REGULATION BEFORE READING

Building the Foundation for Children's Reading Skills with Developmental Educator Robyn Papworth



Why Your Child Struggles to Sit and Focus

(and What You Can Do to Help)

I'm Robyn from Play Move Improve, and I've been working as an Exercise Physiologist specialising in developmental movement for over a decade now. But before I tell you what I know from my clinical work, I want to share something more personal. I have a son with dyspraxia. I know what it's like to watch your child struggle with things that seem to come so easily to other children. I know the worry, the questions, the late night googling, and the guilt that creeps in even though you've done nothing wrong.

Maybe you're reading this because your three, four, or five year old can't seem to sit still at the dinner table yet. Maybe they flip from happy to meltdown in seconds, over things that seem so small. Maybe getting them to follow a simple instruction feels like an impossible task, or they avoid playground equipment while other kids their age are climbing and running fearlessly. Maybe you've noticed they're easily distracted, bouncing from one thing to the next, and you're wondering if this is just their personality or if something else is going on.



I've sat with hundreds of parents who describe exactly these struggles. They're exhausted from the constant movement, worried about the emotional outbursts, frustrated by the resistance to activities that should be fun, and concerned about how their child will cope when they start school. They often come to me feeling like they're failing, like they should be able to manage this better, like everyone else's child seems easier.

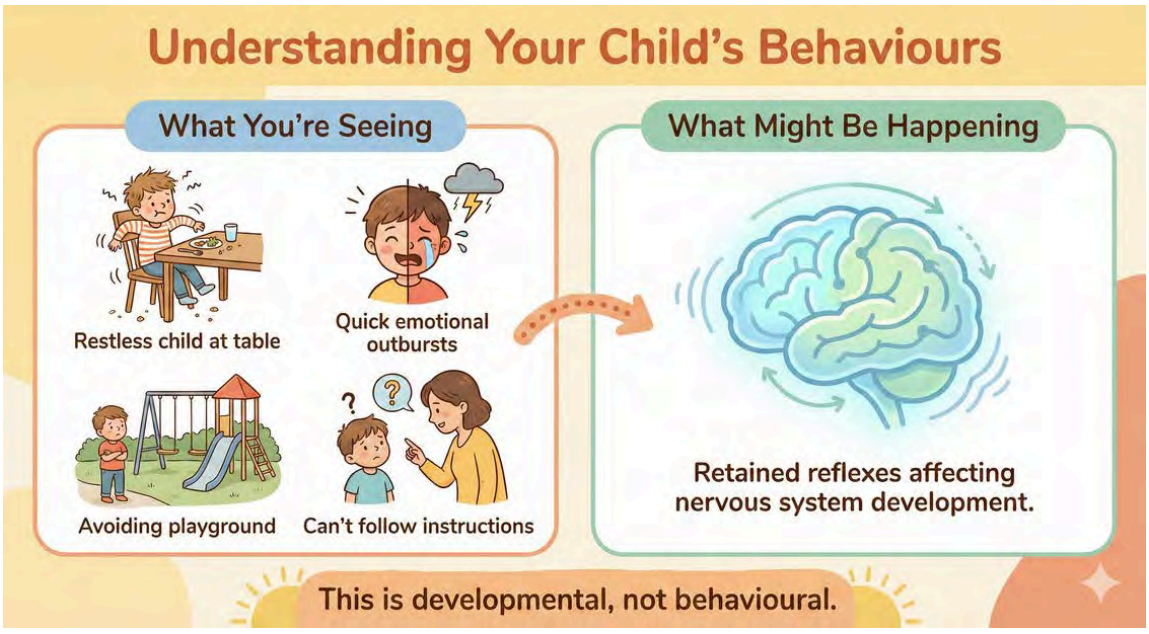
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That's why I'm writing this letter to you today. Not just as a professional who has worked with hundreds of families, but as a mum who has been in the trenches figuring out how to make movement fun rather than frustrating, playful rather than therapeutic, and part of our daily life rather than another chore. I want you to know something important right from the start: this is not your fault. You haven't done anything wrong. In my years of clinical practice, I've seen retained reflexes happen for so many different reasons. None of these reflect on your care or love for your child.

Here's what I've learned both professionally and personally, and it's the most hopeful thing I can share with you: the brain is incredibly adaptable throughout life. Scientists call this neuroplasticity, and I've watched it work its magic in my clinic and in my own lounge room. No matter when you discover potential developmental challenges, support and intervention can help. It's never too late to make a difference for your child.



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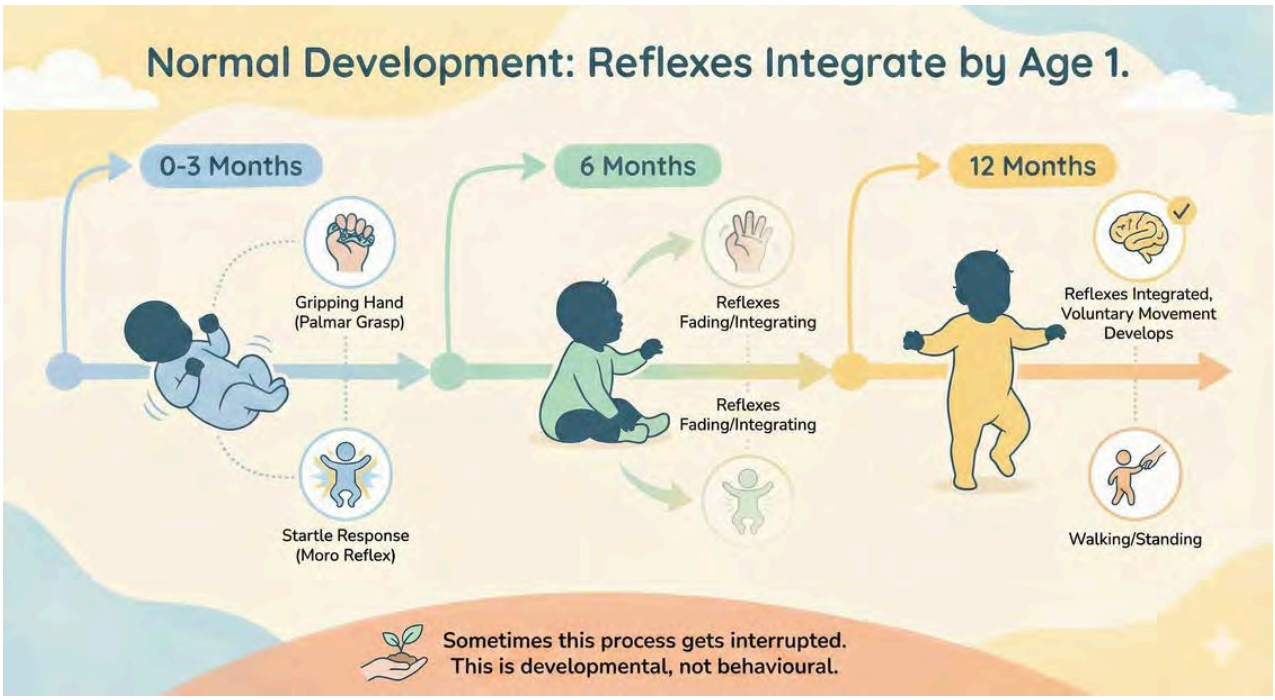
Understanding What Primitive Reflexes Are

