

## Mind Moves® werk vir Ruimtelike Oriëntasie en verander 'n kind se lewe.

Olga Gouws

Ek het Bubune\* dikwels by die skool gesien, veral namiddae opgelet dat sy ouer sussie haar oor hom ontferm. Sy het hom by die klas besorg en weer gaan haal (omdat hy verdwaal het) en sy tas gedra omdat hy nie kon nie. Dit het dikwels gelyk of hy oor sy eie voete gaan val.

Sy juffrou het hom na my verwys omdat hy hiperaktief was, gesukkel het om vir kort tye te konsentreer en stil te sit, gou moeg geword, en dikwels gedisorïenteerd voorgekom het.

Tydens die oueronderhoud kon ek dadelik agterkom dat die mamma al deur diep waters was met haar seuntjie, dat sy moedeloos verby is, maar steeds na oplossings soek om hom te help. Sy het dit moeilik gevind om te beskryf wat haar pla, maar dat haar moedersintink haar vertel het dat iets fout is, was beslis waar. Ek was oorweldig deur haar storie en die pad wat sy reeds met haar kind moes stap. Sy het was met tye so bewoë dat ek nie kon help om saam met haar te huil nie. En daar het my pad met Bubune en sy ma begin .....

Ek deel graag haar storie:

### “ Ma'm Olga

*There was a time when I thought my son will never be like other children, going to a normal school like others. I experienced lot of difficulties during my pregnancy and had to stop doing any house chores till I was 4 months, because I was on a Gynaecologist's treatment.*

*When the child was born he couldn't suck at all. I had to pour the milk and fluid in his mouth for him to survive. He couldn't sleep and I couldn't rest because of him being hungry. I thought feeding food early could help, but found he couldn't chew at all - until he was 4 years old. I took him to the specialist, doctor, psychologist, etc. I also took him to ENT (ear, nose & throat) and he referred me for a CT and MRI brain scan and a speech therapist. The X-rays said they can't find anything wrong and suggested for him to get his adenoids removed because they were enlarged.*

*I took him to the nearest pre-school since he was going to start schooling the following year. Because he was only surviving on fluid I had to make sure he gets something to eat before leaving for school. I mixed Wheat Bix and All bran and made it very watery so it can be drinkable and also put Mageu and Yogurts in his lunch box. I made sure to fetch him at 12 o'clock and come home to make sure he gets something for lunch and then*

*sleeps. Since he did not follow a balanced diet with enough nutrients, his behavior was affected and I couldn't leave him with anyone except the father and the siblings.*

*It was very difficult at first at the crèche, until they introduced another Therapist at their center and advised me to consult with her. Some of the therapy was her playing with my son with mud, smelling it; and touching different types of foods and smelling and playing with it. I thought I was just wasting my time. But then remember at first my son couldn't touch food with his hands because he was scared as if it was dirt or something. She asked me to involve him in the kitchen, preparing food, and in no time his first food was vetkoek at the crèche, then smoked beef Simba chips. He always smells his food before he eats.*

*With the lack sufficient nutrients and the trauma he experienced in the grade R class, he experienced a lot of difficulties, like poor concentration, behaviour problems, not knowing his position (got lost easily), hyperactivity and seeking attention.*

*And that's when Olga Gouws took over and helped us with exercises, making us aware of some things that we as parents used to take for granted and ignored, like hugging and playing with our children, etc. Since then I have peace of mind that every child is a blessing from GOD, and every child is born with their differences and difficulties. Accept them as they are and meet them half way. My son has been with Olga since he turned 6 in grade R and he will be with her as long as he is still in the school. I decided to attend the Mind Moves sessions with my son, and that made it even clearer for me as a parent, what it is like being in my son's shoes. I enjoyed the sessions and found them even more helpful, not only for my son but for my family, and looking forward to bring my husband to the next sessions.*

*Thank you Olga for the heart that you have, because this kind of job is not for everyone, but only the chosen. You opened the doors for me that I never knew existed. May the Almighty protect you and your family and give power to keep you in our lives for as long as we need you.*

“

Hier is my kant van die storie:

Bubune is 'n vriendelike seuntjie, met 'n oop gesiggie en die mooiste glimlag en groot donker oë. Tog, het daar agter die masker 'n klein verwarde, deurmekaar en verlore seuntjie geskuil.

Bubune se GPS was heeltemal deurmekaar. Waar hy was, waarheen hy gaan en hoe hy daar gaan kom was "gescramble". Skielik kon ek beter verstaan waarom sy sussie hom by sy klas moes besorg en weer gaan haal (hy het regtig verdwaal), hy het nie geweet wie sy juffrou was nie, gesukkel om na 'n storie te luister of enige opdragte uit te voer. Sy spiertonus was laag, dus die rede waarom hy gou moeg geword het en sy ousus sy tas moes dra.

Sy juffrou was een dag afwesig en die toesig juffrou het nie geweet van die reëling dat ousus hom by die klas kry nie. Nadat sy by die huis aangekom het, sonder haar boetie, het paniek uitbreek! Hy het besluit om self die pad huistoe te vat en toe letterlik die pad byster geraak. Een van sy pappa se kollegas het hom "toevallig" herken toe hy die seuntjie alleen en al huilend in die dorp sien, en hulle gekontak. Dankie tog vir die regte persoon op die regte tyd om die seuntjie veilig by sy ouers te kry.

