Documentary filmmaker Thomas Balmes offers an adorable glimpse at the first phase of life in his film following four newborn babies through their first year of life. By capturing their earliest stage on camera, Balmes reveals just how much we all have in common, despite being born to different parents and raised in different cultures.

As a transcultural healthcare piece, it does hardly need an introduction to the relevance of watching the movie. Most students relate to babies, even if they do not have their own. Some find it mind-boggling that Ponijao from Namibia is exposed to animals and other objects that may not be even tolerated in other cultures. A common question is “How does Ponijao not get sick?”. Of course, this is followed by a discussion that exposure to disease may also result in the building of the immune system.

Some students comment on the fact that the movie is boring. That is a common criticism of many inside and outside of the classroom, as the film does not have a specific message or plot. This, of course, provides a segway to the topic of ethnocentrism. The film is not ethnocentric, in that the purpose is to only document the first year of four babies from seemingly different cul-
tures. Balmes does not seek to establish a dis-
cussion for change for any of the babies or fam-
ilies featured in the film. Balmes merely states
the facts through a visual presentation and al-
 lows the viewer to make their own conclusions.
The film is a glimpse into the lives of not
only the babies, but also their families. It is an
effective tool that allows students to open and
expand their own worldview and see how other
cultures live, work, play, and celebrate.

Reference
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