Let me explain what we're talking about when we say primitive reflexes, because I remember being completely confused by this term when I first heard it during my son's assessments. These are involuntary motor responses that babies are born with, automatic movements like gripping your finger when you touch their palm, or startling when they hear a loud noise. Think of them as your baby's built-in survival system, originating in the brainstem to help them navigate those crucial early months of life.

In typical child development, these primitive reflexes are integrated, or disappear, within the first year of life, usually by around four to six months of age. As the brain matures, it replaces them with more advanced reflexes called postural reflexes, which allow your child to develop balance, coordination, and sensory motor skills. It's a natural progression, like moving from crawling to walking.

But sometimes, these reflexes don't integrate on schedule. I've worked with so many families where this happens, and I always use this analogy: it's like trying to ride a bike with the training wheels still on. Everything just feels harder and less smooth than it should. Your child has to work so much harder to do things that seem effortless for other children.

With my son, I could see him trying his absolute best, but his body just wasn't cooperating the way he wanted it to.

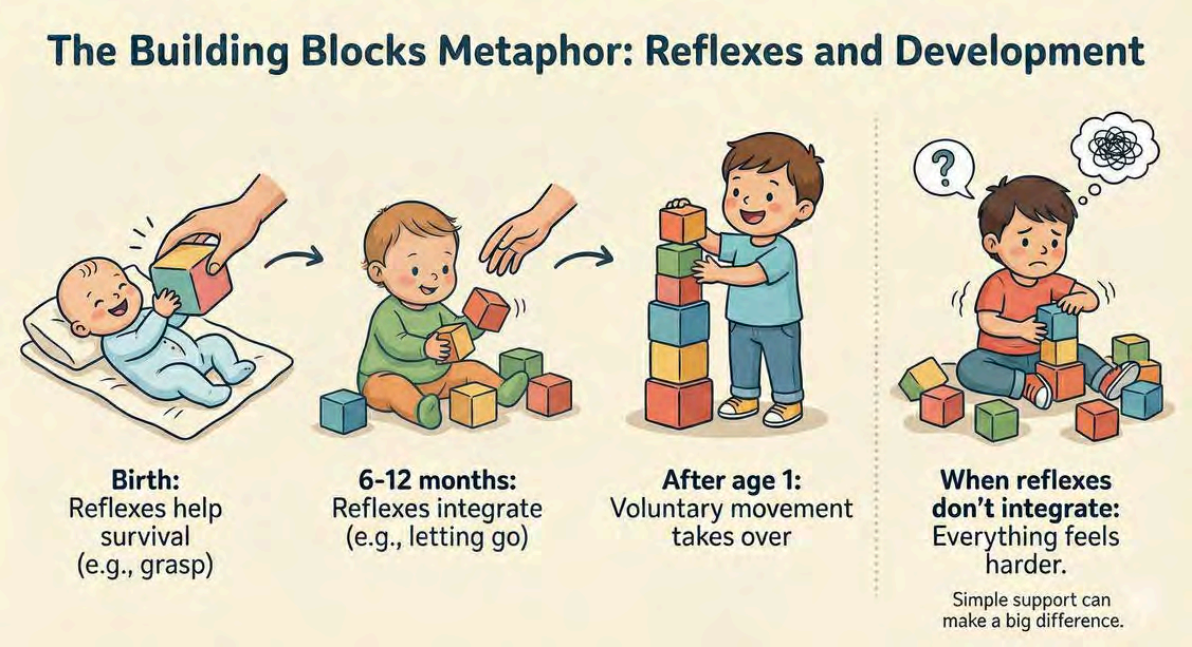


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What the Research Actually Tells Us



I want to be honest with you about what science knows and what we're still learning, because in my clinical work I've found that parents appreciate transparency. Research shows clear dependencies between the preserved activity of primary reflexes and developmental problems such as learning difficulties, including problems with reading, writing, reduced mathematics skills, and dyslexia. Studies involving children aged four to six found that those with increased reflex activity presented a lower level of motor efficiency, and as they grew older and reflex activity decreased, their motor skills improved.

The connection between retained reflexes and learning difficulties is well established. Multiple studies confirm that children who have retained reflexes often have discrepancies in sensory development, postural disorders, and decreased motor and cognitive performance. Retained reflexes like the Symmetric Tonic Neck Reflex, Asymmetric Tonic Neck Reflex, and Moro Reflex can result in behavioural and psychological issues such as anxiety, reading difficulties, and time management problems.

