

JANE CUNNINGHAM, REPORTER: Imagine if the answer to a more peaceful world lay not in the domain of world leaders but in the hands of ordinary mums and dads. That is part of Sam Weinstein's philosophy. Sam and his wife Sydel run a family nurturing centre.

SAM WEINSTEIN: We do some yoga for the mothers. How much yoga the mothers get to do depends totally on the baby. Some babies will let them do lots, some won't let them do any. And then we do some music and dance and then we do some yoga positions for the babies. Now, you know, Sam and Sydel Weinstein are not the inventors of baby yoga but we've taken our own interpretation into things about baby yoga that we've actually learnt from some people in Russia and made it very, very gentle and very, very, very soft. Now, what happens out of that is a few really fun things, though. Because if you're handling this baby in some strange, little different, safe ways, suddenly, it's not an invalid anymore. "I don't have to leave it in the cot wrapped up all day. I can carry my baby. I can move my baby. I can play with my baby." That builds the parents' self-confidence in a multitude of things for their baby. They start to really pick up their baby's cues in so many ways.

On a smaller scale, I hope we'll have some mums and dads that...their relationships will last longer, some babies will get breastfed a little longer, be a little healthier, a little bit less stressed. On a larger scale, I feel that if enough people have proper attachment with their babies and their babies have proper attachment to them, we'll have a greater chance of healthy communities in the future. I think that if we have healthier communities in the future, we have a greater chance at world peace. There's an Indian saying from India that if 1% of the population meditates, it'll change the world forever. Well, I think if 1% of the population holds their babies more, it'll change the world.