

26.09.2009 A Day of Travel

So, the flight and the strenuous journey (after a strenuous night) is over. (@ Ela: Tablet taken, but too late, but everything was OK right up to landing) We reached the Hotel, a very nice apartment with a sea-view and have tried out all 8 pools and the beach. Phil is not too keen on the cold water. We introduced ourselves at the dolphin centre, tomorrow is the 'Reception'. In the hotel we heard English and Russian spoken most often, but we expected that. Phil is under the shower with Papa, after he had a Turkish summer haircut. Unfortunately he is very excited and difficult to control.....not even with 2 persons. But it will work out.



## Merhaba Kika

### 2nd. Day

After a verrrry unrestive night with the Techno-Russian-Disco in front of our window, we packed all our luggage and moved into another apartment. This is hopefully quieter (it's next to the RELAX pool). We've just had our Reception and meeting at the dolphin centre. Phil was naturally perplexed at first and didn't respond to anything for five minutes. Fleur, our therapist, is Dutch and has a super way with Phil. Phil's Dolphin is called Frosia and will meet our Duracell boy tomorrow (Phil is namely still worked up). In the afternoons Phil will be receiving Physiotherapy and Cranio Sacral (remedial gymnastics). The whole team was introduced to us, with personal background, and it was impressive to discover how much experience they had. Phil's „Babysitter“ is Lisa (Trainee) and is from Hiddingsel (quite near to Bösensell). She cares for him really well and for 5 € an hour after 6pm. She will look after him on request. Might be a good idea. At midday we were at Icmeler on our last therapy-free day. (@ Mama & Papa: 20 years has changed a lot, you wouldn't recognize it again). Tomorrow's report will hopefully be longer, it's lunch now and this evening Phil wants to visit the children's Disco.

Kika

### 3rd. Day

The first session is over. Beforehand we talked with two families that were participating for the second time. Both children have made good progress. This has given us courage. So: We arrived at 10am., Phil had been given a neoprene suit to wear and met Frosia for the first time. He was a little sceptical at first and stared at the water for a while. But when Frosia sprayed him wet and retrieved balls and rings then he came to life. He was even in the water with therapist Fleur and let himself be pulled by Frosia. He didn't find the water exactly Phil-friendly, but he'll get used to it. These animals are breath-taking, there is a unique peaceful atmosphere. A very nice first experience. At midday today there is Physio with Özlem (the only Turk), who speaks English with Phil and he always answers "Ja"!.

THE FIRST PHOTOS:



### 3rd. Day

One can hopefully forget this night and also the evening before. Phil was at his worst at dinner. We could hardly eat because he was so active.....perhaps too many new impressions all in one day. At 4am. I wanted to visit the bathroom and heard a noise next to me: Phil had preferred to sleep on the tiles in the hall. Off with him into our bed and Papa in Phil's. At 5am. there was a loud bang, Phil had fallen out of bed and hit his head on the bedside locker. Result: A big blue bump and a fat upper lip. So started our third day. Therapy wasn't easy today, he was always calling me and couldn't concentrate. I think these imposing animals (2.50m) are also for him an impressive phenomenon. But that is all part and parcel of this. In any case we now understand what the other parents meant when they said that these fourteen days are verrrry arduous. Still, one gives his best 😊



### 4th. Day

Today Olli and I were not allowed to attend the therapy because Phil is otherwise too distracted. He always wants us to see what he is doing and because of this loses his concentration. It has already become apparent that he is talking a lot more. Not that he says more words or longer sentences but he is saying more altogether. It was funny yesterday when he took an apple from the table, sat on the bed by himself, and said: „Guten Appetit“ and bit the apple. That was new behaviour for him and for us it was also very funny. Also funny was what happened at dinner, a time when Phil usually cannot concentrate at all, because he is

usually so worked up. He stood on his chair and posed as a body builder showing his muscles and unintentionally let off the loudest and longest belch he has ever made. He gained the total attention of Iwan, Vitali, Dimitri and the other guests. The Physiotherapy also showed us new exercises to improve Phil's coordination. Today at midday Phil has Hippo therapy but, as we know him, at first he will say „Pferf, no!“ (ie: I don't want to be on a horse). We want to try it however, because other parents have recommended it. Phil also has a new friend. His name is Keno, is 6 years old and at his birth everything went wrong that could go wrong. He is seriously disabled and sits most of the time in a wheelchair. Since his last dolphin therapy he can walk a few yards. His father has grey hair and an almost grey beard and is greeted by Phil every morning with a hearty „Grandpa Dieter“ (the man is in his forties....but there is a certain similarity to Grandpa Dieter 😊)





To everyone that knows Phil well: For two days he hasn't hummed when going to sleep. Verrrry strange.....Now we don't know when he has really dropped off 😊

So, the dolphin therapy fared a lot better without us. The Hippo-Therapy was magnificent, as if Phil had done nothing else.....no anxiety and not even a "Pferf, no". @ Rike, Silke, Emilia and Maria: The photos are for you so that you can compare them to the time you rode Püppi.