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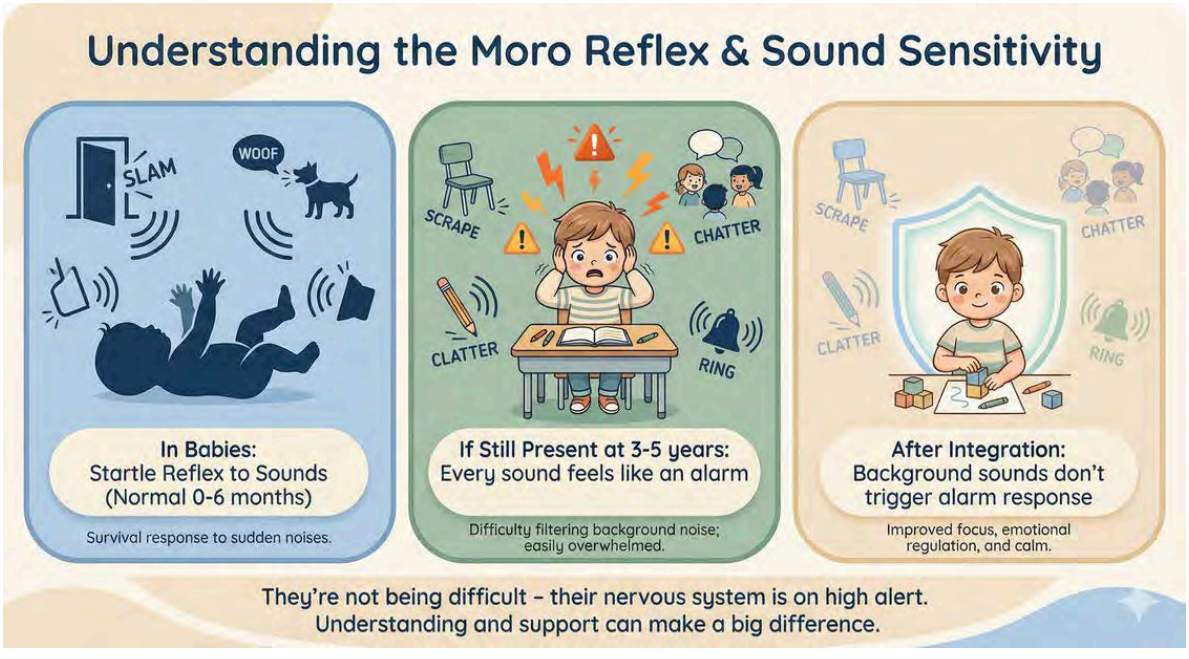
The Reflexes That Can Affect Your Child's Learning

Moro Reflex and Sound Sensitivity:
The Moro Reflex, often called the startle reflex, causes babies' arms and legs to suddenly fly out when they're startled by a loud sound or sudden movement. If this reflex hasn't fully integrated, your child's nervous system is essentially stuck in high alert mode.

Every sound in the environment, from a door closing to a chair scraping to children laughing, gets processed as a potential threat. It's not that they're not trying to pay attention or that they're deliberately seeking distractions. Their nervous system is genuinely responding as if every sound requires an immediate alarm response.

I can speak to this personally because I still had my Moro reflex active when I was at university learning about all of this. My childhood trauma history meant that any slight change in sound would switch my nervous system into gear, making me incredibly nervous in crowds and hypersensitive to background noises like air conditioners, fridges humming, or cafe music.

Even now as an adult, I'm more aware of these sounds than most people, though my daily work as an Exercise Physiologist involving big movement every day has helped enormously in calming that reflex response. When I see children in my clinic who are jumpy, easily distracted, or seem unable to filter out background noise, I recognise that heightened state immediately because I've lived it.

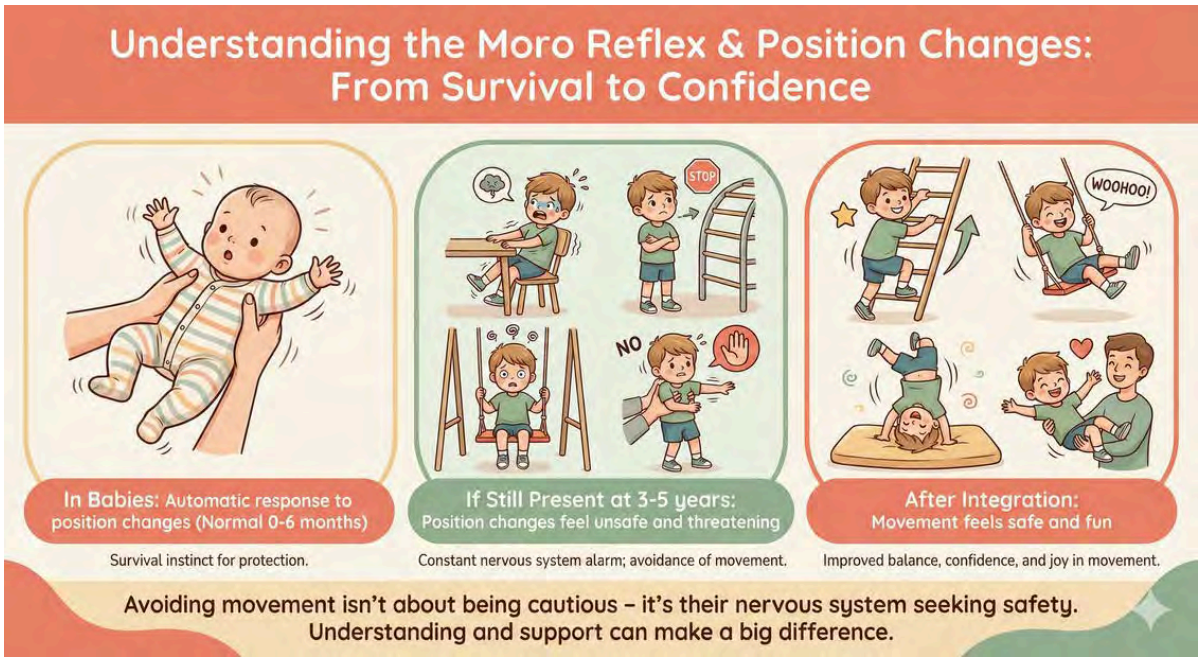


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The Reflexes That Can Affect Your Child's Learning



Moro Reflex and Position Changes:
The other aspect of the Moro reflex that people don't often realise is how it responds to changes in position and movement. In babies, when their head position changes suddenly or they feel like they're falling, their arms and legs fly out automatically.

It's a survival reflex designed to help them grab onto a caregiver. But when this reflex is still active in a three, four, or five year old, any change in their body position can trigger that same alarm response. This was huge for my son. He would panic when tipped backward in his chair, absolutely refused to go on swings or climbing equipment, and resisted any kind of rough play or being picked up unexpectedly. I used to think he was just cautious or anxious, but once I understood it was his Moro reflex, I realised his body was genuinely sending him danger signals every time his position changed.

