

Experiencing BabyGym AGAIN

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Having a baby is always an amazing experience, but I have been in awe of what I have witnessed due to my BabyGym background. Teaching BabyGym has always been enjoyable for me as I love babies and I am constantly reminded that they are little miracles endowed with so much potential.

I did the BabyGym course when my son was 2 years old but as BabyGym is really for babies under 2 years of age he got very irritated with me when I tried to massage him. He was far to interested in being on the go and, as I've learnt, we must not restrain that movement, so I had to incorporate other BabyGym exercises into our daily routine (exercises such as the bicycle, sit ups and playing on the ball). It was always so nice to know how the little games we were playing were influencing his brain development. But it was only when my little girl was born that I really experienced the effects of BabyGym myself.

Just 3 months ago, there she was brand new and adorable. From the word go all my knowledge was coming in handy and I was so aware of what I was doing with her. The first thing I did was stimulate her crown as often as I could. She was a caesarian baby and did latch with no problems at all but I knew that the more I massaged the crown of her head, the stronger and better she would suck! And let me tell you she drinks beautifully and that tummy is full in 15 minutes flat!

I then started to lie her on her tummy on my chest and that was such a beautiful experience since we could look at each other from a completely different angle. I could kiss and comfort her knowing that she was developing a strong neck in the process.

The massage I started when I got home from hospital and it began with those little feet. I couldn't get much done but did a little bit at a time. She now enjoys it tremendously.

As a new born we were concerned about her eyes, although new born babies squint rather often – we have squint eyes in the family, so my husband and I were very concerned. So what I started doing was to stimulate her eyes with my black and white circle exercise card, stimulating her eyes to move both up and down, left and right. As time passed I noticed that her eyes were starting to focus. Research suggests you should not feel concern until baby is at least 3 months of age but I thought that I'd rather put my BabyGym know-how into practice sooner than later.

People are commenting on how strong my baby is and how nicely she holds her head up. They also can't believe how alert and vocal she is for a 3 month old. It is both wonderful and encouraging to hear and incredible to see the outcome of Dr Melodies' theories in practice.

Moving through the process is eye opening and exciting for me as a mother and I thank Dr Melodie for her brilliance. I am also proud to be in a position to be able to teach moms, dads and carers about BabyGym since I know that they are giving their little being, a wonderful start to life!