

BabyGym is a 'have to' for every baby

Sent in by Tacita Shaw

What BabyGym has meant for my boy Cuan

- The BabyGym massage taught me to really bond with my baby boy Cuan, and it made him so relaxed.
- One night, my husband became so stressed as Cuan would not stop crying. I told my husband to turn Cuan around and massage his calves, he calmed down almost immediately.
- Cuan really enjoyed the ball exercises and the rougher the movements the better! I've subsequently bought my own ball to continue the exercises with him.
- Tummy time became such fun! He really enjoys his tummy time now; I can leave him on his tummy for at least five minutes while he enjoys exploring his reflection in the mirror and/or reaching for toys.
- Cuan has become extremely busy, he jumps up and down on our laps and if you hold him in your arms he just wants to move around and see things around him. He just about twists his neck off looking around.
- After we did the smell sense I let him smell my tea / coffee and now every time someone has a drink in a glass or mug he just wants to pull it closer to smell and taste. It is amazing!!!
- BabyGym has definitely made Cuan a boy who is alert, observant and loves to be touched and played with.

What BabyGym has meant for our family

- Doing the BabyGym dance with Cuan was amazing. I now play him the same songs over and over and he just relaxes in my arms enjoying the slow dance.
- When my husband puts on dance music (quite loudly), Cuan and dad have so much fun together, he just loves the movement!
- Amber, Cuan's sister has also become very involved in the BabyGym activities. I show her what to and she's often the one that says: "Mommy it is BabyGym time, what can we do?" Cuan loves interacting with her and their relationship has improved immensely.

Tacita was a great teacher and I really loved learning from her. She did the lessons with so much enthusiasm and made every lesson interesting so that we wanted to rush home and continue the exercises.

I must also mention that with my first child I did a different mother and baby class and now that I have done BabyGym I will most definitely recommend it to all my friends. BabyGym really teaches you how and why it is important to stimulate your child.

BabyGym is easy to do and can be done on a daily basis!

Thanks BabyGym and Tacita, you have changed our world!!

Warm regards
Liesl Swartz