

BabyGym for relaxation, feeding, speech, potty training and anxiety

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Dear BabyGym, I wanted to share some amazing success stories with you.

In my present Thursday group which completed week 2 this week, I have a little boy Jayden who is 15 weeks old. His mother was struggling to get him to take a bottle as he only wanted the breast. She needs to supplement his feeds so needed him to take a bottle quite urgently. I showed her the crown contractions in week 1 as part of the massage and encouraged her to massage his little hands while feeding so his breast feeding experience was better. I suggested that she tried the crown contractions before attempting to give him the bottle the next time. She reported back this week that she had indeed done the crown contractions and after doing them, he was less fussy and took the bottle easily. She is so happy and he is gaining weight at a faster rate now that she is massaging his little hands while feeding and doing the crown contractions before giving him his supplementary feed in a bottle. Isn't that amazing?!

Another of my clients reported to me that since doing the massage regularly especially the calf massage, her little girl who was very quiet, is suddenly much more 'talkative' and interested in engaging with people than before. They've seen a clear link between 'speech' and the calf muscle stretch/massage. In addition, Vidhya sleeps better and deeper after a massage than if there is no massage. Relaxed happy baby!

Then I have a personal success story to share. I was thinking some weeks ago that we do the nose and coccyx rotations in week 3 of BabyGym to assist metabolism and to allow what must go in to eventually come out. My son has stopped using nappies in the day and has been battling a little to get the poo out when on the toilet. One day I tried just rubbing his coccyx while he was on the toilet and 'voila' he had a much easier 'poo-ing' experience. Since then when I see he is struggling I rub his coccyx and it really does seem to help. If I do that he also manages to get it all out in one sitting and doesn't have to go again a few minutes after finishing the 1st time. Mike is 3 now so BabyGym it seems is not just for babies! He is also terrified of thunder and the vagus nerve rub works wonders to get him to calm down and go back to sleep if there is a storm at night.

Thanks to Melodie for allowing us to learn so much and for us to be able to help so many other mums and babes including our own.

