

BabyGym

If only I knew then...

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I am a mother of three very special daughters - each unique in their own way. My eldest daughter (age 7 now) started with chronic constipation at 6 months. She was only breastfed, and I could not understand what or where it was coming from.

These were hard, difficult and stressful times for all of us. We had seen many different types of doctors, who all prescribed different kinds of treatments. My hopes were for something to work quickly, my fears were, and would she become dependent on the treatments? I needed to use glycerine suppositories often and struggle with meds such as duphalax and laxette, and many homeopathic treatments, including eating habits. She even had an "anal stretch" when she was two.

Many hard, anxious times gone by and I remember celebrating, each time she would pass a stool. She is much better now, her problem is not altogether solved, but being bigger, she is able to relax, and she understands about what or what not to eat. I have been massaging her tummy, the way I learnt in BabyGym and there is definitely an improvement. I know that if I had done the message years ago, she would not have suffered so much.

My second daughter (age 5) is in nursery school. She walked at 11 months, didn't crawl much. I was always busy with her big sister, and she spent a lot of time with her grandparents, who were fond of the walking ring. I cannot blame anybody for her having very low tone of muscles. She still battles to draw a simple "stick figure", and she finds it difficult to concentrate in class.

If only I was equipped with BabyGym then. I would have done so many things differently. There are so many other babies and children, just like mine, who can benefit enormously with doing simple things that BabyGym teaches us.