

## A Daddy's BabyGym<sup>®</sup> experience

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Being a first time dad, like all other parents, I wanted the best for my little girl Zaakirah. At first I didn't know exactly what BabyGym was all about, but surprisingly a whole new window into the human mind and body was opened, and I learnt a lot!

For me it was amazing to learn that seemingly insignificant or small things like perhaps eye contact or dad's touch are actually important factors in a child's development. As a dad I am relieved to have learnt that it is not the expensive toys and gadgets that will ultimately lead to the development of a better brain.

I really believed that the best time to start stimulating your child is when they are getting ready for school, I know now and am grateful to BabyGym for teaching me otherwise, and the window of opportunity to develop my babies senses and muscles is still wide open, so we have not lost out.

Allowing my Zaakirah struggling tummy time was a huge obstacle I needed to learn to get comfortable with, had I not attended the classes with my wife Tasneem, I would definitely not have worked with her in persevering to get Zaakirah to be on her tummy more often, something she hated since birth. We learnt that 80% of baby's development is taken care of with sufficient tummy time and we were not going to miss out! Appreciating the ostrich - story, has done a lot for my little family, and this struggling story has been retold by myself to many friends and family.

Since doing BabyGym, we see Zaakirah as more calm, relaxed but still alert and active. My play time with her is now more structured and I know that when I do the stimulation with her it's more than just time spent with her, it is helping her to build a better brain!

We say thank you to Zharina for a wonderful experience and truly believe that all parents and babies should have BabyGym on their to-do list!