He even found trotting better than just ambling. 😊 Absolutely super!!!!

As from last night we have new neighbours. „Sergej“ and „Natalia“. I expect they arrived on the 5pm. Russian bus bringing new guests. Sergej and Natalia must have gone straight from the lobby to one of the many all-inclusive bars, because around midnight we were woken by a loud deep voice. Natalia had possibly flirted with one of the many young Turkish waiters because Sergej had given Natalia so much stick that we were afraid that Natalia would be knocking on our door to ask if she could sleep with us. It was unbelievable what took place there. The only thing which we understood out of Sergej's 15 minute monologue was a swearword that I shall not repeat here. If those two create the same scene tonight in the same decibel range that everyone can hear them then we shall be changing apartments again. Good that Phil didn't wake up.

Phil's therapy this morning was, after a few initial difficulties, very good. He didn't want to put on his swimsuit, but after various blackmail attempts, like this afternoon we're having ice cream, or we'll phone all Grandmas and Grandpas, things worked out. Tomorrow we'll put his suit on in the hotel.

Jennifer's and Keno's parents have told us that recognizable developments can be registered only after a few weeks because the children are exerting themselves so much that there is no room at that time for further developments. We shall wait in suspense. This afternoon we are going to Prinz, riding. Phil is really happy about that as right from the first day therapist Sali is his best friend, and anyone who knows Phil knows that means a lot. Tamam, that's it for today, until tomorrow.



Olli

Phil was for the first time not afraid of touching Frosia, he danced with her, sang, rode dolphin taxi and even gave her kisses. Definite progress.

And: We can note the first little „improvements“/changes (at least they are for us, they are difficult to explain). Phil is definitely more emotional. If he eg. doesn't want something then he will really start to cry (with big tears) and doesn't just shout. He wants our company more and wants us to see everything that he sees. He wants to take part in more, at dinner he wants to get his plate on his own, go with us, get something to drink (and decide what he wants), eats properly on his own and appears more „alert“ in general. It's hard for me to say what I mean, but all this is certainly taking effect. In the meantime he has more concentration, occupies himself with something for over half an hour without being distracted. There is a unique atmosphere here, especially on the ranch. The ranch lies fully secluded in nowhere land. We were there again today with a reporter from the BBC and his words put it in a nutshell „it lays a kind of magic here, something's moving “. He was totally overcome, like a child – Keno for example who was making noise in the bus but was dead quiet on the horse, or Phil, our high-spirited devil, who had a great time trotting, not once losing his concentration. All my doubts have more or less completely vanished. We are just thankful that we could experience everything at first hand. The thanks first and foremost go to you. The little man is so happy here and one has the feeling that he has made a big step towards normality. Although it has been said to us that one can await first developments only after 3-5 months 😊



### Trotting.

Another afternoon after a successful morning. Phil is a changed person with Frosia, doesn't ask after us and accomplishes everything in the 45 mins. with elation. He even enters the cold water without a word, which is a massive difference to the first time. In the evening he asks a hundred times for „Kim“, „Fleur“, Frosia wimming“. We also have the feeling that he notices a lot more where we are when having a walk, and starts to cry when someone leaves. 5 days ago he wouldn't have been interested had we flown home without him. 😊

Just back from Cranio-Sacral-Therapy but I cannot say much as yet. Puni (Japanese) said that he is not supple between his head and shoulder. But she will really begin to work on him on Sunday. Something really good happened today. Before going to the therapy we were on the beach for one and a half hours. There are nice big cushions (see photo) to relax on. Phil sat with us the whole time (**ONE AND A HALF HOURS**) and didn't get up once or try to run away. We haven't had such a relaxing time for ages (excepting when he sleeps). Tomorrow is a free day and we are going to Marmaris, I think it will do us good to have a change of scenery. Here are some more photos (except of the dolphin therapy, we have a video of that with really nice pictures)

I'll get back to you on Sunday or Monday, best wishes from „Magicland“.





