

Starting BabyGym from soon after birth has many benefits

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The mums and babies who attend my BabyGym classes all leave their own little memory in my heart, and seeing that my home town, Roshnee, is a small town I get to bump into some of them every now and then. This time I was lucky enough to bump into Mummy Nadira and Baby Leeyah. Little baby Leeyah Chotia didn't only leave a special memory, but she stole my heart!

I met Leeyah's mum Nadira at the Shopping Expo in Roshnee last year, at that time Leeyah was only a few weeks old. She was suffering from tummy cramps, but I could already see she was a cute little angel. Mum Nadira had been massaging Leeyah from right after birth and she must have done an amazing job because Leeyah was calm and content. Mum Nadira wanted to wait until Leeyah was 6 months to join BabyGym, she did not yet know that BabyGym is beneficial from right after birth.

Today I am so happy that she decided to join BabyGym sooner because her dedication has been rewarded, she has a baby that is happy and who develops well. Leeyah is already crawling, and the thing that strikes you first about her is her calm and happy demeanour. She is a tiny baby, but extremely alert and receptive, her body is flexible, with great muscle tone, and she moves confidently. Also, her tummy cramps have settled.

This is what mum Nadira has to say: "BabyGym has been a wonderful experience for us. I've noticed a big change in Leeyah since I started. The best part about it will definitely be the massage because since we started the massage Leeyah started to sleep better, both during the day and at night. Her strength and movements have also improved. She is alert and really enjoys all the activities that BabyGym has taught us."

It has been amazing to work with this mum and baby, especially because Mum Nadira is so dedicated. We keep in touch and it's always good to hear how well Leeyah is doing; and hearing that Mum Nadira is settling into a routine brings a smile to my face. I am content knowing that BabyGym works!

