

Additional Resources about Resolving Retained Infant Reflexes

In my book *Educate Your Brain* I mention a number of means of addressing infant reflex issues and other sensory-integration challenges. I had limited room in the book, and here I have a bit more space to describe some of these resources. Many are specifically targeting reflex issues; others are more general in nature. I hope this is helpful to you!

With warm regards,

Kathy Brown

Fun integrating activities I've used with young learners

For many children, simply using playful, whole-body movement activities will be a big boost to the reflex system, creating natural integration. Here are some delightful resources I'm familiar with. They can also be used as an adjunct to any other programs you use to address retained reflexes, or just for fun!

Catch a Brain Wave Fitness Fun: Energizing Movements for Brain Development

This learning/movement program was co-created by musician RONNO, and Brain Gym instructor Liz Jones-Twomey. They offer a CD with playful song/movement routines, and a manual with all the lyrics and movement instructions. Routines includes movements of four types, creating vital elements of mind/body integration:

- navel radiation (sense of connection from middle of body to tips of fingers and toes);
- homologous movement (coordinating upper body movement separately from lower body movement)
- homolateral movement (coordinating movement of right side of the body separately from left side, and vice versa)
- cross-lateral movement (coordinating right and left sides with each other)

Moving in all four of these ways is naturally integrating for many reflexes. These activities are great for school-age children. You can view some of Liz's routines on YouTube. Great fun!

Rappin' on the Reflexes

Created by musician, movement specialist, and Brain Gym instructor Eve Kodiak. A wonderful CD and book full of songs and activities that are targeted to specific reflexes. Simple melodies, simple movements, fun and appropriate for even the youngest children. Eve spins magic with her young learners. www.evekodiak.com

Feelin' Free—Songs & Stories for Sensory Integration

Another CD and book from Eve Kodiak, this time focused on sensory integration. These activities, as with the ones above, can be used with individual clients, or whole groups. www.evekodiak.com

Edu-K Courses

All of these are listed on the Brain Gym website, www.braingym.org. Click on the “find a course” link and follow the prompts to the correct level page.

170 – Brain Gym® for Special-Needs Providers (SN)

This course was developed by Cecilia Freeman Koester, author of *I Am the Child: Using Brain Gym with Children Who Have Special Needs*, and *Movement Based Learning*. It is a four-day immersion in the Brain Gym® 101 material, focused primarily on its use with multiply- or severely-challenged children. Participants learn techniques for adapting the Brain Gym material for this special population, and six “Building Block” activities that Cece has developed that are very effective in nurturing a less-mature neurological system. Class includes two demonstrations of Cece working with special-needs children. You can learn more about her work here:

<http://www.movementbasedlearning.com/>

32 course hours over four days. No prerequisites.

I just recently (finally!) had the opportunity to take this course, and can't believe I've gone so long in Brain Gym without these adaptive skills and the Building Block activities. Everyone at any development level benefits from these Building Blocks – I'm enjoying using them on myself! I love learning from Cece, who is amazing at this work. She is currently training and authorizing skilled practitioners around the world to teach both this course, and a one-day workshop teaching only the Building Blocks.

213 – Integration of Early Childhood Reflexes and Reactions (IECR)

This course was developed by Renate Wennekes, Edu-k International Faculty for Germany.

24 course hours over 3 days. Prerequisite: BG101.

I have not yet taken this course, as Renate is from Germany and doesn't often offer it here in the U.S. I love learning from Renate, who is international faculty for Brain Gym.

214 – In Synch I—Integrating the Senses through Movement (INS)

This course was developed by Rita Edwards, Edu-K international faculty for South Africa. Rita created this structure for utilizing the Edu-K balance process to overcome specific sensory-integration issues. In this course you will learn specialized pre-checks for a variety of sensory-integration issues, and a learning menu of movements and activities.

24 course hours over three days. Prerequisite: BG101.

I have taken this course and recommend it highly.