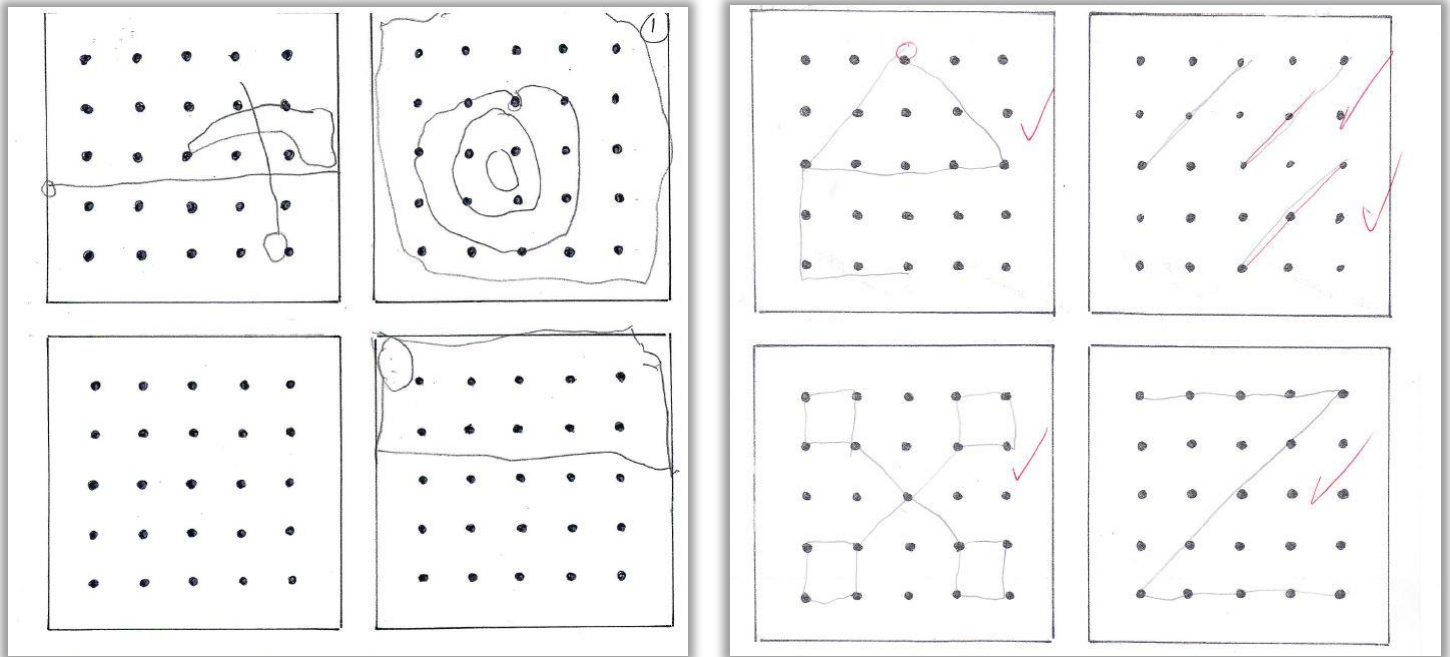
Na die assessering het ek die Moro oefeninge aan mamma gedemonstreer, haar bemoedig en aangemoedig om die oefeninge daaglik te doen. Sy het self verward voorgekom, maar ek het haar verseker dat als sal regkom. Inteendeel, ek het weer besef hoe belangrik dit is om soms jou eie storie te deel en praktiese voorbeelde te gebruik om iets aan ouers te verduidelik. Om hoop te gee waar moedeloosheid die oorhand kry.

Die seuntjie het my weekliks besoek, waartydens ons, natuurlik, MIND MOVES gedoen het, maar ook op 'n prettige manier aktiwiteite gedoen het om sy spiertonus te verhoog, koördinasie en balans te verbeter en meer selfvertroue te kry. Ek kon weekliks sien hoe Bubune se glimlag selfs breër word, sy ogies blink en hy gretig is om beter te doen. Tydens hierdie sessies het ek met mamma gekommunikeer en voorstelle oor aktiwiteite gemaak, selfs soms kort videos gestuur om te wys hoe Bubune vorder. Hierdie ouers was fantasties, het aktiwiteite herhaal en weer videos teruggestuur!

Sien die vordering wat hy gemaak het in die volgende 2 voorbeelde van Pretaktiwiteite:

VOORTOETS

NA-TOETS



Nadat Bubune se juffrou van kraamverlof teruggekeer het, kon sy skaars glo dis dieselfde seuntjie! Nodeloos om te sê: Mind Moves het 'n paar nuwe ondersteuners bygekry.

Bubune doen goed! Hy is gelukkig (BAIE gelukkig), sy onderwyseres is gelukkig, sy ouers is oorstelp, en ek is een gelukkige Mind Moves Instrukteur!

[Olga Gouws](#)

Gevorderde Mind Moves Instrukteur – Steelpoort

\*Skuilnaam