

# BabyGym in Clarens en route to Lesotho

Mamotebang Ntokoane



Nestled in the beautiful mountainous area of the Free State is a small tranquil town known as Clarens. This is where Melodie had a one-on-one BabyGym training for Mamotebang, a lady hailing all the way from Maseru. For a live practical session, the two raised some curious stares and may be even a bit of suspicion when they went around making enquiries for a baby. Eventually, they were introduced to a brave Mmamoeketsi Mokone, mother of 6 month-old baby boy Mmeke, fondly called Nnini by the doting mom. He was a very cute baby, just like his mother!

When mom introduced us to Nnini, he was catching up on his after bath, mid-morning nap. Amazingly, he did not seem to mind being woken up, being half undressed and then being moved around! Reading from his body language, it was obvious this was a welcome change from the unchallenging routine that he has to 'endure' every day. He sailed through the BabyGym massage with that irresistible, beautiful baby smile of his! On the whole, Nnini did not fair too badly. However, he could use more exercises, particularly to wake up those passive limbs!

Inside one hour, mom could not be expected to grasp all the movements. She was, however, encouraged to do what she could remember, and was especially encouraged to remember to work the control centre (vestibular system) and allow Nnini to spend lots of time on his tummy. It was altogether a fulfilling visit, but BabyGym does owe Nnini a follow-up visit!!