

About the founder and author of BabyGym:

Dr Melodie de Jager

B.Prim.Ed, B.Ed Psych, M.Ed Psych, D.Phil
Founder, Author, Developmental Specialist,
Keynote Speaker



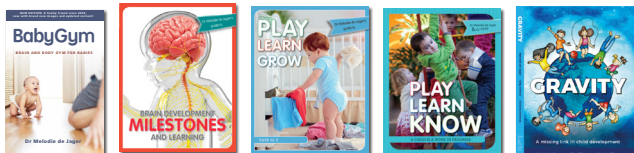
Dr Melodie de Jager is an educator with her PhD in neurological stimulation and how this can be applied to optimise development, better learning, improve clarity of mind and quality of life. With more than 30 years of experience in the field of neuro-science, she is a sought-after presenter and an internationally recognised author with more than 10 published books. Her books have been published in English, Afrikaans, Danish, Hungarian, Italian, Polish, Russian and Spanish, but it is her heart, more than her work, that has touched the lives of young and old.

Melodie regularly hosts workshops, is a frequent guest on radio and TV, and is in demand as a keynote speaker. She is listed on the American Biographical Institute as one of the Great Women of the 21st Century.

About the BabyGym Institute:

BabyGym is a South African Research and Training Institute that recognises that pregnancy, birth and long-term developmental opportunities play a pivotal role in not only the individual child's development, but also the growth of an entire nation.

*BabyGym Instructors are available in South Africa and Namibia. Classes are presented in English and Afrikaans.



Baby's physical development receives priority during the first 14 months of life and as such, BabyGym utilises this precious time frame to show mom, dad and nanny **how to PLAY BABY TO BRILLIANCE.**

BabyGym's programmes have been designed to guide mom and dad from pregnancy, through birth and through each of the physical developmental milestones including: suckling, head control, rolling, sitting, crawling and walking.

BabyGym helps baby to relax and be unfolded from a curled up little baby to become a strong, curious and mobile little human being.

Research has indicated that there is a link between the variety of movements a baby makes during the first few months of life and their ability to adapt and learn later on in life. The purpose of baby's first year is to DEVELOP, to become alert, strong, independent and clever and BabyGym makes this happen!

At BabyGym we:

- Offer massage to help baby de-stress and relax
- Facilitate bonding between baby, mom and dad
- Stimulate the sucking reflex to aid quality feeding
- Teach mom and dad how to aid good metabolism and digestion
- Wake up each of the senses slowly and gently (sensory awareness)
- Use fun and structured activities to develop the pathways between the senses, brain and muscles (sensory integration)
- Master tummy time
- Develop skilled hands
- Develop body awareness, muscle tone, posture and spatial orientation
- Reach milestones with quality movement
- Move with confidence and coordination
- Move with control and know how to STOP
- Graduate from infancy to toddlerhood

BabyGym®

builds a better brain

Brain stimulation occurs when you gradually and gently wake up all of baby's senses and muscles in a specific sequence.

No matter how clever the brain, the brain needs wide-awake senses and strong muscles to prompt the brain into action.



Developed by Dr Melodie de Jager

BABYGYM 1

FOR EXPECTANT PARENTS

You can look forward to an interactive and informative 3-hour session in a small group of parents.

Outcomes:

- An awe-inspiring perspective on how pregnancy, birth and the first 4 months impact on your baby's sensory, brain, and muscle development.
- Comprehensive information on the developmental purpose of the natural birth process.
- Practical tools: you will learn a basic massage routine and BabyGym exercises to support your newborn's feeding, digestion and sleeping; as well as effective ways to combat colic and reflux.



FRIENDS OF BABYGYM

FOR TEACHERS AND CLASSROOM ASSISTANTS, ECD PRACTITIONERS, NANNIES AND AU PAIRS

BabyGym converts everyday caretaking into an unforgettable experience for both baby and caregiver!

During the Friends of BabyGym training the content of the BabyGym 2: Firm Foundations programme is presented. The BabyGym Instructor presents the content according to the literacy and language level of the caregiver. The caregiver will work on a doll while she learns. Once she qualifies (after 5-8 hours of BabyGym) she is equipped to use the BabyGym massage routine and exercises on baby.

*A BabyGym Graduation is a very special moment!

BABYGYM 2

FOR BABIES 6 WEEKS AND OLDER

You can look forward to 5 interactive and informative 1 hour sessions in a small group of mothers (or fathers!) and babies.

Outcomes:

- Learn to massage your baby from top to toe, to: relax your baby, bond with your baby, stimulate the sense of touch, and calm your baby's nervous system.
- Learn to wake up your baby's senses according to the natural sequence of sensory development: touch, movement and balance, smell, taste, hearing and sight.
- Learn how to make tummy time fun, and how to strengthen your little one's muscles to get them MOVING!

Curriculum:

- Week 1 Discover the sense of touch (baby massage)
- Week 2 Discover the sense of movement and balance
- Week 3 Discover the senses of smell and taste
- Week 4 Discover the senses of hearing and sight
- Week 5 Explore the importance of an aware body and strong muscles.

Graduation Day!

Mom, dad and baby receive their very first certificate!



BabyGym is ideal for the working mom on maternity leave:

- For only 5 weeks mom and baby share quality time in a structured and fun way.
- Only 1 hour once a week for 5 consecutive weeks.
- Learn new exercises in every class that you can practice at home. Just a few minutes per day can ensure your baby's development is on its way!

BABYGYM 3

FOR BABIES 4 - 14 MONTHS

On completion of BabyGym 2, your baby will be ready to progress to BabyGym 3 (milestone specific classes):

- Sitting
- Crawling
- Standing, cruising and walking

Baby earns a BabyGym 3: Advanced session certificate for every milestone reached.

Even though BabyGym specialises in physical development, we also offer 2 further sessions:

- Social and emotional development, and
- Cognitive development.



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