

BabyGym[®] offers long-term skills and advantages

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As a first time mom I wanted only the best for my newborn baby so I researched numerous educational and stimulation options that we could enjoy together. BabyGym[®] came out at the top of my list and so we set off for our very first class when my son was only 7 weeks old.

The first week of BabyGym was a bit overwhelming and my mommy brain was struggling to take all the information in. But I was eager to learn as much as I could so by the next week I found myself concentrating better during class, actively participating and repeating all the BabyGym exercises at home.

Week 2 of BabyGym was very interesting, we learned about the inner ear, movement and balance. The exercises in this particular class were easy to follow and enjoyable for both mom and baby. As my son grew older I was often surprised at his remarkable balance. He walked at 10 months and could jump far better than what was expected for his age. As he grew older he continued to find pleasure in physical activities. Riding his bike, kicking a ball and hitting with a cricket bat were all things he was naturally good at.

By week 3 of BabyGym I was fascinated with the program. We stimulated his sense of smell with different smell experiences and we also stimulated his mouth and the suckling reflex- this was my favourite activity! He soon became aware of all the different smells around him. Later, when he could walk, he would walk up to a flower, pick it, touch his nose and smell the flower. To this day, he is 5 years old now, he smells his food before he eats it and loves any fresh and natural foods. In fact, he prefers fresh fruit to junk foods.

His speech also developed astonishingly well. By his first birthday he could string 3 word sentences together. His pronunciation was so crisp and clear that anyone could understand what he was saying, not only mommy. At 18 months of age he was initiating proper conversations and soon thereafter he went from nappies to being potty trained in only one week.

BabyGym teaches us that there is a direct link between the sense of smell and memory formation and so I believe he developed an impressive memory when we developed his sense of smell. It amazes us (his parents) that he remembers so much detail and can recall the exact placement of things. He recalls memories from before the age of two, and will notice when a toy goes missing, he even remembers it after a month or more! He recognizes places where we have been to before and things that happened there.

Today, he can count to 100 (and beyond!) and always strives to do his best. If he struggles with something he persists until he gets it right.

After experiencing BabyGym, and seeing the brain building results in my own little one, I have gone on to train as a BabyGym Instructor. I believe every child deserves the developmental advantages that BabyGym offers, and I regard it as a privilege that I can now offer BabyGym to other parents.

