

## Report of the Kolodjezak family

So, a few months have passed by and now it is time for our report of my second dolphin therapy from 25.07.-08.08.09 in the ONMEGA-Dolphin therapy center in Marmaris!!!

We liked the dolphin therapy center very much in 2008 and so we decided to go to Marmaris again.

Everyone was really friendly and excellent in what they did, whether it was the therapists, trainer or trainees. Last year I was an exception because normally they accept only children from the age of two. I like animals and water so I had a great time and was impressed with the trainer. I have made progress since the therapy in 2008 and this year I hope to make more...



It didn't take long and soon the therapists, trainers and trainees succumbed to my charm and my friendly, happy nature. I am a very open, confident little man and love to have people around me, especially when they preoccupy me and I am the center of attention!

Marmaris has not changed much since last year. The dolphin therapy center has grown, there is now a second large platform in the sea so that the dolphins, now four in number, have more room and the therapy is not disturbed by tourists who come to see the dolphins.

Mama & Papa decided to try out this time the CLUB TURBAN hotel. A good decision because it has a better beach; not fine and sandy but it is a flat pebble beach where I can play with my beach toys a lot better. Everything is very suited to children and the disabled and the staff are very kind!

The weather was tremendous. From the first day to the last we had sunshine and 40°-45°C!!! This time in the aircraft I had my own seat at a window but it didn't interest me because just after take-off I fell asleep and I didn't wake up until we were nearly in Turkey! We flew in the afternoon arriving in Dalaman in the evening and two hours later we were in the hotel. At Dalaman, because of the danger of 'flu virus we were scanned by an infra red camera



for safety reasons. But we were very fit and my silly cough, which I nearly always have, I suppressed at the airport just to play safe!

Arriving at the hotel we went for supper and then to our lovely room and off to bed!

The next day we were at the dolphin therapy center for introductions and meet the therapists. There were many new faces except for Barbara, my therapist this year, who has been there for several years. This time it was an internationally mixed group so that my Mama and Papa could improve their English.

Naturally the dolphins were the same: Frosia, Daisy and Splash and Flip was the „new one". We were introduced to the whole team and informed of everything we needed to know. My course of development was analysed and they took a good look at me and asked Mama and Papa lots of questions so that they could put together a picture of my development!

The therapy began on Monday: we had our first date with Barbara und Daisy at 11am!!! Because I had been there the year before I was not afraid. I was almost too active so that Barbara had to restrain me a little. In the afternoon I was with Ozlem for Physiotherapy. She administered the Bobath-Concept, I knew this from home, so I could participate well. First and foremost the Physiotherapy was for hip stability and balance training. The therapy with Ozlem was super, she had lots of nice things for me to do and we had lots of fun. Also Mama and Papa were provided with new suggestions.



The next therapy sessions with Barbara and Daisy had a lot to do with touching and contact, I had to learn to become calmer and to make positive movements, which I managed quite well. Because I was curious and adventurous I wanted to climb onto Daisy and play with her. But I wasn'tr only here to play and so I learned to take the ring from Daisy's nose and to replace it, throw balls to Daisy into the water or let her prod them from my hand, sing and dance with Daisy and even put my hand into her mouth and touch her soft tongue and sharp teeth. I wasn't afraid at all and would have done it again and again.



I liked best the „Footpush" and the „Dorsalride" where I was pushed or pulled through the water by Daisy. That was pure action!.



I also learned that when I slapped the surface of the water like Barbara Daisy always swam across to me. That worked really well and so I tested it in the afternoon when swimming with Mama and Papa. When I slapped the water Mama or Papa swam across to me, wow, it even worked with my parents! I had a really nice time with Barbara, my therapist and Amy, Daisy's trainer, and we laughed a lot together.





Mama and Papa naturally were also allowed to swim with Daisy and also play with her , they also had a lot of fun.



I also visited Puni for Craniosacral-Therapy a few times. I felt comfortable with Puni, wow, she radiated calmness!!! Even when I was too active or agitated and couldn't hold still she knew exactly how to handle me. Puni discovered restrictions and muscle tension in the thorax, the shoulders, occipital lobe, hyoid bone and spine. During our sessions she worked to ease the tensions and restrictions in these areas.



4 times I was with Feli and Sali on their farm for riding. I knew how to ride because I ride at home too, so I wasn't afraid of the big horses. Sali and Feli always gave me fun things to do on the horses and I loved it when Sali sang. I liked standing on the horse best and I had a lot of fun lying on my stomach trying to catch the horses tail. Feli's garden was great for relaxing in so we all had a good time.

I especially liked the trainees, Nora and Irina. Two pretty young girls who really cared for me, what more could a little man want? I even had a date with Nora, she looked after me one evening so that Mama and Papa had a couple of hours to themselves.



This year between therapy sessions we spent some time on the beach and swimming, a bit of shopping on a few evenings, a day trip with the diving boat and a boat trip where we visited several coves. In the evening it was „Showtime",

After dinner we went to the Minidisco and afterwards to the outdoor theatre. I rocked with all the other kids in the Minidisco, there were always familiar faces from

the therapy center. On the stage naturally I liked the belly dancers best. I also met lots of new kids and pretty girls!

This time was also an unforgettable fortnight in Marmaris and also in the therapy center! The time went by much too quickly, but we'll be back, definitely!!!!.

Once again a big THANKYOOOOOOOOOU!!!!!!

To the whole team from the therapy center and especially Barbara, Amy, Ozlem, Puni, Feli & Sali and also Irina & Nora not forgetting Daisy!!!! Keep up the good work, we're looking forward to the next visit!



*5 Months after the therapy Leon has shown some improvements, he is a lot more confident, tries to help getting dressed and undressed, can eat on his own with his hand, the hand to mouth co-ordination has improved considerably and he tries to mimic a lot, also in his speech. Leon is more concentrated and he spends more time looking at a book or doing things. He likes to draw, and he loves music and tries to move with it, clapping and singing. He is now able to get up onto his knees and, with help, stand. We are well content with the progress Leon has made, with which the dolphin therapy has again helped a great deal.*

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