

Too old for BabyGym® and too young for Mind Moves®

Tamara Carter

In 2012, I began the journey of becoming an Advanced Mind Moves Instructor. It was the same year in which I fell pregnant with my first son. I was too ill and tired to complete the necessary work to qualify and opted to complete at a later stage. So in 2015, three years and two children later I began at the very beginning and qualified in August 2015. Throughout the training I needed to work with children with learning difficulties as part of my practical component.

I would assess the learners and recommend a home programme to them which meant each of the three exercises needed to be done at least three times, three times a day. Being a mom of two young boys (almost 2 years old and 3 ½ years old) I know the morning routine is rushed and at times, chaotic. So I decided to do the Mind Moves I was recommending with my 3 year old to see if it was as difficult as I had envisioned when life gets in the way.

I did the *Mind Moves Massage*, the *Rise and Shine* as well as the *Antennae adjustor* for about a week and realised I was able to fit it into our mornings and evenings. I could not do it at lunch as my son was at school. After about a week I stopped and life went on. I qualified and in 2016 started presenting the Mind Moves 5-in-1 workshops to teachers and parents.

I would explain the exercises and parents would tell me that in theory it is easy to imagine them doing the exercises regularly but in practice it was not so easy. Many of them said they could probably do it for the first week before they would forget to do it and then probably stop all together. I had received the same feedback from the parents I did my training with.

I saw this as a challenge and decided that I would make this a long term goal to prove to myself and the parents and teachers I worked with, that Mind Moves are simple and not at all time consuming. I must add that my son is very smart, he has met all his milestones easily and has been talking since a young age. He has no real issues with any of the activities he needs to do at school. He is a November baby, so emotionally he is younger than his peers, but not intellectually. I did not set out to do the Mind Moves to help him with any learning difficulties but rather as a bit of an experiment.

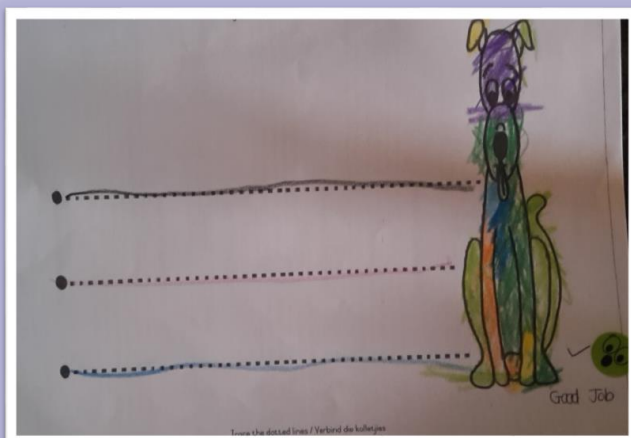
The pictures below serve to show that even though children between the ages of 3 and 6 years old are too old for intervention from BabyGym and too young to be assessed by an Advanced Mind Moves Instructor, that starting at the very beginning and working through the Mind Moves, improvements can be seen - even in children where there are no learning difficulties.

This is a picture of his colouring skills at the beginning of the year before I started the Mind Moves with him.

This picture shows his hand eye co-ordination.



After doing Mind Moves with him every day before school and before bed time, his colouring in skills and hand eye co-ordination skills improved.



Overall improvement in his performance over the past 3-4 weeks once Mind Moves were done daily.

EVALUATION/EVALUERING
Quarter/Kwartaal 1

Week	Social/Emotional	Language Development	Morning Ring & Story time	Visual Perception	Auditory Perception & Memory	Numeracy	Spatial Orientation	Fine Motor Development	Large Motor Development
Week 1	☹️/❌	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗
Week 2	☹️/❌	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗
Week 3	☹️/❌	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗
Week 4	☹️/❌	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗
Week 5	☹️/❌	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗
Week 6	☹️/❌	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗
Week 7	☹️/❌	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗
Week 8	☹️/❌	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗
Week 9	☹️/❌	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗
Week 10	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗
Week 11	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗
Week 12	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗	✅/⊗

The Mind Moves that were done on a regular basis:

Mind Moves Massage

Child must stand upright and hold both arms 90 ° to the side of the body. Stand behind the child and firmly trace the outline of the body from head to toe. Hold the feet for a moment before repeating three times.



Drawing the outline helps to complete the sense of “I” in order to get ready for the “YOU”. The Mind Moves Massage gives clear signs to the body and the brain of where the “I” ends and the outside world starts. Completing the body map strengthens the sense of self and gives way for further emotional and social development (De Jager, 2006; 2009).

Rise and Shine

Fling the arms wide open while breathing deeply and slowly in, and then closing the arms over the chest in a hug, breathing out deeply and slowly. The child can hug himself or the parent may hug him simultaneously from behind.



In order to get rid of any anxiety that keeps the child from discovering the world and approaching others, the Moro reflex should be inhibited. Working on this reflex improves focus, rhythmic breathing and boosts relaxation.

Antennae Adjuster

Massage both ear lobes simultaneously from top to bottom using circular movements. This move develops the near senses, auditory processing and perception as well receptive language ability.



With this Mind Move not only are the ears woken up to be prepared for communication, but also the body and the inner senses receive a stimulus that allows for better sensory integration and concentration.

Tamara Carter

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De Jager, M. 2009. Mind Moves, moves that mend the mind. Mind Moves Institute. Johannesburg, South Africa