



made2move:therapy4kids

STNR - Re-ed

STNR influences:

- Head position
- Hearing
- Memory
- Posture
- Vision
- Crawling



Position:

- ❑ Check is on all 4s (shoes removed). Notice placement of hand and feet. If reflex is integrated for function, hands will be flat with fingers slightly turned in and feet will be flat with toes lying on ground.
- ❑ Have child look up and notice any change in arm position, change in hands or feet or back
- ❑ Have child look down and notice any change in arm, hand or feet

Exercise:

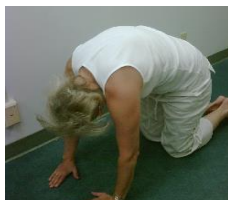
- ❑ Rocking with knees bent - child lies on back with bent knees and begins to rock self. Look for rocking from top to bottom with head/neck movement. Rocking can range from 2 minutes to 10 minutes. ****If child has difficulty, you may place your hands on the child's knees and push to begin the rocking. If child is unable to sustain rocking, adult can continue to facilitate rocking motion with movement of head.



Rocking with chin tuck

- ❑ Cat /Cow - on all 4s (hands and knees), **part one:** child tucks head and arches back (scared cat), breathes and holds position while exhaling for 7 seconds. **Part two** : child brings head up and lowers back (saggy back on old cow), breathes and holds position while exhaling for 7 seconds. Repeat 4-6 times

Rocking with chin up



Chin tuck back arched (cat)

head lifted back lowered (sagging cow)

McPhillips, M. & N. Sheehy (2004). Prevalence of Persistent Primary Reflexes and Motor Problems in Children with Reading Difficulties. Wiley Interscience (www.interscience.wiley.com). Dyslexia 10: 316-338.