221 - Movement Exploration I: Integrating the reflexes that build the developmental movement patterns. (MEI)

This course was developed by Brain Gym instructor Carol Ann Erickson, movement specialist and former physical education teacher. Learn developmental repatterning techniques, core stabilization repatterning, navel radiation, gait points, and more for the reflexes including but not limited to Moro, Fear Paralysis, ATNR, STNR, Babkin, Spinal Galant, Neck Mobility, Tonic Lumbar, Lumbar Reach, Abdominal, and Oral rooting. Pre-

requisite: Brain Gym® 101 or Brain Gym for Movement, Dance & Sports Performance or Brain Gym for Educators.

32 course hours over four days. Prerequisite: BG101.

I have taken this course and recommend it highly. It is followed by a “300-level” course, building on this one.

311 – Total Core Repatterning (TCR)

This course was developed by Paul Dennison, co-creator of the Brain Gym program. In this course you will learn protocols for addressing Symmetrical Tonic Neck Reflex, Asymmetrical Tonic Neck Reflex, and TMJ challenges. It is a true kinesiology course: you will learn “muscle checks” for 42 muscles of the body, which are then used as pre- and post-checks for this specialized repatterning process. (Working with younger learners it’s possible to complete the process checking many fewer muscle responses: most typically 12, but with the youngest children perhaps just 3 to 6.)

24 course hours over three days. Prerequisite: Edu-K In-Depth.

I have taken this course and recommend it highly. Learning from Paul Dennison, the co-founder of the Brain Gym program, is amazing.

345 – Integration of Dynamic and Postural Reflexes into the Whole Body Movement System

This course was developed by Svetlana Masgutova, Edu-K international faculty for Poland. Svetlana is an internationally-known expert in the area of infant reflexes. This course explores dynamic and postural reflexes and how they influence development and learning. Provides an explanation of reflexes according to the three dimensions of Laterality Centering and Focus. Participants learn techniques for checking reflex integration and simple movements for integrating them into the whole body movement system.

24 course hours over three days. Prerequisite: Edu-K In Depth.

I have taken this course, and recommend it highly. Svetlana has created several other courses on the topic of reflexes, which are not yet approved for Edu-K course credit. From her course choices I have taken Neurokinesiology: Birth and Post-Birth Reflexes Integration and Facial Reflexes Integration. She also has an extensive treatment program. You can learn more at www.masgutovamethod.com

380 – Integrating Primitive Reflexes Using Brain Gym and Touch for Health (IPR)

This course calls on techniques from Brain Gym®, Touch for Health, and Nutrition to support integration of primitive reflexes. Created and taught by Brain Gym® instructor Tracey Tinker, this course is based on her extensive experience in these fields, and her success in combining them to resolve retained reflex issues with learners of all ages. The reflexes covered are Fear Paralysis, Moro, ATNR, STNR, TLR, Palmer, Babinski, and Spinal Galant.

16 course hours over two days. Prerequisites: BG101 and T4H Level 1.

I have not had the opportunity to take this course (it’s been developed recently, and the course developer lives in Australia), but have heard from colleagues that they got a lot out of it. You can learn more about her work at <http://traceytinker.com.au/>

Courses outside the U.S. Edu-K curriculum

Childhood Reflexes and Their Effect on Learning and Behaviour

This course was developed by Brain Gym instructor Claire Hocking of Australia. It is not yet approved for Edu-K credit in the U.S.; however, Claire does travel to the U.S. to teach this course. Claire has adapted the Edu-K balance process to address specific infant reflexes, providing clear pre-checks and a learning menu of developmental movements to resolve these reflex issues. www.wholebrain.com.au

24 course hours over three days. No prerequisite.

→ This is the first course I ever took on the topic of infant reflexes, and, I must say, it's the material I seem to go to again and again with clients, though I work more with clients who are "typically-abled but stuck," rather than those that are profoundly challenged.

Rhythmic Movement Training (RMT)

This course was developed by Swedish psychiatrist Harald Blomberg. In this course you learn to identify and remediate a wide variety of infant reflexes, using "rocking" movements that are innate and spontaneous in typically-developing infants.

www.rhythmicmovement.com www.haraldblomberg.com No prerequisite.

I have taken three levels of this profound work, which is effective with anyone, from infants through elders.

