

Swapping arms during feeds develops awareness and skill needed for rolling

Micha Coetzee

I would like to share my own little 'success story'. My son Luca (now 11 months) was 8 months old when I did the BabyGym Instructor training with Dr Melodie de Jager. I found this to be fantastic as I was able to go home every day and apply all the new BabyGym exercises on my son, who mostly thoroughly enjoyed it.

During the BabyGym Training Melodie emphasised that both sides of the body need to be stimulated, and that when one feeds, regardless of breast- or bottle feeding, you need to change arms mid-feed to offer equal development opportunity to the sides of the body.

Luca was a bottle-fed baby from day 1 and I never swapped arms during feeds.

I went home thinking about this and his lazy right arm came to mind. When rolling over you can clearly see that Luca's right arm does not work as hard as his left. I then realised that even though I massaged him regularly after bath time, that right arm needed more attention because it was neglected during feeds. From that moment I started to massage the right arm as often as possible; I also tapped the right arm during the rolling exercises to heighten his awareness of the arm - BabyGym teaches us that a baby will only use what he/ she is aware of.

Within days Luca was rolling over using both arms, and he no longer had a lazy right arm. I continued to apply the BabyGym exercises and Luca is now a strong, confident, happy boy that is well co-ordinated at the age of 11 months!