He wasn't avoiding movement because he was timid. He was avoiding it because his nervous system was telling him it wasn't safe. The beautiful thing is that through gentle, playful movement activities done consistently, we were able to help his brain learn that position changes are safe. It took time, patience, and a lot of making it fun rather than forcing him into situations that triggered his alarm system. Now he's confident with movement, but it required us to work with his nervous system, not against it.

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Checking the Moro Reflex

I invite you to watch the video and gently try this movement with your child. As they react, observe their body carefully. W are looking for a symmetrical opening where both arms and legs extend outward evenly at the same time. If you notice an asymmetry (one side moving differently than the other) or a strong reaction, remember to hold a growth mindset.

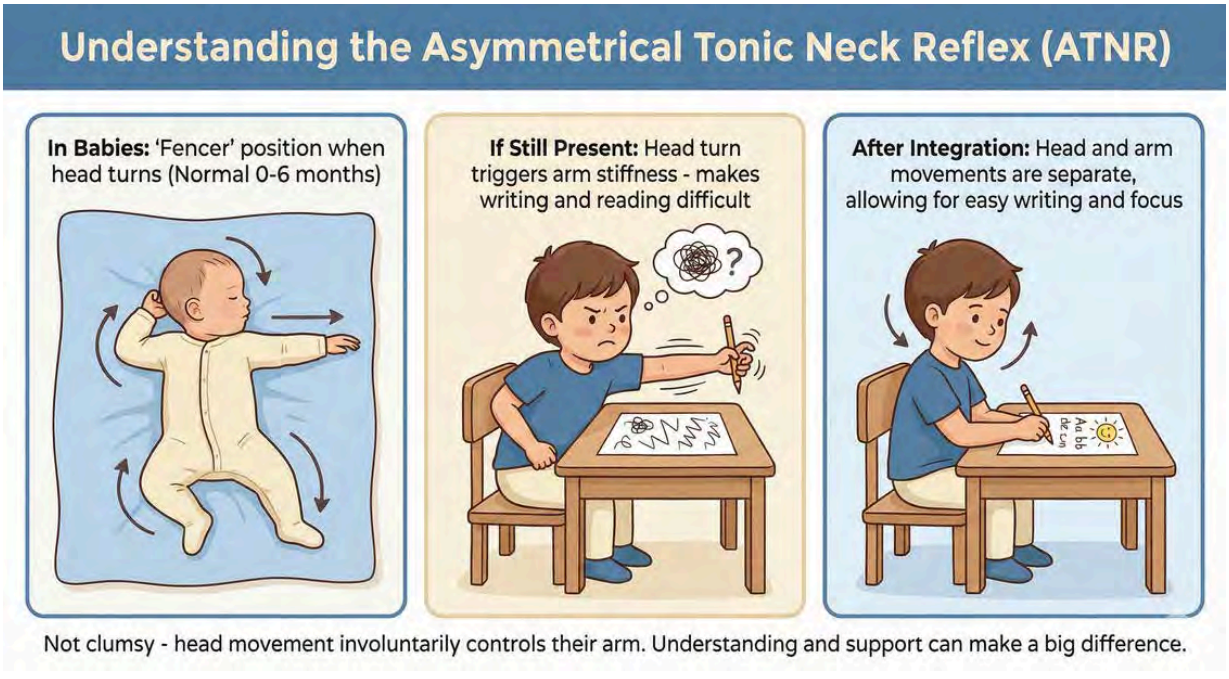
This isn't a "pass or fail"; it is simply valuable information. It tells us where their nervous system is right now and helps us choose the best play activities to support their progress.



Click the video above to help you observe if reflex is integrated

The Asymmetrical Tonic Neck Reflex

The Asymmetrical Tonic Neck Reflex, or ATNR, is the one where when a baby turns their head to one side, the arm on that side straightens. If this persists, your child might have trouble reading from left to right smoothly, as though there's an invisible barrier in the middle of the page. They might also struggle with activities that require crossing the midline of their body, like reaching across to grab something on the opposite side. In my clinical work, I often see children who turn their whole body rather than just reaching across, and this is often a sign of a retained ATNR.



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Checking the ATNR Reflex

Using these two videos below, observe your child's ability to separate their head movements from their arm movements. Whether they are on all fours or standing with one arm out, we are looking for a "quiet" body where the arms stay steady while the head turns. If you notice the arms bending, dropping, or drifting, there is no need to worry. Identifying an active ATNR helps us understand why tasks like writing or catching a ball might feel tricky for them right now, and gives us a clear path forward.



Click the video above to help you observe if reflex is integrated



Click the video above to see this movement that aims to improve reflex integration

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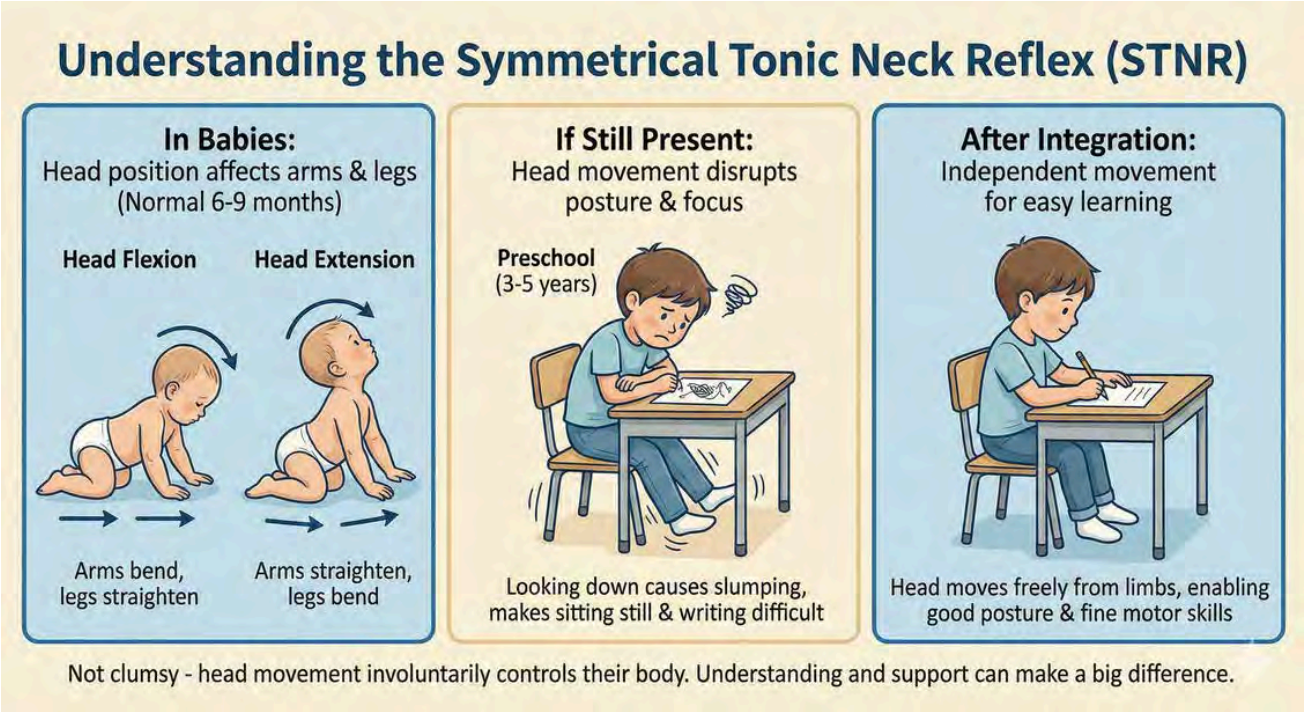


