BabyGym and Autism

Rita Kotze

We met BabyGym Instructor, Rita Kotze, in April 2009 shortly after Noah had been diagnosed on the Autism Spectrum. Rita was incredibly supportive and very accommodating in agreeing to come to do BabyGym classes with him at home, in his familiar environment.

BabyGym has been wonderful for Noah as he, like many children on the Autism spectrum, has severe difficulties with motor planning and sensory integration. He used to resist being held and was extraordinarily sensitive to anyone touching him. Brushing his hair, walking on grass all these sorts of things made him uncomfortable and I think the BabyGym massage has been incredibly beneficial to him.

Rita taught Brenda, Noah's caregiver, to do the BabyGym exercises and I think the daily massage has led to huge improvement in Noah's sensory sensitivity and perception. He used to bang his head on the floor and it appeared that he felt no pain when this happened. Now he cries if he hurts himself which is evidence of his increased body awareness.

His balance has improved greatly and his motor planning has also improved significantly. He has learnt several critical developmental skills such as throwing, kicking and rolling which do not come naturally to bio neurologically challenged children.

Brenda has said that not only does she think that BabyGym has been wonderful for Noah, but it has also been a beneficial experience for her personally. At first she was very sad when Noah was diagnosed as Autistic but the improvements she has noticed, while doing BabyGym, has stopped her from feeling depressed. Brenda feels that she has learnt good skills for when working with Noah .She loves doing BabyGym exercises with him and says it is one of her favourite parts of the day.

Noah loves BabyGym and regularly jumps on the bed wanting to do the BabyGym exercises. Rita is gifted in working with children and has been wonderful with our little boy; I will not hesitate to recommend BabyGym to the parents of any special needs or developmentally delayed children.