

Is BabyGym® beneficial for a Premie Baby?

Lisa Small

Baby Johann was a lovely Christmas present for his mom and dad, being born on 25 Dec 2014. He was however, born 7 weeks too early. Born at 33 Weeks he was in NICU hospital for about 10 days until he was strong and healthy enough to go home. His birth weight was good so all Johann needed was some help with feeding and breathing.

Johann's mom Liesel, called me when Johann was 4 weeks old to enquire about BabyGym® especially for Premies. She had heard from a friend that it was a great programme and that it had good success with prematurely born babies. We chatted about the programme and she decided that we would start with BabyGym once Johann had reached his gestational date. In fact, he was 8 weeks old when we started with BabyGym 2: Firm Foundations, in their home. Of course Baby Johann was a new born and he himself was asleep or feeding for most of the 5 weeks. His mum however, was determined that Johann was not to miss out on anything. Liesel worked with Johann every day diligently following the BabyGym programme. The paediatricians working with Johann were amazed at how strong he was and how well he was doing despite his early arrival. Liesel was very good about tummy time and allowed Johann to explore his world as naturally as possible. Lots of rug time, walks and swings, smells and tastes and other fun filled activities filled their day.

Liesel and Johann attended a 2nd BabyGym course at my studio so that Liesel could meet some other new moms. This was really more to allow Liesel to form a network of moms she could call on than to re- do BabyGym. However, more is good and there was a 2nd input of the programme to reinforce and remind mom and baby of the 'moves'. Liesel continues to do BabyGym with Johann and he has gone from strength to strength.



This is Johann aged 7 and a half months. Sitting up tall, stable and playing with his favourite toy. I met Liesel in the shops in September and she told me that Johann was desperately trying to get going as a crawling baby. He is now nearly 10 months old and I am quite sure he is well on his way as a 'crawler'.

Look how wonderfully strong and confident Johann is, he looks like he is ready to play throw catch with that ball and saying to his mom 'Watch out mom, here it comes...'

Despite Johann having made an early entrance in the world, with the help of a dedicated mom he has made up for 'lost' time and is meeting all his milestones at the correct time per his birthdate and is ahead of the 'adjusted' curve. I am always amazed at how great the results are when moms spend time with their babies doing what we ask of them in BabyGym. It is really busy with a little one but the BabyGym programme is so easy to fit into a schedule with the right commitment to it. In Johann we see clearly how much children can benefit from the BabyGym 2: Firm Foundations programme.

Well done Liesel and Johann.

A huge thanks for sharing this lovely photo and for the privilege of working with you both.