The Symmetrical Tonic Neck Reflex

The Symmetrical Tonic Neck Reflex, the STNR, causes certain body responses when a baby looks up or down. When this doesn't integrate properly, you might notice your child slumping at their desk, fidgeting constantly, or having trouble coordinating hand eye movements needed for reading and writing.

They're not being difficult. Their body is literally responding automatically to head position changes. I used to get so frustrated with my son's posture at the table until I understood that he physically couldn't maintain good sitting posture because of his retained STNR.

Once I understood this, I stopped nagging him about sitting up straight and instead gave him movement breaks and activities that actually helped integrate the reflex.



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Checking the STNR Reflex

Using the video as a guide, ask your child to come onto their hands and knees like a table. As they slowly move their head up to look at the ceiling and down to look at their knees, watch their elbows and bottom.

We are looking to see if their back can stay flat and still, like a sturdy table. If you notice their elbows bending or their body rocking back and forth as their head moves, keep a growth mindset. This simply means the reflex is still active and their body is learning how to separate head movements from arm and leg movements, something we can definitely support with practice.



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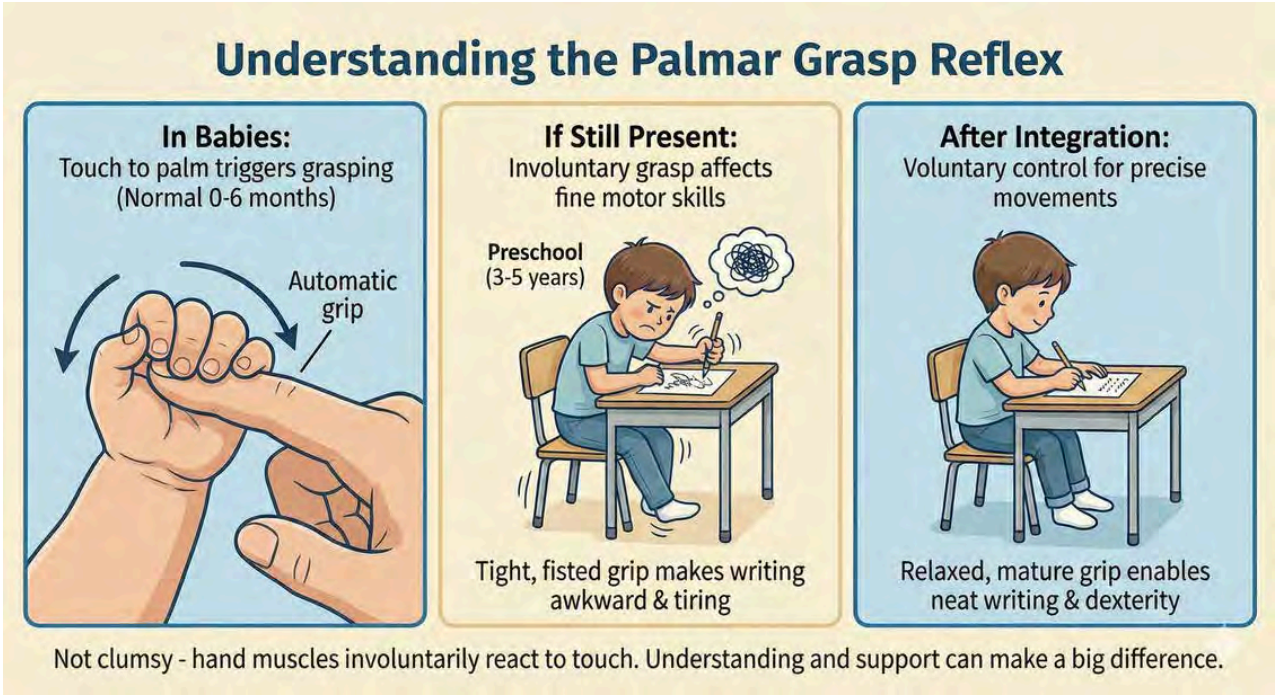
The Palmar Reflex

The Palmar Reflex is that adorable automatic grip babies have when something touches their palm. If it's retained, your child might grip their pencil too tightly, have messy handwriting, or experience arm and shoulder tension when writing.

The fatigue they feel during writing tasks is real and physical.

I've worked with so many children whose hands would ache after just a few minutes of writing, and their parents thought they were just complaining or trying to avoid work.

Once we addressed the retained palmar reflex through play based activities, the difference was remarkable.



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Play Move Improve

Checking The Palmar Reflex

Using the video as your guide, ask your child to open their hand with their palm facing up. Gently stroke along the lifeline of their palm (from the base of the fingers down towards the wrist) and observe their reaction. We are looking to see if their hand stays open and relaxed. If you feel their fingers curling in to grab your finger, or if you notice their mouth moving or tongue sticking out while you do this, keep a growth mindset.

This just means the reflex is still active, and their hand and mouth are still "talking" to each other. We can support this with fun sensory play to help their hands work independently.



