

Parent feedback: My BabyGym Experience

After having my 3rd baby, I decided that I would like to do a stimulation programme with my little girl as I did not do with my previous 2 kids. Now being an early Childhood Educator and working with little ones on a daily basis I wondered whether doing BabyGym would be stimulating for me or perhaps just an over-run of information that was already known to me. Oh Boy, was I in for a surprise! I didn't realise that the earlier one starts with stimulation for your baby the better and doing the BabyGym 2: Firm Foundation course has been the best thing I have done for my baby & myself.

Every week was so rewarding, fulfilling & fun to see how my baby responds to the programme. I was keen to make notes in every class because I felt that the information given was way too valuable to forget. It gave me a special time to interact & bond with my baby & taught me things that I never knew.

Zeenat has been a fussy little girl from birth and for me learning about the different ways to relax and massage her has helped me a great deal to be in control and to know what to do. I have been doing the body outline for my whole family including a friend who is battling severe depression, and she feels much comfort with the body outline and the bear hug. Until I started BabyGym I didn't know that Zeenat hated tummy time! And oops I didn't know how important tummy time really is! I feel grateful that I caught that precious tip in time!

Zeenat responds well to different sounds & loves the movement activities. BabyGym has really made parenting even more fun and interesting. For me personally, I have learnt a lot which makes my interacting with the kids I teach daily so much more rewarding.

I would like to thank Zharina Wajodeen from Lenasia for the amazing BabyGym experience.

Safiya Mangera & Baby Zeenat Mangera

