

BabyGym[®] for Colic

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Becoming a mum for the first time is an unexplainable emotion and even though I tried my best to equip myself to be ready and hands on when my little bundle of joy arrived, it was not enough. My baby Danyaal turned out to be a severely colic baby. I feel that there are many contributing factors and one of them is the birthing process and the aftermath of it. The first 4 weeks went by with only a few colic symptoms, these were manageable and I thought the adjustment after having a baby isn't too bad but as soon as week 5 reared its head the drama started, bouts of heart wrenching screaming and crying. I've never been able to handle the sound of a baby crying and to hear your own baby crying because he is in agony is even harder to bear. Nothing would work and the continuous crying and many sleepless nights were really difficult for all of us.

Being a new mum is hard, but being the new mum of a colic baby is enough to send you to seek extreme solutions. I was keen to try any remedy possibly, from Dutch medicines and old wives tales to people who can cure a shifty navel. Fortunately for me I'm surrounded with very intelligent elders who endeavoured to keep me away from resorting to calling one of those miracle healers from the pamphlets that kept getting left on my car. My very tech savvy dad kept trying to find me "first world" solutions, from diets to American FDA approved homeopathic medicines and eventually came upon a way to strap the baby to myself to create the womb-like bonding that my paediatrician kept insisting upon. This wrapping technique coupled with my clued up mum in laws suggestion to try BabyGym[®] is how I am today able to calmly get on with my life.

When Zharina, our BabyGym[®] Instructor, met me, we were having a "bad day" and she experienced first-hand the shrieking sounds that my 8 week old Danyaal was capable of belting out of his tiny lungs and saw how frazzled and frustrated I was. Being the patient teacher that she is she told me to settle him before we get started, at that point the easiest way to calm him was to strap him to me, this was at that point the only thing that would settle him. I learnt in the first session that the skin and relaxing of the skin was significant in getting Danyaal to settle and calm down. I was desperate and all ears at this point. I didn't know that massaging and stretching the calf muscles were instrumental in reducing stress for my baby and together with the BabyGym[®] outline and rubbing his ears and vagus nerve, I would be helping my son to relax so he could get into the correct sequence of feeding, suck, swallow and breathe. I found the full BabyGym[®] massage very helpful and practical. The I Love U massage on his tummy is a ritual now. I felt empowered and less helpless and yes within days there were positive change.

We still had bouts of colic crying but they were for shorter periods. The morning of my BabyGym[®] week 2 class started off quite bad and I almost cancelled in fear of not being able to calm him down in the class. To my great surprise, Danyaal settled beautifully during the class and actually enjoyed all the movement activities. Up until this point Danyaal would resist and withdraw from his Dad which was very difficult for both of us, especially as new parents and during our third class, I began to understand why; he simply wasn't familiar with the smell of his dad's skin. We gradually reintroduced Danyaal to his Dad skin on skin every day, allowing him to smell his Dad and also learn to be safe with him. This worked wonderfully.



Danyaal is now 3 months old and I can say that I'm thoroughly enjoying being around him, from having him constantly strapped to me to now lying on the bed laughing and playing. Persevering with the BabyGym[®] techniques definitely paid off. I am now a very proud mum who has learnt to tap into my baby's signals naturally.

I would like to say a big thank you to our BabyGym[®] Instructor, Zharina, for being so hands on, calm, patient and gentle.

