

Reach those milestones with BabyGym!

By Lorika de Jager

As a mom of four children, Sanmarie did not expect any hiccups with baby number five. She knew the run down – babies lift their heads, roll over, sit, crawl, stand up and walk. Her babies were all calm babies and did things according to the book.

But not Jonah. Although he was calm, she was concerned about her little baby boy, who, at 13 months, still did not crawl at all. He did not even attempt to crawl. All four older siblings reached their milestones in the correct order and more or less at the generally acceptable age set out for reaching each milestone. Feeling very worried that there might be a problem with his brain development, they took Jonah to the Pediatrician who did an MRI scan and other tests to confirm whether there was any physical reason why he was not crawling. Yet all was fine. Jonah's physical brain was in perfect condition. However, the question remained why he wasn't showing any signs of crawling.

Thinking that all hope was lost, they heard about BabyGym and decided to give it a try. Sanmarie was a little worried that Jonah might be too old for BabyGym, yet she decided to do whatever it takes to invest in her little boy. By attending BabyGym, this loving and caring mommy learnt the reasons for every milestone her little miracles reached. She also learnt that BabyGym exercises could help her little one to reach future milestones. One of the things that stood out was the importance of daily massage. In the first BabyGym class mom was still uncertain about the impact these techniques could have on her baby boy, yet, at home she put in every effort to massage Jonah regularly according to what she had learnt in Week 1 of BabyGym. She was willing to learn and accept the challenge. They applied additional tips and techniques offered during the lessons to get Jonah into the crawling position.

After only two weeks Jonah started to crawl, and what made it even more special is the fact that it happened on Mother's Day!

Sanmarie firmly believes that it was the massage that contributed to Jonah's crawling success! Through daily massage the missing link between the body and the brain was reconnected, the vestibular exercises also played a big part. They reaped the fruit and now little Jonah is flourishing. In Mommy's own words: "The BabyGym classes are definitely worth every penny you spend! I will forever be grateful for them!"