Quantum Reflex Integration (QRI)

This course was developed by Bonnie Brandes, a Brain Gym instructor and specialist in infant reflex issues. The facilitator learns to assess specific reflexes and then use localized touch/massage techniques on specific spots on the body (trigger points that seem to release the hold of the reflex over time); alternately (and much more easily and quickly) the facilitator can use a cold-laser light on these same points and lines on the body. Effective in the most challenging circumstances; it's even possible to facilitate this technique on a child who is sleeping, thus avoiding behavioral/resistance issues.

<http://reflexintegration.net/>

No prerequisite.

I have taken two levels of this work, and have purchased the laser Bonnie recommends, which I use all the time on myself for a variety of issues.

Books in my bookcase
about infant reflexes and sensory integration

Attention, Balance, and Coordination: The A.B.C. of Learning Success. Sally Goddard Blythe. West Sussex, UK: Wiley-Blackwell. 2009.
Sally Goddard Blythe is the go-to person to learn about reflexes. Her books contain a wealth of information.

Does Your Baby Have Autism? Detecting the Earliest Signs of Autism. Osnat Teitelbaum and Philip Teitelbaum, Ph.D. Garden City Park, NY: Square One Publishers. 2008.
I found this book to be fascinating. The authors examined home-movies made by parents of infants who were later diagnosed as autistic. In the films, the authors identified specific markers of retained reflexes that showed up long before a diagnosis could be made on typical symptoms, which often don't reveal themselves until a child becomes (or fails to become) verbal, about the age of 2 (thus allowing for earlier intervention). This book contains a very helpful primer on the reflex continuum.

Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Integration Issues. Lindsey Biel, M.A., OTR/L and Nancy Peske. New York: Penguin. 2005.
Lovely resource, very helpful for parents.

Reflexes, Learning and Behavior: A Window into the Child's Mind. Sally Goddard. Eugene, OR: Fern Ridge Press. 2002.
Sally Goddard Blythe's original book on infant reflexes. This is the first book I'd buy—I go to it for everything.

Sensorcises: Active Enrichment for the Out-of-Step Learner. Laurie Glazener. Thousand Oaks, CA: Corwin Press. 2004.
Great resource for sensory-integration activities.

Sensory Secrets: How to Jump-Start Learning in Children. Catherine Chemin Schneider, OTR. Siloam Springs, AR: Concerned Communications. 2001.
Great resource for sensory-integration activities.

Sensory Integration and Learning Disorders. A. Jean Ayres, Ph.D. Los Angeles: Western Psychological Services. 1972.
Jean Ayres was an occupational therapist and developmental psychologist. While her works tend to be more on the technical, academic side, they are the "classics" of this topic.

Sensory Integration and the Child. A. Jean Ayres, Ph.D. Los Angeles: Western Psychological Services. 1991.
Another classic by Jean Ayres.

Stopping Hyperactivity: A New Solution. Nancy E. O'Dell, Ph.D. and Patricia A. Cook, Ph.D. Garden City Park, NY: Avery Publishing Group. 1997.

This book fully explains the relationship of one specific reflex—Symmetrical Tonic Neck Reflex (STNR)—and the “ADHD” diagnosis. Absolutely fascinating.

The Light Barrier: Understanding the Mystery of Irlen Syndrome and Light-Based Reading Difficulties. Rhonda Stone. New York: St. Martin’s Griffin. 2003.

Some children cannot learn easily because they do not perceive light and color correctly: thus, words seem to “move around” on the page. Many such children (and adults) are helped by wearing glasses whose lenses are a specific color.

Too Loud, Too Bright, Too Fast, Too Tight: What to Do If You Are Sensory Defensive in an Overstimulating World. Sharon Heller, Ph.D. HarperCollins Publishers Inc. 2002. Beautiful description of the world of the sensory-challenged child.

Why Motor Skills Matter. Tara Losquadro Liddle, M.P.T. Chicago: McGraw-Hill Contemporary Books. 2004.

This wonderful book provides benchmarks for every stage of development, from newborn through age five. The author also describes common concerns, and suggests simple courses of action.

Please note: Some of these books offer remediation methods for retained infant reflexes. I have not used any of these methods, and so cannot recommend them personally. However, the basic information in the books is very valuable, whatever processes you choose to implement.