

A BabyGym[®] Instructor's Journey

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We always read about babies' success stories but here is my story. My life before BabyGym was a dark and lonely place. I have been married for 17 years but God has not blessed my marriage with children. It has been a tough journey with never ending doctor's visits, trying crazy concoctions, therapies from needles to medicines, special diets and exercise to meditation and prayer, Maulana (Muslim Priest) to Maulana, herbalists... I have been to them all. In between all of this my heart was aching and I felt my youth slipping away, I sometimes looked into the mirror with horror, what had I become? For a long time I stayed away from family and social gatherings, I even kept away from close friends because they had children and I always felt like there was no common ground. I was never confident when it came to babies and I always felt inferior to other women.

My journey to recovery began 4 years ago when I decided to study my BA-degree, with the hopes of working with children with learning challenges. I began to search for a kiddies franchise, or a course that would bring me into contact with the one thing I wanted the most in my life, children. Some called this a suicide mission but I was just so tired of being unhappy, and having to hide every time I saw a baby; I wanted to live again so I knew I needed to fight this unhappiness if I wanted to survive.

Two years ago I came across BabyGym and it really excited me, I had found a path that would bring me into contact with mummies and babies, I was so excited to work with little minds! My dream to help others and at the same time to heal my soul was within an emails reach. And so I did it, I applied to become a BabyGym Instructor. The first BabyGym class I presented was so intimidating but so liberating and as I presented the next two classes I felt stronger. Every day brought me a little bit more happiness, laughter, and giggles from the little angels in class- what more could I ask for?

This year has been a tough one; I underwent corrective surgery to my womb, two rounds of IVF-treatment and a miscarriage and yet I can't believe how positive I have been. Even the miscarriage, although painful and sad, did not take me to the lowest levels of depression. In all this time I continued to present BabyGym classes because it gave me strength and kept me positive. Although this last year was the worst of my journey, I am at my most positive.

Thank you BabyGym, I have a new lease on life. Being part of the BabyGym team has given me somewhere to belong, it has given me the skills to assist many mummies and babies to bond and develop, and the joy the older special needs children bring leaves me speechless!

BabyGym afforded me, a childless woman (some might even say a barren woman) an amazing opportunity to discover myself again, to discover amazing capabilities I didn't know I had.

