

BabyGym provides practical and stimulating ideas for play time

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I enrolled for BabyGym with my second son, York, and found the classes were very informative and served as wonderful bonding time for us, he also made a new friend there!

Although one shouldn't compare, my firstborn Cuán reached all his milestones easily and quickly and I expected the same for York, but it didn't happen that way. BabyGym helped me to understand the different stages of baby development and that reaching milestones quicker is not necessarily better; our BabyGym Instructor referred me to the milestone "timeline" provided in the BabyGym Book and I was reassured that York was developing well.

With little time to experiment daily, I could quickly refer to the BabyGym note cards and do a few BabyGym exercises. I unfortunately only attended BabyGym with my second son, but I was able to go home after class and do some of the exercises with his older brother too. We involved older brother Cuán when doing BabyGym exercises with York; Cuán was able to help us with the vestibular and balance activities in Week 2 of BabyGym. He often pulled York on a towel around the house and he also helped us to swing his brother; interestingly enough Cuán never enjoyed swinging before but he does now, so I'm sure his balance system was developed in the process too. In the beginning it was difficult to explain to Cuán that he needs to wait his turn for the massage / BabyGym exercises but he is now able to wait and understands that we make turns. Similarly, York didn't enjoy tummy time at first but I knew that it was necessary for his future development and we persisted. I still LOVE the BabyGym massage most, and so do my two boys!

I enjoy playing with my boys and playing in a stimulating way is much easier since we've done the BabyGym programme; a ball, towel and some imagination goes a long way! I would like to thank our BabyGym Instructor Margit Reiff, I will always be grateful to her, not just for the BabyGym content but for the way she presented it too.

