



## Mind Moves® vir my skaam en teruggetrokke kind

Olga Gouws

Wanneer 'n ouer gemotiveer is om sy kind te help, is dit altyd lekker om saam met so 'n ouer te werk. Meer nog, met alle respek, 'n enkelouer pappa wat self voldag werk en 'n wilsbesluit neem om sy seun te help, is vir my besonder inspirerend.

Die pappa het by my uitgekom nadat hy 'n onderwyseres by die supermark herken het en haar genader het oor hulp vir sy seun. Sy het dadelik sy naam en nommer geneem en my ge-whatsapp om asseblief te kyk hoe ek die seuntjie kon help.

Die eerste afspraak was in Februarie waartydens ek besef het hoe verward hierdie seuntjie eintlik moet wees. Stel jousef voor: skielik in n nuwe skool, nuwe juffrou en nuwe maatjies. Boonop was sy onderrigtaal hoofsaaklik in Pedi, terwyl sy huistaal Noord Sotho is. Nou word hy vir die eerste keer onderrig in Engels, en moet hy deurentyd ook met Afrikaans gekonfronteer word. Hy bly nou hoofsaaklik by sy pa en is boonop te jonk vir graad 3.

Om die ouervraelys te voltooi was nogals 'n uitdaging aangesien die pappa baie min van die vrae kon antwoord. Al wat hy wel kon bevestig is dat Thando\* karsiek word, dat hy nie altyd weet met watter hand hy skryf nie, sukkel met lees en skryf en omruilings plaasvind.

Dit was ook opmerklik dat Thando baie onseker voorgekom het en dat sy pappa baie dingetjies vir hom doen. Eenvoudige goed soos om sy veters vir hom vas te maak en sy kouse om te dop en skoene reg neer te sit voordat hy aantrek.

Ek het mooi aan Pappa verduidelik dat Thando meer onafhanklik moet raak sodat sy selfvtroue 'n hupstoot

kan kry. Dis ook belangrik dat Thando baie meer konkrete ervarings moet hê as ons dit wil regkry. Pappa, dit beteken: "Vra Thando om jou te help met die inkopies, te beplan wat jul gaan eet en wat jul die naweek gaan doen. Fokus daarop om jou seun goed te laat voel, deur hom toe te laat om dinge te doen wat jy weet hy gaan regkry".

Met die eerste assessering het ons dadelik begin met Mind Moves vir 'n aktiewe Moro. Tydens die opvolg het hy 'n geringe aktiewe wegtrekrefleks gehad, waaraan ons nou aandag gee. En hoewel daar nog heelwat werk te doen is, is dit reeds opmerklik hoeveel hy verbeter het.

Tydens die voor en na toets met die "Trap my Vang" kon hy 4 keer die bonesakkie in 30 sek vang. Met die natoets was dit 6 in 30 sek en was die bewegings sigbaar meer beheersd en gekoördineerd en die beplanning baie beter.

Ek heg ook ander bewyse aan: Let op na die verskille en verbetering in die oneindigheidsteken en sy selfskets in 3 maande se tyd!

**Weereens het ek besef  
Mind Moves maak 'n verskil, maar dit  
maak 'n ONGELOOFLIKE verskil as mens  
die samewerking van ouers kry.**

Ek salueer hierdie Pappa vir die ongelooflike pad wat hy saam met sy seun stap. Ek glo dat Thando in die toekoms voorwaar 'n uitbinker gaan wees.

Olga Gouws, Steelpoort.

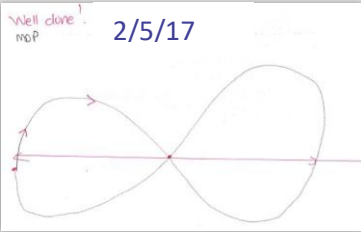
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### Thando's Dad wrote:

Mind Moves Institute

My child, Thando\*, started school during January 2017. He previously attended a local school in the township. Although I am married, I am mainly the parent who not only provides financially, but also has to make sure that my son performs well at school. My wife lives in another city and is therefore unable to assist with any schoolwork.

One day, while doing shopping at Pick 'n Pay, I recognized one of the teachers of the school and decided to raise my concern regarding my son. She wrote down my name and number and promised that the Mind Moves Instructor from the school will contact me.

My main concern with my child was that he struggles with language, he is very shy and he reverse numbers and letters. I also noticed that he does not always know the difference between left and right, and are often very hesitant to even try to do something he is not familiar with, the only thing he really enjoyed was spending time in front of the TV. I saw Ma'am Olga during February for the first time. It was the first time that I realized my sons was actually too young for grade 3, and that apart from a new school, he actually has to communicate in a language that he cannot understand or speak.

After a lot of questions (which was very difficult to answer as a dad) and an assessment, Olga gave me some exercises I need to do with Thando. She also suggested that because of the language barrier and his age, I consider that he repeat grade 2. She explained that I must try to do things with him in a playful manner, rather than forcing to read and write. She gave me a lot of examples e.g. helping me buying groceries, writing in jelly and play games outside.

As a single parent (mostly) it is not always easy to do what is expected. But, I really try hard to do the exercises regularly, allow Thando to make mistakes so that he can learn from them, and make sure that I spent a lot of time with him.

I really want to thank the school for having an Instructor at the school who can assist not only our children, but us as parents as well. My child is happy, his teacher is happy, which makes me.....HAPPY!

Thank you so much Ma'am Olga for explaining how to put on Thando's Power Switch, tune in his Antennas and control his breathing so that his own TV (brain) can perform better.

Kind regards

Thando's Dad.

\*Psydoneum/Skuilnaam