

BabyGym gave me a purpose when I felt most helpless

Brenize Coetzer

The last 27 weeks of our lives were quite eventful! Who would have thought that our bundle of joy would bring us so many tears? Now, more than ever I understand the saying "Having children is letting your hart walk outside your body..."

Anika was born on the 28th of June 2012, a week before her caesarean date. I had just finished my last BabyGym class and had to pack everything for hospital. But, I started bleeding on the morning of the 28th and my body went into shock. My husband was on his way to work and had to turn around to rush me to hospital. I had no time to prepare, no clothes for myself and only a small bag of baby clothes I had prepared before; I didn't even remember my camera, which is terrible if you are a photographer by profession!

Once we arrived at hospital all the theatre rooms were full and we frantically tried to find an alternative hospital where Anika could be born. By that time the contractions were really intense and I could feel Anika pushing down but my body wouldn't dilate. In the midst of the madness my mommy brain kicked in and I started to believe that I could do this, I could deliver Anika safely.

Soon thereafter the door to where I was waiting flung open and one of the hospital staff said they would perform a caesarean section within the next 15 minutes. They wheeled me into the theatre room and the next moment I heard the doctor tell the staff "we need to cut NOW"! At that time I wasn't properly numb yet; needless to say I was in excruciating pain and the staff had to keep me down while Anika was being born. Anika didn't cry like my first son and I got worried... The medication finally started to work and I felt drowsy, but got sight of a blue baby who didn't scream like a new born should. I struggled to see Anika completely and only managed to see 2 pink feet right before I passed out.

Thank goodness I had the BabyGym 1 knowledge fresh in my mind, and had also taught my husband all the important BabyGym moves for right after birth, so I knew he would be with Anika and keep her safe and calm. When I awoke I was in my room and Anika was next to me. I put her on my breast and she started to suckle immediately; completely different from my experience with my son's birth where I didn't have any contractions.

We started the BabyGym massage and thankfully things went well.



However, one night I went to the cot and Anika was not moving at all. I lifted her legs and she didn't move, I did the same with her arms and still no response, I lifted a floppy baby from the bed and screamed Anik's name frantically. Slowly she opened her big eyes. We got Angel care the next day, and the alarm constantly went off so we went to see the paediatrician to try and find out what was going on. Anika had severe reflux and she wasn't able to gain

weight at all. The paediatrician prescribed a whole series of medication and the hospital became a regular place where our family spent time, we were in and out of hospital constantly.

As a mommy I felt helpless during this time, but BabyGym gave me the tools to offer her something special, I knew the BabyGym massage would relax her and make her feel loved.



With all the medical expenses offering BabyGym to other moms and babies became a must-do and not only just a passion. I started a BabyGym classes during that time and it became my only escape from reality. Sticking to the BabyGym manual and reinforcing all my previous BabyGym knowledge made me confident in the knowing that there is always hope.

BabyGym never felt so important to me. It wasn't easy to see other mommies babies' develop in my class, and have my own baby struggle, but seeing the development of the other babies gave me the urge to carry on with little Anika, I knew/ and still know she will get there!

Anika still faces some challenges and she's not rolling yet, but every where we go people comment and say she is a strong and happy baby, which of course makes it easy for me to talk about BabyGym and the wonderful benefits the program offers.

Thank you to Melodie and Cozette and the rest of the BabyGym team, we really appreciate all your support.

BabyGym greetings, Brenize and Anika

