



BABY DYNAMIX Interview with Sister Caryn Pereira

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Sister Caryn Pereira is first and foremost a mother. She is quick to highlight this, and the fact that her own experience as a mother led to her move from nursing for Hospice to running her own baby clinic, 24 years ago.

Caryn has an easy manner, and while she is still settling into the new Baby Dynamix premises, she is already seeing moms and babies in her small but exceptionally well fitted-out office. We met on a consultation day, and Caryn answered a few questions...



What does Baby Dynamix offer moms and babies?

Quite simply, a support system. Modern moms seldom have older female family members readily available to offer instantaneous advice. New moms need re-assurance and someone to turn to when they are faced with this new, life-changing experience of being responsible for a new, tiny life.

Sr Caryn says, "I am available to moms anytime. I am a phone-call away. While Baby Dynamix won't be offering vaccinations, I will be doing a comprehensive check on baby and am experienced in detecting any problems early on."

The importance of early detection of deviations from developmental milestones is fundamental: as illustrated by a number of examples Caryn relays to me. In her 24 years of running her own baby clinics, she has found that the vaccination check-ups are insufficient and ideally, she likes to see babies more frequently than that. "Up to 6 months of age I would like to see mom and baby on a weekly basis, and after 6 months it can be monthly", she says. Why? "Co-ordination and motor control problems are best identified early, before they

become a problem later – such as when the child reaches school age. "I see a lot of muscle weakness in young babies which we can correct through simple exercises", Caryn offers as an example.

What does a check-up involve?

Caryn will check standard growth via weight, length and head circumference, which will be recorded on baby's very own "milestone chart". Hand-eye co-ordination and fine and gross motor control will be assessed, and any concerns raised by mom will be discussed in detail. Mom will leave relieved that baby is reaching the required milestones, OR if need be, Caryn will immediately refer you to a medical practitioner.

With Physiodynamix specializing in post-natal physiotherapy care, as well as baby-specific physiotherapy for colic or spinal irregularities, it really is a "one stop shop" for all baby's needs. *(Please refer to the Post-Natal and Women's Health Sections on the Physiodynamix website for further information on these services).*

NOTE: Vaccinations must be done at a clinic of your choice, Baby Dynamix will not be offering this service.

First Aid Courses...

Caryn offers First Aid courses specific to Baby & Child CPR. The course includes practical experience (on practice dolls) in cardiac massage, how to manage choking, and basic first aid. These courses are ideal for moms, nannies, domestic workers, and dads too! The courses last 3-4 hours and will take place on Saturday mornings on a monthly basis. Space will be limited, so call now to book a space!



Parenting Classes...

Caryn recognizes that new moms don't often have all the answers and that parenting is daunting – even if it is the second or third time around. "Parenting cannot be generalized: we are all individuals and babies are each individual personalities. What worked for one baby probably won't work for another! Online and other resources are great for a general idea, but when it comes to YOU and YOUR baby, you need individualized and holistic attention, on an ongoing basis".

There are no silly questions...

When it comes to being a mom, Caryn is emphatic that there are no questions that shouldn't be asked. "Remember that you are not the only mom in the

situation you find yourself in: all moms have been there!"

What about potty training?

Caryn is skilled in providing guidance to parents. "I would prefer to see parents potty training their children rather than leaving it up to, (for instance), carers at crèche. It isn't an easy task but together we can take the grunt work out of it!"

Common conditions?

Caryn mentions that colic, reflux, neck weakness and bowel concerns (such as constipation and diarrhea) are common in babies. Regarding colic: "I think that about 5% of the "colicky babies" I see do in fact have colic. The rest are expressing an underlying reason that we can probably identify and treat in a matter of days or weeks."

Baby Dynamix is currently open on...

Wednesdays from 09h30 – 14h00, with plans to expand this to include other weekday mornings...so watch this space.

To join the Babydynamix community...

Join the Facebook page and get all the interesting snippets of information as well as dates to diarise.



New mom?

Call NOW to book in for a check-up with Caryn, and to benefit from holistic support and advice.

Bookings can be made by calling Caryn on 082 454 9693 during office hours. Baby Dynamix is situated in the Physio Dynamix expansion, directly next door to the main practice.



Book an appointment:

Where: Physiodynamix, Cramerview Village Centre, corner of Curzon and Main Roads, Bryanston, Johannesburg.

Practice: 011 706 7433

Caryn: 082 454 9693

WEDNESDAYS 09h30 - 14h00

Telephone: 082 454 9693

Please contact Physio Dynamix / Baby Dynamix to enquire about our other mom & baby activities such as *Baby Pilates, Mornings @ Munch* and more!