Click the video above to help you observe if reflex is integrated

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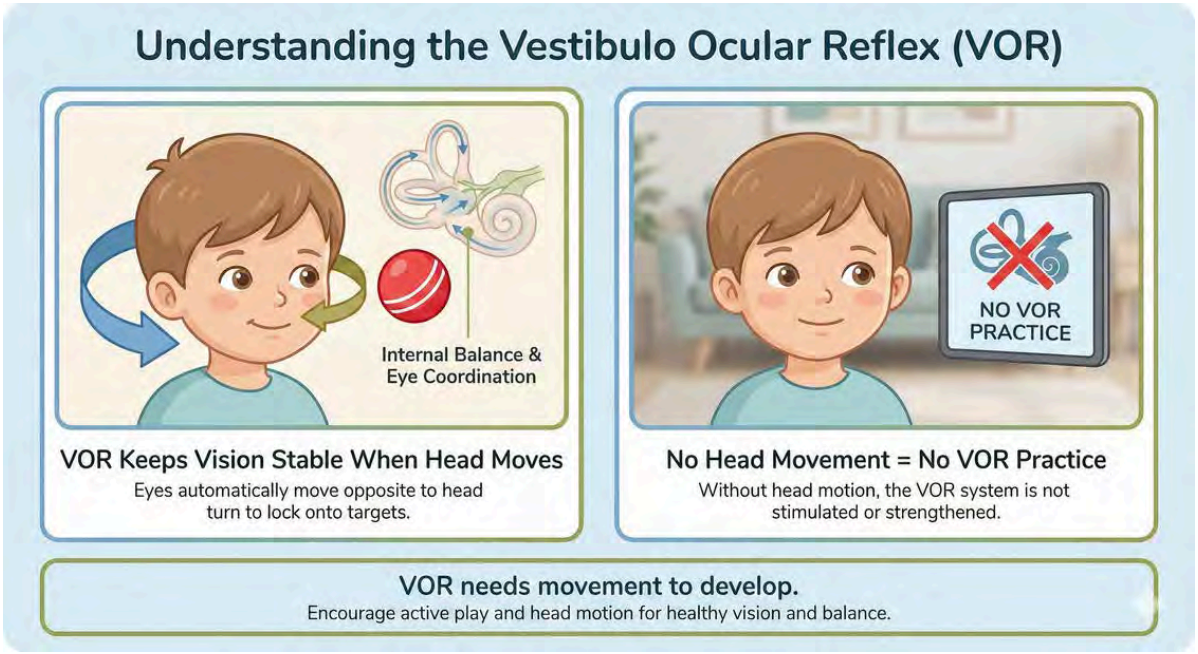
The VOR: The Reflex That Should Stay

(And Why Movement Matters More Than Ever)

Now I need to tell you about a reflex that's different from all the others we've discussed. The Vestibulo Ocular Reflex, or VOR, isn't supposed to go away. In fact, we need it to develop strongly and stay active throughout our entire lives. This reflex is what keeps your vision stable when your head moves. It's the reason you can read signs while walking, track a ball while running, or look around a room without the world appearing to spin.

Here's how it works: when your head moves to the right, your eyes automatically move to the left at exactly the same speed, keeping whatever you're looking at stable in your vision. It happens without you thinking about it, and when it's working well, you don't even notice it's there. But when the VOR isn't developed properly or isn't working efficiently, the world becomes a much more challenging place to navigate.

I see children who lose their place constantly when reading, not because they're not trying or because they have attention problems, but because their VOR isn't keeping the words stable on the page. I see children who avoid swings and roundabouts because the movement makes them feel sick or dizzy. I see children who struggle to catch a ball because their eyes can't track the moving object while their head is also moving. And increasingly, I'm seeing children whose VOR simply hasn't had the chance to develop properly because of how much our world has changed.



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The VOR: The Reflex That Should Stay

(And Why Movement Matters More Than Ever)

I'm not here to shame anyone about screen time. I'm a working mum. I understand the reality of modern parenting. I understand that sometimes you need twenty minutes to cook dinner, make a phone call, or simply breathe. I understand that screens aren't going anywhere, and that they're part of our children's world. This is about understanding what our children's developing brains and bodies need, and finding realistic ways to give them those experiences.

Here's what's happening developmentally. In infancy, toddlerhood, and the preschool years, the VOR develops through movement. It develops when babies track your face as you move around the room. It develops when toddlers watch the dog run across the yard while they're bouncing in your arms. It develops when preschoolers climb and spin and roll and tumble, with their heads moving in all different directions while their eyes try to keep the world stable. Every time a young child's head moves while they're looking at something, their VOR is getting practice, getting stronger, building the neural pathways that will support reading, ball skills, and comfortable movement through space.

But when a child is looking at a screen, something fundamentally different is happening. The screen doesn't move. The child's head doesn't move. Their eyes move across the screen, yes, but their head stays still and the target stays still. The VOR doesn't get activated. It's like having a muscle that never gets used. It doesn't develop weakness from being used wrong. It develops weakness from not being used at all.



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The VOR: The Reflex That Should Stay

(And Why Movement Matters More Than Ever)

I want to share something from my own experience. When I was working with my son on his movement challenges, I noticed something interesting. The activities that made the biggest difference weren't fancy or complicated. They were the ones where his head was moving while his eyes were trying to focus on something. Spinning in a chair and trying to spot me each time he came around. Playing catch while bouncing on a trampoline. Reading letters on a ball while balancing on one foot. Following a flashlight beam with his eyes while I gently turned his head. These weren't gruelling therapy sessions. They were playful, silly, sometimes giggling so hard we had to stop and catch our breath. But they were giving his VOR exactly what it needed to develop.

The beautiful thing is that supporting VOR development doesn't require you to eliminate screens or completely restructure your life. It requires you to understand what your child's developing nervous system needs, and then find small, achievable ways to provide those experiences throughout the day. When you're walking to the car, encourage your child to spot things while you're moving. "Can you see the red car? The big tree? The bird?" Their head is moving, their eyes are tracking, their VOR is working. When you're at the park, encourage the swings and the spinning equipment, not despite the fact that it challenges their system, but because of it. That challenge is exactly what builds the reflex.



