

A Beautiful journey with the Le Clus family

From BabyGym 1, through birth, to BabyGym 2

Nicolene Steyn



I have been a BabyGym[®] instructor since December 2011. During 2014, I qualified as a Childbirth Companion (Doula), and I had the amazing experience of journeying with a family from BabyGym 1, through birth, to BabyGym 2: Firm Foundation. This is the story of Leandr  and Jacques Le Clus, and the birth of their baby, Jean-Claude (J.C.).

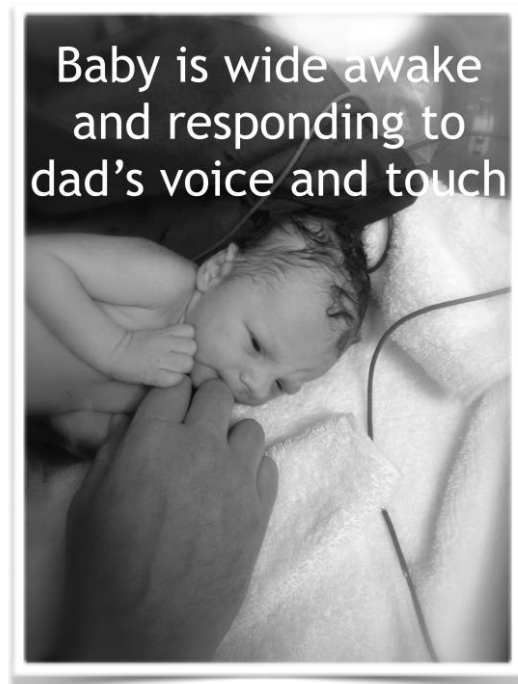
Leandr  appointed me as their Doula in March 2014. At that time she was three months pregnant and her husband decided they needed a birth companion to assist them both during the birth as Jacques has Retinitis Pigmentosa. Retinitis pigmentosa (RP) is an inherited, degenerative eye disease that causes severe vision impairment and often blindness.

Three months before J.C. was due, they attended antenatal classes that included BabyGym 1. They were excited about the newborn massage, as it was one of the few things Jacques, with limited sight, could do to bond with the new arrival. Leandr  phoned me to come over at 00:30 on 16 September 2014 as active labour was starting.

They trusted me not only because of my knowledge but also my compassion. I did not leave their side during labour, and baby Jean-Claude Le Clus was born naturally without pain medication at 06:13. He was immediately placed skin to skin and mommy started bonding (the good bacteria as well!)



By this time daddy was very emotional, but he could not see and felt left out. After some time the baby went to the incubator (in the same room) because the room was very cold. I took Jacques over and put his hand into the incubator so he could touch his son. Reality dawned on him and the new father started talking to his son with tears in his eyes. J.C. stopped crying because he heard his father's voice, and I saw the BabyGym 1 theory in practice.



J.C. latched well, with a little help from mom and compression on his crown, and fed beautifully.



He spent a lot of time skin to skin with both parents during the next five weeks. They started BabyGym 2, and during the classes I felt a special bond with this little guy; I had met him while he was in his mommy's tummy and I had helped him come into the world. Now he was a fully formed beautiful little person. He loved the BabyGym[®] massage because he had been massaged from birth, and by the second week his hands had opened up completely. At the BabyGym[®] graduation, J.C. - then 10 weeks old - could lift his head with ease, liked tummy time, and generally loved life, even though he is a very serious little fellow!

Now, at 4 months, he is thriving, and starting to roll. I was so blessed to be their Doula and personal BabyGym 1 Instructor. The Le Clus family and I are still in contact, and will always remain so, because having been so close to them during this journey has created a bond between us that cannot be matched easily.

I can not wait to see this little man run one day... All in good time!



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