

Confident mom and baby

Louise Gilbert

Shane and I joined BabyGym because like every mother I want the best for my child and we as parents want to know that we have tried our very best

BabyGym, from the very first class has allowed us to provide an excellent start for Shane, physically and neurologically in a simple and fun manner.

After seeing Melodie de Jager on Great Expectations I knew BabyGym would be great for Shane's development. I went onto the website where I made contact with Koren Hayman an accomplished Toptots and now Baby Gym instructor in training. After making the necessary arrangements we arrived for our first class and I was pleasantly surprised to see how organised and friendly the environment was, from the parking arrangements to the presentation.

Koren's presentation style is innovative and adaptable since she is able to keep the moms and babies attention being able to talk over the playful background music and the odd shriek and cry.

Shane and I really enjoyed learning about baby massage, it helps him relax and calm down for a better nights sleep. He also enjoys the light brisk massages after his mid morning naps. The biggest wow factor was when Shane was able to start sitting only two days after Koren showed us how to do the hip flexors. He is also crawling now only two weeks after graduating from BabyGym, granted that Shane is a strong baby and we did insist on tummy time from the beginning. BabyGym has given us the confidence to know that we're Shane's best teachers for now and that we don't need to spend vast amounts of money on "mommy gadgets" as Koren put it.

I learnt a lot in the 5 week course and I'm sure Shane will benefit from a solid foundation that Baby Gym played an integral part of.
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