

Written by Dr Tessa Grigg

How can you invest a little time in your child's future?

Continuing in the pursuit of helping as many children get off to the best start possible, GymbaROO-KindyROO has made a free online video series called the Active Babies Smart Kids available to all parents. This series, created by Bindy Cummings and Dr Jane Williams, is adapted from our highly acclaimed neuro-developmental GymbaROO-KindyROO programs and shows parents exactly what to do to ensure they give their baby the best start and the correct stimulation to lay down the foundations for later learning from birth.



The 2020 world-wide pandemic has meant that children and parents are missing opportunities that would have been available. They have reduced support and opportunity to learn from others, making the information in these videos even more vital for our youngest members of the community. The series has been designed to reach parents who are unable to get to a GymbaROO-KindyROO centre and to provide information and home activities for those who already attend our classes to share with partners and carers.

The ABSK series comes highly recommended by paediatricians, doctors, early childhood experts and the Maternal Child and Family Health Nurses Association of Australia. It is being called: 'The essential guide for parents.'

There are already thousands of parents and babies enjoying and benefiting from the series.

What happens in the first year not only matters, it matters a lot!

What happens in the first year of life is profound and affects all later development. A baby's brain grows most rapidly in the first twelve months of life and research now confirms that this is a critical period for learning.

What parents of babies' need is neuroeducation.

Parents are a child's first, most important and best teacher

Parents are brain builders and can have a profound influence over their babies' brain growth, neurological organisation and their future learning ability. What parents do and expose their babies to, will have a vast and long-lasting impact on the development of the child. Extensive research has demonstrated that knowledgeable parents care for their babies with greater competence and confidence. There is also solid proof now linking supportive, attentive parenting to changes in the brain anatomy of babies and children. Our ABSK program empowers parents with the latest developmental knowledge to ensure they understand why and how they can assist their babies in developing essential skills for future learning. It helps parent feel confident in their knowledge about their babies' brain and body development and provides them with developmentally appropriate and loving activities that can be easily accomplished at home.

About the Active Babies Smart Kids series

The ABSK series includes 12 x 22 minute episodes full of up to-date, important developmental information, specialists advice and hundreds of loving, easy activities and ideas that help build key brain pathways for later learning and that are fantastic for bonding. The series is designed so parents can join in the activities with their baby from birth, in their own home, at a time that suits them. Throughout the episodes parents learn the 'how and why' of important developmental areas – tummy time, baby massage, baby exercises, baby's balance, visual development, speech, hearing, the importance of rhythm and music, primitive reflexes, crawling and more. During each episode, parents join in and dance and sing with their babies, they do exercises to music, learn massage techniques, do action songs and hand and foot plays and they learn how to use common pieces of furniture around the home to help give their babies the stimulation they need. The ABSK Online TV Series is all based on fun and learning together with joy and happiness. We have had many comments from very grateful and happy parents, thanking us for the series, many of them "wishing they had found it earlier." We hope that you and your baby will benefit from our experience.

Watch the ABSK introductory video here: <https://activebabiesmartkids.com.au/episodes/tummy-time/?v=322b26af01d5>

