

BabyGym helps Janro reach each milestone in sequence

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Janro was born in 2009 via c-section. His head was very flat at the back but he showed no reason for concern at the time. He struggled to hold up his head and could not stand being on his tummy. This was a sure indication that his core muscles were not functioning properly and he urgently needed some BabyGym attention. I invited his mom to join our BabyGym class and she was excited to be involved.

The tummy time with Janro was a constant struggle. He would scream and cry and he would refuse to lift his head. Instead he would put his head down on the ground and lift his hands up. He couldn't do a 'push-ups' at all. It was no surprise to me that he was unable to either sit, keep his balance or follow a toy. The fact that he did not have strong core muscles made it extremely difficult to reach his developmental milestones, and thus he was slightly 'behind' with most of his milestones. Keeping Janro on his tummy was a 'screaming affair' but we persisted and both I and Janro's mommy were determined to continue with what was best for Janro despite the fact that he obviously disliked every minute of being on his tummy. It took quite some time for us to see improvement and doubt was starting to enter my mind.

Thankfully, after months of BabyGym exercises and constant tummy time (every 20 minute we put him on his tummy for 10 minutes) Janro did his first proper push up. I don't know who was the most excited, him, me, or his mom- we were all amazed! It was as if he now had the confidence and eager to see what else he could master. Janro's screams were soon replaced by smiles while enjoying tummy time and 'pull ups' before we started with our BabyGym workout.

He was now sitting nicely and push-ups were no problem, it was time to proceed to CRAWLING. Boy this was a battle! Janro decided that rolling to where he wanted to be was good enough for him. Yet again I invited mom to join me for the crawling class. Soon after the class Janro was moving to a toy placed out of reach and he gave his first full crawl! He stopped and looked up at me- I was jumping with excitement! He looked at the toy and crawled all the way to reach it. What a glorious day it was!



Janro started walking just after he turned 16 months and is progressing perfectly according to his milestones – tantrums and all! How true to say that: through the struggle we learn and through persistence we get better at what we do! If you think that what you are doing is not important –let Janro's story inspire you. Never give up –believe in what you do-and needless to say : repetition, repetition, repetition!

