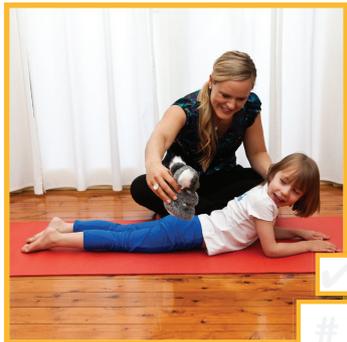


# Exercises

## Primitive Reflexes - Fear Paralysis Reflex Kids Level 1

These exercises help to integrate the Fear Paralysis Reflex. If this reflex is retained it can make it difficult for your child to cope with changes or new and different situations.

These exercises can help reduce anxiety, temper tantrums, fatigue, breath holding, negative attitudes, fear, anger due to loss and stress. The exercises can also help your child to feel more comfortable with trying new and different things and support development.



### Baby Cobra

Lie on your tummy. Go up on to your elbows. Turn your head to the left. Take three big breaths and try to look as far as you can behind you. Repeat on the other side.

**CONCENTRATE ON:** Make sure you do not lift your elbows while you're turning your head.

**GOAL:** To stretch front of the neck where the vagal nerve rests.

**LEVEL 2:** Cough three times when you turn your head.



**PART 1 Brain Buttons:** Using your right hand, massage just above the collarbones. Then use your left hand to create a slight pull inferiorly from your child's navel.

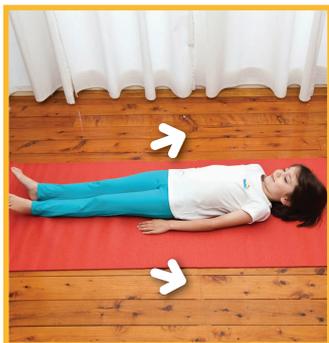
**PART 2: Head Turn:** Create a stretch along the front of your child's neck on the right and left (see photos). Stabilise their shoulder with one hand, while turning the head with the other. Ask your child to cough in this position. Repeat on the other side.

**PART 3 Belly Stretch:** Create a diagonal stretch across your child's abdomen. Place one hand under the right ribs and the left hand at the top of the left hip. Create a light traction. Ask your child to cough. Repeat on the other side.

**GOAL:** To help dislodge any restrictions along the vagal nerve.

## Primitive Reflexes - Galant

These exercises help to integrate the spinal galant reflex. If this reflex has not integrated, your child may have trouble with sitting still, bladder control, or movement coordination.



### Slow Snow Angel

Lying on the ground on your back with your legs straight and arms beside you, slowly move your arms and legs out at the same time. It should take about 20 seconds to get them all the way out. Slowly bring the arms and legs back in.

**CONCENTRATE ON:** Moving everything as smooth, slow and co-ordinated as possible.

**WATCH FOR:** : Moving one arm or leg faster than the other.

**LEVEL 2:** Do this exercise with your eyes closed.



### Back Stripes

Start on your hands and knees, ask a parent to run a dry paint brush down the right side of your spine, starting from between the shoulder blades, down towards your hips. Repeat 3 times on the right side, and then on the left.

**CONCENTRATE ON:** Keeping your body as still as possible.

**GOAL:** To do this exercise without moving your hips.

**LEVEL 2:** Bend your body away (to the left) from the stimulation on the right of the spine.



### Thumbs Up

Standing tall, place your right hand behind your back with your thumb up. Run your thumb down the right hand side of your spine. Start at the top (as far as you can reach) then go to the bottom. Swap sides and repeat.

**CONCENTRATE ON:** Standing tall and still, don't bend to the side.

**GOAL:** To do this 10 times on each side without bending.

**LEVEL 2:** Slightly bend the opposite direction from the side you're doing the exercise on with your thumb.



### Side banana crunch

Lying on your left side, lift your right shoulder and right hip toward each other and make a banana bend. Do this 15 times on each side.

**CONCENTRATE ON:** Squeezing the shoulder and hip together as much as you can. You may need help to get started with this exercise.

**GOAL:** To build strength to over-ride and help integrate this reflex.

**LEVEL 2:** Do this exercise with your eyes closed.

