

At what age can my baby start with BabyGym

By: Nikita van den Berg and baby Keagan.

“Keagan and I started the BabyGym course with Karen Dolman (instructor in training) in September of this year when he was almost two weeks old. Keagan is almost two and a half months old now and we still enjoy the benefits of BabyGym as much as we did when we first started!

We often get positive comments about Keagan's strength and his accommodating nature and I believe that a lot of these have everything to do with all the games and activities that we have learnt through BabyGym. He holds his head up comfortably and enjoys lots of movement with us. He is also happy on his tummy (to the surprise of many) and seems to enjoy the different view of his world from this position. Back time is just as important to us and he spends plenty of time on a rug working all those little muscles in his legs and arms while he kicks and swats at toys – with the emphasis on having fun all the time!

I really enjoyed the course and gaining some insight into the value and meaning of what appears to be 'silly little games' that we tend to play with him. It's reassuring to know that I am not only trying to get a smile on Keagan's face but actually stimulating him constructively while playing with him. It has reduced much of the underlying 'social pressure' to buy expensive toys and contraptions as I feel confident that Keagan is getting as much, if not more, benefit from real learning experiences in our everyday life and interactions as well as common household objects. BabyGym has encouraged me to keep an eye open for real learning experiences everywhere we go and I have also continued playing and doing some of the 'simple' activities that I might otherwise have stopped doing because I wasn't aware of the benefits they have for him. I am also no longer concerned about the speed of Keagan's development because I know he is developing soundly in his own time and space with all the love and fun we have together.

BabyGym is a great way for Keagan and I to have heaps of fun together while actually doing things that are very important for his development!”

November 2007