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The VOR: The Reflex That Should Stay

(And Why Movement Matters More Than Ever)

I've worked with families who feel overwhelmed by all the developmental information out there, all the things they're supposed to be doing or not doing. So let me simplify this for you. Your child's brain and body were designed to develop through movement. Not structured exercise or formal activities, just movement. Playing, exploring, climbing, spinning, rolling, running, jumping. The kind of movement that used to happen naturally when children spent more time outdoors and less time in car seats, high chairs, and in front of screens.

We can't go back to the past, and we wouldn't want to in many ways. But we can be intentional about creating opportunities for the kind of movement experiences that developing nervous systems need. We can notice when our children have been still for too long. We can prioritise outside play, rough and tumble games, and activities that get their heads moving in space. We can make movement a non-negotiable part of every day, not as a chore or a box to tick, but as a joyful, connecting, essential part of childhood.

Your child doesn't need you to be perfect. They don't need you to never use screens or to spend every moment doing developmental activities. They need you to understand that movement matters, that their developing VOR needs practice just like any other skill, and that small, consistent opportunities throughout the day add up to significant development over time.



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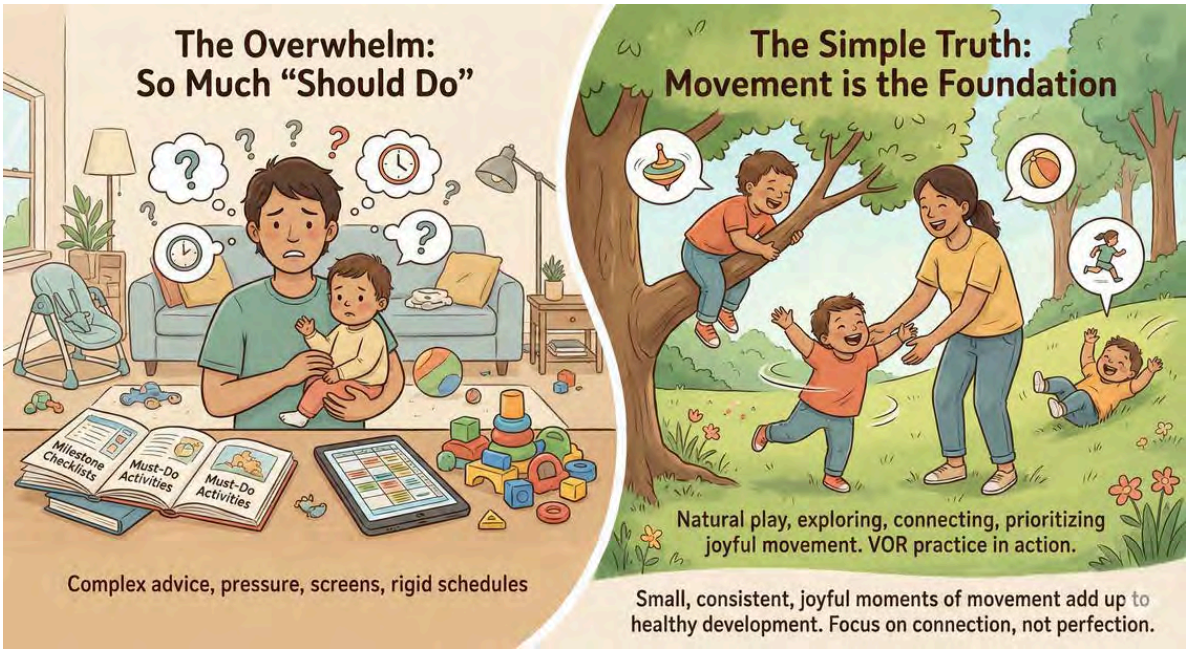
The VOR: The Reflex That Should Stay

(And Why Movement Matters More Than Ever)

If your child is avoiding movement, getting dizzy easily, struggling with ball skills, or losing their place when reading, their VOR might need more support. And that support looks like movement. Playful, joyful, everyday movement. The kind that makes childhood feel like childhood, not like therapy. The kind that builds strong bodies, confident minds, and a VOR that will support them through reading, sports, and comfortable navigation of their world for the rest of their lives.

This is one area where I've seen such dramatic changes in children, often quite quickly. The VOR is incredibly responsive to the right kind of input. When children start getting regular opportunities to move their heads while tracking objects, to spin and balance and tumble, I see improvements in their reading, their coordination, their confidence on playground equipment, and their overall comfort in their bodies. It's not magic. It's just giving the nervous system what it was designed to need.

So yes, I'm asking you to think about screen time. Not from a place of judgment or shame, but from a place of understanding what those still, sedentary hours mean for your child's developing VOR. And I'm asking you to get creative about building movement into your day in ways that feel good for your family. Because this matters. It matters for reading readiness, it matters for physical confidence, and it matters for your child's ability to navigate their world with competence and joy.



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How Movement Helps Your Child's Brain Develop

Here's what gives me so much hope to share with you, both from my clinical work and from my personal experience. Physical activity and movement are profoundly beneficial for all children's motor, cognitive, and overall development. When your child crawls, even if they can already walk, it supports cross lateral movement, the kind of coordinated movement across both sides of the body that's essential for reading. When they climb on playground equipment, they're improving balance and core strength, which translates to better sitting posture for reading and writing. Rolling, tumbling, and somersaults challenge the vestibular system in ways that build spatial awareness. Obstacle courses combine multiple movements that support the nervous system's natural development.

Even simple activities like playing with playdough and finger painting develop the fine motor skills needed for writing. Balancing activities enhance proprioception, your child's sense of where their body is in space. These aren't just play for fun, though they should absolutely be fun. They're providing your child's nervous system with the sensory input and movement experiences it needs to develop properly.



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What You Can Do Starting Today

I know you're probably wondering what specific activities might help. Let me share some simple movements you can weave into your daily routine. These are activities I use in my clinic, activities I did with my own son, and activities that support overall motor development and are appropriate for all children. They specifically target the patterns that should emerge as reflexes integrate.

For general startle responses and the Moro reflex, try Starfish Jumps where your child jumps and spreads their arms and legs wide like a starfish, then brings them back in. It's playful, energetic, and gives them practice with that extending and contracting motion in a controlled way. My son loved pretending he was a firework exploding and then coming back together.

For the asymmetrical movements of the ATNR, try what I call the Robot Dance. Have your child stand with their arms out and turn their head side to side while extending the opposite arm. You can also try Clock Hands, where they lie on their back and move opposite arm and leg as they turn their head. Make it silly, make it fun. That's when learning happens best. We used to do the Robot Dance to music, and suddenly something that could have felt like a chore became something my son asked to do.

