

## Is my baby hyperactive?

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Many TV programmes and magazine articles talk about hyperactivity and ADD. **Hyper** means **a lot** and **activity** means **movement**.

### Hyperactivity means a lot of movement.

When moms and dads look at their healthy developing baby kicking, squirming and moving endlessly that is exactly what they see – a lot of movement. Invariably the question creeps into to their minds: “Does that mean my baby is hyperactive?”

**Without a shadow of a doubt your baby is not hyperactive.** “You have not seen my baby” some would reply. ‘Hyperactivity’ is normal behaviour for a baby under the age of 2, because the more they move the more they build connections in the brain and strong muscles to do the brain’s bidding.



Professor Piaget said: “A child’s movements form the basis of their learning. ” Mom knows that from first hand experience that babies move instinctively from a very early age. It is as though they have heard Professor Piaget speak and move to pave the way for later learning!

Unfortunately babies are all too often confined and strapped into strollers and car seats (outside the car) or tied to mommy’s body for hours on end, restricting natural movement. Carrying baby on mom’s body is a **must** for premature babies or babies who have spend time in ICU. But once they are ready their bodies, hands and feet need to ‘unfold’ to become open to learning. A curled-up baby is a resting and recovering baby. A baby ‘uncurl s’ when lying **flat** on its back and on its tummy. An uncurled baby is a developing baby; while open hands and feet are ready to explore and wake-up the brain.



Every movement sequence a baby naturally does, develop s a specific part of the brain. That means if a sequence or milestone is skipped, that part of the brain does not fully develop . This may not be noticeable at first, but often in grade 4 when school work becomes more challenging, early neurological weaknesses become apparent.

BabyGym is an ideal way to ensure no neurological weaknesses exist because it mimics **natural physical development**. BabyGym does not ‘drill’ babies to develop faster, but offers a fun and competition free approach to natural development. Through encouraging specific movements and repeating the movements in a variety of different ways, BabyGym build better brains.

**Movement wires the brain – little movement, little wiring;  
lots of movement lots of wiring.**

Once the brain has been wired sufficiently, the need to move all the time stops. The most sensitive time to wire the brain is between conception and 14 months. A moving baby is a baby hard at work endlessly busy with wiring the senses, brain and limbs together to do its bidding.



**In a nutshell – a baby needs to move...a lot...to ultimately be able to sit still 6 years later!**