

## BabyGym helps premature baby to master crawling

Lisa Small

Ncgebo was born on 7 Dec 2011 at 28 weeks gestation and was treated in various hospitals in Gauteng. Luckily for him, his mum was encouraged to breastfeed, she expressed milk first and then did kangaroo care with him for several weeks. He was also 'nested' in Neonatal ICU to replicate the womb environment and was given all the modern care expected in NICU units. He had the best possible start in life despite his mum being given dire predictions of how he would fare in the future. Luckily he had a dedicated mum who was willing to the extra mile for him.

Ncgebo's mum, Zinhle, really wanted him to be crawling by his 1<sup>st</sup> birthday and contacted me in October 2012 to see if BabyGym could help. They attended BabyGym 2: Firm Foundations (the 5 week program ) and Zinhle took home all the exercises and information provided. She really worked with little Ncgebo to get him strong enough to crawl.

When they started the course, Ncgebo was sitting well but not rotating whilst sitting to get toys adjacent to him, nor was he reaching to get toys that were out of his grasp ahead of him. He was able to go onto all fours from lying but was unable to maintain that position for any length of time.

After 5 weeks of mum and baby doing BabyGym daily, Ncgebo was crawling well bilaterally and even starting to tackle the stairs at home. He was also pulling himself up to stand against the furniture and was starting to 'cruise' around the room. In fact, his mum was wishing he was still sitting still as he was becoming very mobile and quite difficult to track down.

It was a pleasure to work with both Ncgebo and Zinhle and to see how 'doing' BabyGym with a little one can have such amazing results. Thanks to these 2 lovely people for the privilege of working with them.