Yeahhhhh. Today is the first therapy-free day. We have been looking forward to today. Shopping in Marmaris, travelling back with the boat, in the afternoon sunbathing on the beach. But then, buhhhhhhhh, the devil of diarrhea visited our little one. Twice before breakfast he filled his nappy and then at breakfast he showed the other guests just how wonderfully a little German boy can throw up. After 'first aid' (Vomacur 40 mg) we decided to take the chance to visit Marmaris, and after Phil had signalled to us that he was fit. And dear Grandmas, we took great care over Phil's food. We imagine it was the estimated two litres of salt-water that he shared with Frosia (Kim calls her only „good giiiiiiiiiiiiirl“) or the Raki after dinner that caused it. (joke). Arriving at

the harbour he was sick again behind the Ataturk monument. So we raced to get a spare Pampers and then back to the hotel. We weren't gone long. Phil is catching up on sleep that he missed in the past week (he didn't want to sleep before 10.30pm) and has been sleeping for 2 hours. We'll go separately to lunch and Phil can watch a little „BabyTV“. To all parents: the programme is the best babysitter ever. We will start an initiative to bring the BabyTV to Germany. 😊

So, I'll take over from Kika which is good for my purse, not so good for Kika's 😊.  
Let's see, what to do with the afternoon. Oh yes, one more thing, the sky is pretty cloudy and it is about 26° ... :-)

We'll report later and in the meantime we'll be envious of the other guests who are right under our balcony enjoying their holiday at the RELAX pool.

It's a shame that Keno's father has left today. Eick, if you read this, Phil is still asking after 'Grandpa Dieter'. @ Grandpa Dieter, don't be mad. If you see a picture of Eick you would understand. 😊

See you later Dolphinator.

## Olli

In the meantime we have visited the hotel doctor and he gave us an anti nausea linctus (for exactly 1€). Phil slept for a further one and a half hours and after having seen everything he had eaten today for a second time he managed to retain about 7 salt sticks. We are hoping that tomorrow he'll be alright, we don't want him to miss a therapy. After our neighbours have quietened down we now have 8 new Russians, who know each other, placed all around us. They even call to each other when they are 5m. apart and they have already obtained the first all inclusive drinks, the quintuple version. For us that means: never mind if the TV show overdraws a few hours! We'll wait and see what happens this evening and if necessary we'll be giving the travel organizers more work.



P.S.: To all ladies: I hope you feel with me, I had been looking forward to this free day and had already in my imagination chosen a new handbag.



## Day 8

Just back from breakfast and Phil has recovered, so we can go to Frosia. The weather is not so good, but the Russians were quiet☺. The medicine from the Turkish doctor seemed to have helped. THANK GOD. The day spent in our room was everything apart from nice. But we'll forget that, it's a new day.

The therapy today was very emotional. Phil had a session together with Jenny (on the other side of the platform). She

could just about put two words together and today she sang

"Daisy, Daisy, dance with me, take both my hands, one up and one down and one time around, it's easy" ON HER OWN. Her mother Sibylle cried tears of joy. Now that was really something. Phil also was working well except that he didn't want to brush Frosia's teeth☺. Just now I went to the bathroom and I heard behind me, 'Phil's coming too'" (yes, that was the voice of my son). And Phil's health is a lot better.



Today at midday another Cranio-Sacral and tomorrow Hippo therapy with Sali.....someone is happy about that.....



Yeahhhhhhhhhh, we actually managed to see 3 shops from the inside. After Cranio, which Phil ended with a cry of „Maaammiiiiiii“ , we went for a stroll in front of the hotel. Like I said, Phil is now a lot more emotional, I wonder if that will remain when we are back in Germany (then the first day of play school will certainly be exciting☺). We will visit Marmaris again on Friday. And we have another task for you:: Today our tele objective broke. Our Canon EOS 350D shows „Error 99“ in the display. Perhaps someone would like to google ☺ That comes naturally at a bad time because we wanted to take so maaaaany photos. A different objective is not ideal because we aren't allowed in plain sight of Phil☺. The hotel has filled up, so best wishes from Anatolian Moscow.....

Here are a few new words from Phil, we call them , 'holiday words'

Pool, Welle, Fleur, Froja (Frosia), Kim, Nelly (Pony), holen, Mücke, Daisy, Himmer (Zimmer), Hotel, Tamam (türk.:okay), turnen, Biber, cool, Fallhirm (parachute), Patty, Baby TV, Linda etc. etc.



The 7<sup>th</sup> session has just ended and tomorrow Mama and Papa are allowed to swim with Frosi☺ Phil had a great time today and we could watch while a blood sample was taken from the dolphin. She was very brave. And we got to know „Flip“ a male dolphin who swam into a fishing net 10 months ago. There is a high penalty for that here and the distressed fishing folk asked the Centre for help. He has had training for the last 7 months and it is astounding how good he is, although he came in from the sea. It is almost like he is thankful to have found a new home. Incredible.

Now we're going to the ranch and Phil has already said that he wants to ride „wum“ (fast).

