

BabyGym[®] Stimulation = Success

One of the exciting things about BabyGym is that it can be applied in various ways and forms. Charlotte Gouws has been offering BabyGym group classes in Durbanville for many years, and in addition to the weekly group classes she also consults one on one with babies, children and sometimes even adults. Here are three short success stories from her BabyGym practice.

Jean Bougardt joined BabyGym[®] on 7 December 2014, after suffering a brain injury due to a severe motor vehicle accident. The diagnosis was devastating...“You are blind and will not see again”. Charlotte followed the BabyGym 2: Firm Foundations curriculum with Jean. First we massage, then we work on movement and balance, then on the ears and eyes and thereafter we work on the muscles. After just 1 week of applying the basic BabyGym body outline Jean started to see the food on his plate again. One year and many hours of hard work later- Jean is back at work!



Jean doing movement and balance exercises



Jean back at work 1 year later
1 September 2015

Jean's feedback: "Thank you Charlotte for helping me with all the therapy, time and effort to show to me what to do to get me to this level where I am today. Without your therapy and help I very much doubt that I would be this far. Thank you, again!"

Zach joined BabyGym on 24 October 2015 at the age of 3 and a half years.

He joined BabyGym due to his delayed speech. His parents had tremendous difficulty communicating with him. Even though he had been attending speech therapy elsewhere, Zach's mother Sam was not able to understand Zach when he spoke. Zach's ears were also tested, but the results showed no hearing loss.

Here is Sam's feedback after only ONE session of BabyGym:

"Thank you sooo much Charlotte! "We thoroughly enjoyed Saturdays session. We have been practising a few exercises, but thanks for the reminder. Zach has been saying his brother's name properly since Sat e.g. His name is Luke and he used to say "Ukey" as we call him "Lukey" now we say "Luuuuke" and he copies. Looking forward to our next session on Saturday!"



BabyGym warm-up:
Zach bounces on the gym ball



Zach uses a straw to suck up craft pom-poms to strengthen his facial muscles

Ludrick was born prematurely at 32 weeks. He had difficulty sitting and was quite floppy. After only 6 weeks of the BabyGym massage and exercises, Ludrick showed remarkable improvements. He now sits with perfect posture and has started to crawl.



Ludrick toppling over at
almost 9 months
8/11/2015



Ludrick sitting perfectly
without support
31/12/2015



Ludrick starting to crawl
28/01/2016

Feedback from mommy Marzanne: "Baie Dankie, Charlotte vir al jou hulp en ondersteuning met Lucrick se vordering. BabaGim het ons baie gehelp!"