Fit-2-Learn

MORRELLS HANDWRITING

Fit 2 Learn YouTube links on Retained Primitive reflexes:

1. **Intro to primitive reflexes**
   https://www.youtube.com/watch?v=MOSDYYsyT7M

2. **About Moro Reflex - ADHD, Autism**
   Moro Reflex: The Moro Reflex acts as a baby's primitive fight/flight reaction and is typically replaced by the adult startle reflex by four months old. If a child experiences a retained Moro reflex beyond 4 months, they may become over sensitive and over-reactive to sensory stimulus resulting in poor impulse control, sensory overload, anxiety and emotions, and social immaturity. Some additional signs of a retained Moro Reflex are motion sickness, poor balance, poor coordination, easily distracted, unable to adapt well to change, and mood swings. Responsible for visual processing, reading and writing difficulties. The writer will struggle to read black text on white paper. https://www.youtube.com/watch?v=iA7ExcwS-M0&t=34s

   Exercises for integration of Moro Reflex
   https://www.youtube.com/watch?v=fQ4K9sw7by8

3. **About Asymmetric Tonic Neck Reflex (ATNR) - Handwriting difficulties**
   Asymmetrical Tonic Neck Reflex (ATNR) is initiated when laying babies on their back and turning their head to one side. The arm and leg of the side they're looking should extend while the opposite side bends. This reflex serves as a precursor to hand-eye coordination and should stop by six months. Symptoms include visual processing problems similar to dyslexia, poor visual symmetry and tracking easily from left to right, poor balance and co-ordination, poor bi-lateral and cross-lateral skills, delayed dominance (can't work out if they are left or right handed), difficulties with concentration and easily distracted and messy handwriting.
   https://www.youtube.com/watch?v=Of2vhFMZvBY&t=9s

   Exercises for integration of Asymmetric Tonic Neck Reflex (ATNR)
   https://www.youtube.com/watch?v=qm9NfP4cx0M

4. **About Symmetrical Tonic Neck Reflex (STNR) - Handwriting difficulties**

   Symmetrical Tonic Neck Reflex (STNR) also known as the crawling reflex. STNR is present briefly after birth and then reappears around six to nine months. This reflex helps the body divide in half at the midline to assist in crawling - as the head is brought towards chest, the arms bend and legs extend. It should disappear by 11 months. Developmental delays related to poor muscle tone, tendency to slump while sitting, and inability to sit still and concentrate, poor binocular vision (eyes working together), double vision, difficulty with reading, problems with getting thoughts and ideas down on paper.
   https://www.youtube.com/watch?v=id9wHaNlTEM&t=38s I

   Exercises for integration of Symmetrical Tonic Neck Reflex (STNR)
   https://www.youtube.com/watch?v=eDfWFiEb8ik

5. **About Palmar Reflex - Pencil grasp problems**

   The Palmar Reflex is the automatic flexing of fingers to grab an object and should integrate by six months. If the palmer reflex is retained, a child may have difficulty with fine motor skills, stick out tongue while writing, sucking, chewing fingers, continued thumb sucking, tight pencil grasp with more than 2 fingers on pencil, jumbling up letters, mirror writing and difficulty with handwriting.
   https://www.youtube.com/watch?v=sTMV1Bc1m4g&t=210s

   Exercises for integration of Palmar Reflex
   https://www.youtube.com/watch?v=ZfhblvlwOFA

6. **About Tonic Labyrinth Reflex (TLR) – Poor postural control**

   The Tonic Labyrinthine Reflex (TLR) is the basis for head management and helps prepare an infant for rolling over, creeping, crawling, standing, and walking. This reflex initiates when you tilt an infant's head backward while placed on the back causing legs to stiffen, straighten, and toes to point. Hands also become fisted and elbows bend. It should integrate gradually as other systems mature and disappear by 3 1/2 years old. If retained, the TLR can lead to poor muscle tone, a tendency to walk on toes, motion sickness, poor sitting postural control and poor balance.
   https://www.youtube.com/watch?v=0l6Sx8xHG1M&t=137s

   Exercises for integration of Tonic Labyrinth Reflex (TLR)
   Meatball https://www.youtube.com/watch?v=2xLGf-ijmMg
   Superman https://www.youtube.com/watch?v=krNwDklS_Ro

7. **About Spinal Gallant Reflex – Poor focus and inability to sit still**

   Spinal Galant Reflex happens when the skin along the side of an infant's back is stroked, the infant will swing towards the side that was stroked. This reflex helps with the birthing process and should inhibit between three and nine months. If it persists, it may affect a child's posture, coordination attention, difficulty in sitting still, poor endurance and self-control, poor focus and short-term memory, poor spatial awareness, difficulties with mental maths and poor auditory processing.
   https://www.youtube.com/watch?v=IyvrlaaDELY&t=24s

   Exercises for integration of Spinal Gallant Reflex
   https://www.youtube.com/watch?v=82NQnUgECig

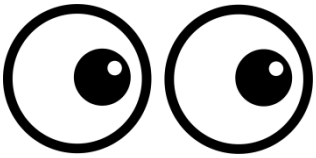
8. **About Rooting Reflex**

   Rooting Reflex: The rooting reflex assists in the act of breastfeeding and is activated by stroking a baby's cheek, causing her to turn and open her mouth. Retention of the rooting reflex beyond four months may result in difficulty with solid foods, poor articulation, and early thumb sucking.
   Video includes exercises for integration of Rooting Reflex
   https://www.youtube.com/watch?v=uogVEpi4WLM&t=10s

9. **Eye exercises to strengthen the eye muscles:**
   https://www.youtube.com/watch?v=fq9CAtAaeRI

Vision exercises

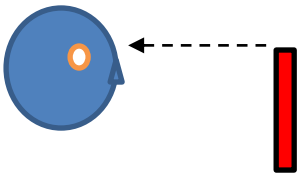
1. Learn to wink with both eyes
2. Squeeze eyes tightly closed count to 10; open eyes very wide look around without moving head



3. Moves to the left and to the right x 10
4. Move eyes up and down x 10
5. Move eyes in circles clockwise x 5
6. Move eyes in circles anti-clockwise x 5

7. Imagine that there is a big clock in front of you…. look at the centre, then move eyes out to 1; then back to the centre; out to 2; then back to the centre and so on until 12.

8. Converge and diverge eyes whilst focusing on a pencil top and keeping the pencil top as one single image. Keep practising daily until able to bring the top to your nose without going into double vision.



Converged eyes

9. Crossing the mid-line do this exercise **once the primitive reflexes are established**: using two pots at about shoulder width apart, patch one eye. Pick up items from pot A with left hand, move in an arc at eye height across mid-line and place in pot B continue until pot A is empty; still using the left hand return the items in the same manner to pot A; repeat with the right hand.

   Patch the other eye and repeat. All the time that items are being moved from one pot to another the eye should be following the items.