### Heigh Ho

Monday again

So, Hippo is finished as well, this time Phil was on his own, tomorrow he'll be together with Keno and Jenny. We spoke to Steffi today, who said to us again that improvements will come to light only after a couple of months. It's really exciting because we can already register certain changes. There are marked improvements in his gestures as also his speech, I have not noticed anything in his co-ordination. Apart from him slapping my behind and saying „Hüahhhhh“ ☺. At Hippo therapy he was supposed to throw rings over cones but each time he threw the ring over Sali's head. The clown. (He did manage it though, with a lot of concentration.....not just throwing the rings anyhow.....) At dinner it will be war (today with Keno & Co.), as the Russians cannot get enough onto their plate ....even by using their elbows. Why one piece of meat when there is room for fifty on the plate. I never thought that I would be so happy to see a bus arriving, this time with Dutch. Meanwhile it is CROWDED in the hotel. So I best be gone to reserve a place!

### Every day a little miracle:

We are just back from dinner. Keno has again demonstrated why we are all here. First of all he was kissing Mama Steffi for a few minutes, so that Aunt Patty got tears in her eyes. But it was really sweet. When we left I blew him a kiss, which he returned. He hadn't done that for a long time. Even Phil had a cuddle with Keno (Tomorrow I'll take a snap of that). It is really stirring, though I cannot express the feeling in words, what all this means. One has to be there in person. Perhaps it doesn't sound like anything special to you.....but it is, believe me!



Two days to go

Today it was our turn, Olli and I.... We swam with Frosia one at a time. A fantastic experience. I danced with Frosia, sang, stroked her, kissed and rode dolphin taxi. Olli was even pushed by his feet through the water.....Unforgettable.....Thursday we can do it again. Phil was also fascinated that his mum and dad were swimming with Frosia. During the session he reminded Frosia a number of times that we were also allowed to enter

the water. It is a sublime feeling, one is at peace (yes, even me☺). The animals are very soft, but one has to watch out for their tails. As Frosia drew me through the water I realised how much strength a dolphin has. Also the kiss that I and Olli received from Frosia was not really gentle..... but it was soooooo nice.

Soon it will be time for riding, this morning here in the hotel I ordered a cake with the names „Phil“, „Keno“ and „Jenny“ on it .....perhaps they'll also add a dolphin. We'll eat the cake on the Dörtal Ranch while the kids are busy. First of all I have to wash the salt water out of the clothes. A few further impressions of the day and a few words from Olli:

Merhaba.... Kika, because of the great time this morning, has completely forgotten that Phil was again super during the therapy. It is so indescribably good to see how much joy he is getting from swimming. It's a shame that we have to return to the room afterwards because he is so groggy after a session, but we are after all here because of him. Tomorrow I'll go alone with Phil to Cranio to give Kika a break. I'll get my break on Thursday when I get a Turkish massage.

See you later. Oh yes, the weather is heavenly again 😊30°C and blue skies.



Still Tuesday.....but evening time..

The dolphin swimming was great, and the day ended in a nice way too. It was really good on the ranch. First of all Feliz, the owner, said to me she couldn't see anything autistic in Phil. The riding was very exciting for Phil again, with lots of „wum“ (Trotting). (The cake was welcomed by all even though it was ugly), especially the kids enjoyed it. They were first with their fingers.....and then the golden Retriever, Teddy, belonging to Feliz and Sali, licked the rest from fingers and toes. When you see the children interacting like that you always notice little things that have changed. At the end of the therapy Sali read for me out of the coffee grounds. Jenny's mum, Sybille, had had this done before me and was so dumbfounded that I wanted to as well. At first he told me certain things about my operation, they were true. Then he told me about how I left my last Firm. That was true as well. Then that we have a well-knit family and that in one year a daughter would be born to us. Well, we'll have to see about that☺👉 Phil is already in bed and is calling ‚Papa, cuddle‘. He calls me „Mami“ and Olli „Papi“, this is also new. (but I think this is due to Kim, the dolphin trainer. She is English.....).

Olli's turn:

Naturally we like to write and be positive, but one cannot get away from the fact that every day is, even though it is lovely weather, very very strenuous. This evening Phil is again a lot of trouble. He shouts, lashes out and scratches. Dinner was as almost every evening a matter of 10 minutes. He is just too worked up after each day. To be truthful this has nothing to do with the word 'holiday'. Look at our skin on the photos. No Turkish tan. But that was not our aim in coming here. We are doing everything we can to make everything for our little one as pleasant as we can, even if we have to, and this is nothing against Phil, make a lot of sacrifices. Us to be together 24 hours a day is not usual for us. But on the whole we manage, apart from a few hiccups, pretty well and some success is there already. For this we pay the price gladly😊. Goodnight to you.....the end is near.....





with Kim



with Jenny

