

I train friends of BabyGym

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I often train **Friends of BabyGym** and I enjoy the classes with mostly nannies thoroughly. The first class I presented was as a favour to a friend of mine. She had to go back to work and needed her nanny, Anna, to stimulate her son. About six months later, my friend moved away and Anna started working with Nerine, who was pregnant at the time. Nerine's daughter was born shortly after and she had terrible colic. Anna said: "We have to massage this little girl, and you have to go to BabyGym." So, a favour to a friend turned into a new BabyGym baby.

About a year later Nerine moved away and Anna started working with Rene, who was pregnant at the time. Rene's son was born shortly after. And he had terrible reflux. Anna said: "We have to massage this little boy, and you have to go to BabyGym." And yet again; a favour to a friend turned into another BabyGym baby.

Now, I know that training Anna meant I had two more BabyGym babies, but Anna stays in a village in Tzaneen and if she has the confidence to suggest BabyGym to two new mothers (where massage and early stimulation is still unknown) I can only imagine how many babies she had massaged in her local village.

I often struggle with the language barrier, but this has made my BabyGym classes so much more practical. I used to 'talk, talk, talk' in my classes, but new moms struggle to just listen, because they are 'listening' to their babies. So in my **Friends of BabyGym** classes 'talk, talk, talk' turned into 'look, look, look' and 'now you try'. I now apply the more practical way of teaching in all my BabyGym classes and I have seen wonderful results!

I start every **Friends of BabyGym** class with tracing our body outline, massaging the ears and stretching our calve muscles, just to demonstrate the importance of touch; it is so wonderful to see adults respond to this!

I believe we have to train more Friends of BabyGym in the communities to see a change in South Africa. Anna is a wonderful educator in her community and it all started with her employer's need for BabyGym.

Below: Anna is in the front row on the right

