terms of stimulation, and in very little time. I have improved our family time because I retold all the new things I learnt in class to the rest of the family, and that got them involved in doing the exercises with baby Fatimah. I am more relaxed with the bigger kids around Fatimah as they can now handle her with much more ease. I also know now how to soothe my baby correctly. I wish I was equipped with the BabyGym® knowledge when my older kids were babies, as I am now. My son Mohammed (aged nine) has difficulty in learning and now I understand why. Mohammed often spent time in the walking ring and didn't crawl enough. I've also learnt that my kids' posture influence their brain development. Mohammed concentrates better when he is upright!

BabyGym® has brought our family closer because even daddy gets involved with stimulating baby Fatimah which makes play time fun and exciting. Nabeelah and Mateenah (the older two of the daughters) had such fun creating the baby toys such as the rattle made from rice and bird seeds in a bottle and a mobile made from a peg holder. BabyGym® is not just for babies, it is for the entire family! Sometimes when I come home from work and I have four nagging children the first thing that comes to mind is BabyGym® -exercise and massage time. Doing BabyGym® techniques for 10 minutes gets everybody relaxed and we are able to carry on with the rest of the nights chores without any hassle.

I'd like to thank Dr Melodie de Jager for providing us mums with the lovely opportunity to experience BabyGym®. The massage technique and sequence has had an outstanding effect on my baby Fatimah.

Zharina- (our BabyGym® Instructor) your warm and friendly personality has had a soothing, relaxing and calming effect on both me and my baby.

Thank you BabyGym®! As a mother I am empowered and more in control!