The STNR benefits from activities like the Rocking Horse, where your child rocks back and forth on their hands and knees while looking up and down. You can also try Swimming on Land, where they lie on their belly and do swimming motions while lifting their head and arms. These movements give their nervous system practice coordinating upper and lower body movements. I used to get down on the floor with my son and we'd race doing these movements. It built connection, it built his skills, and it gave him the repetition he needed without it feeling like drilling.

For hand skills and the Palmar reflex, playdough is your friend. Kneading and squeezing strengthens those little hand muscles in ways that feel like pure play. Finger painting encourages individual finger movements rather than whole hand grasping. Even popping bubble wrap using individual fingers, not the whole hand, builds the fine motor control they need for holding a pencil comfortably. These were lifesavers for us on rainy days or when my son was too tired for big movement activities.

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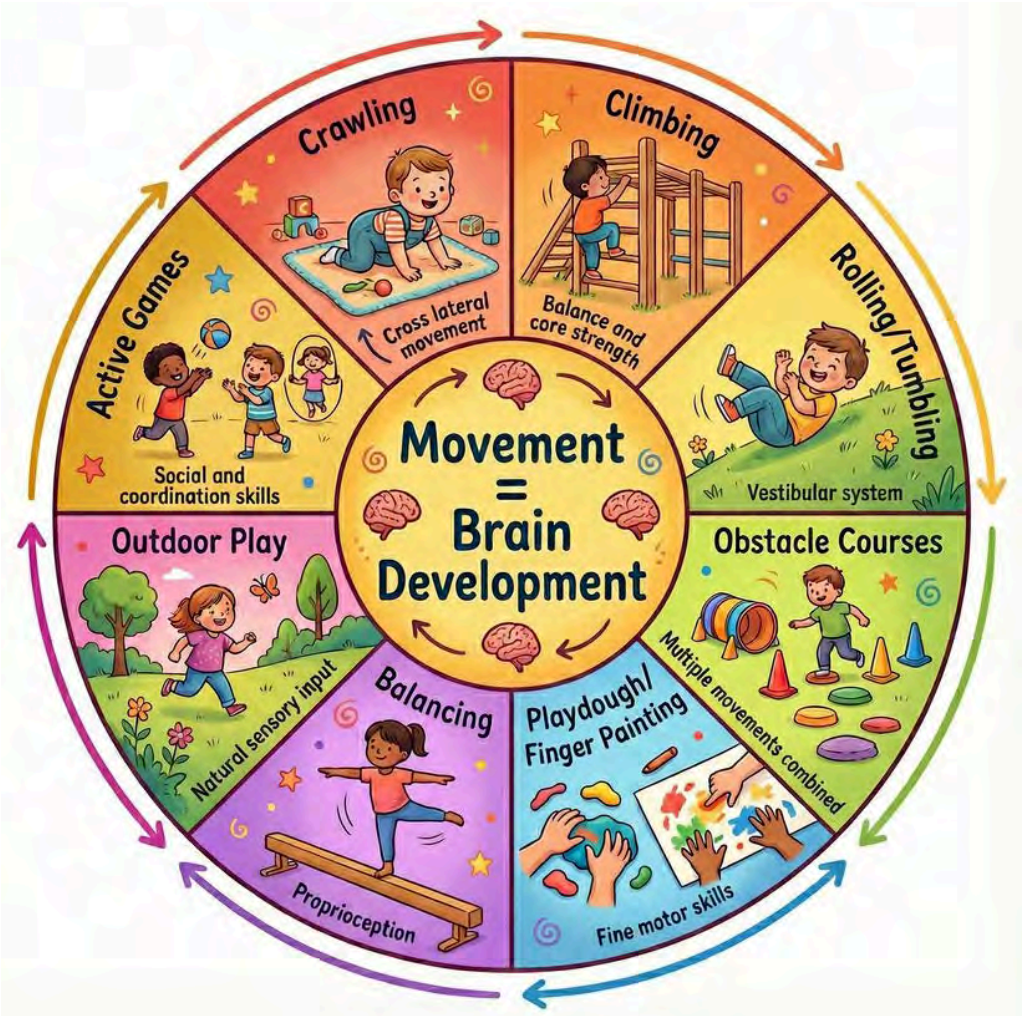
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What You Can Do Starting Today

If sitting still is the challenge and you suspect the Spinal Galant reflex, try the Side Shimmy where your child wiggles their hips side to side. Hula hooping, whether with a real hoop or pretending, engages those same hip movements in a fun, rhythmic way. We used to have dance parties in the kitchen while dinner was cooking, and my son was getting exactly the input his nervous system needed without either of us thinking about therapy or treatment.

For visual tracking and the VOR, try Flashlight Tag in a dim room where your child follows a moving flashlight beam with their eyes while keeping their head still. Bubble Popping, where they pop bubbles using one finger while keeping their head still, builds the same skill. You can also try an Alphabet Ball. Have your child hold a ball with letters written on it, spin in place, stop, and try to read a letter. It challenges their visual system to stabilise quickly.



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Play Move Improve

What You Can Do Starting Today

The key is consistency without pressure. Even ten to fifteen minutes of physical activity daily supports healthy development in all children. Think of it like watering a plant. Regular small amounts work better than occasional big bursts. Make these activities part of your routine: crawling races to the bathroom, bear walks to the kitchen, or starfish jumps during ad breaks. It all counts. It all helps.



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Play Move Improve

What You Can Do Starting Today

From my clinical experience, I can tell you that the families who see the most progress are the ones who make movement a natural part of their day rather than a formal therapy session. Your child doesn't need to know they're working on reflex integration. They just need to move in ways that feel good and happen often enough for their brain to build those new pathways.

MORO	Starfish Jumps	Parachute Play	Slow-motion Falls
ATNR	Robot Dance	Clock Hands	Windmill Arms
STNR	Rocking Horse	Scooter Board Swimming	Crawling
VOR	Flashlight Tag	Bubble Popping	Hide and Seek with Ball
GALANT	Side Shimmy	Hula Hoop	Snow Angels on Grass
PALMAR	Playdough	Finger Painting	Bubble Wrap Popping

Choose 2-3 activities daily. Consistency matters more than perfection.

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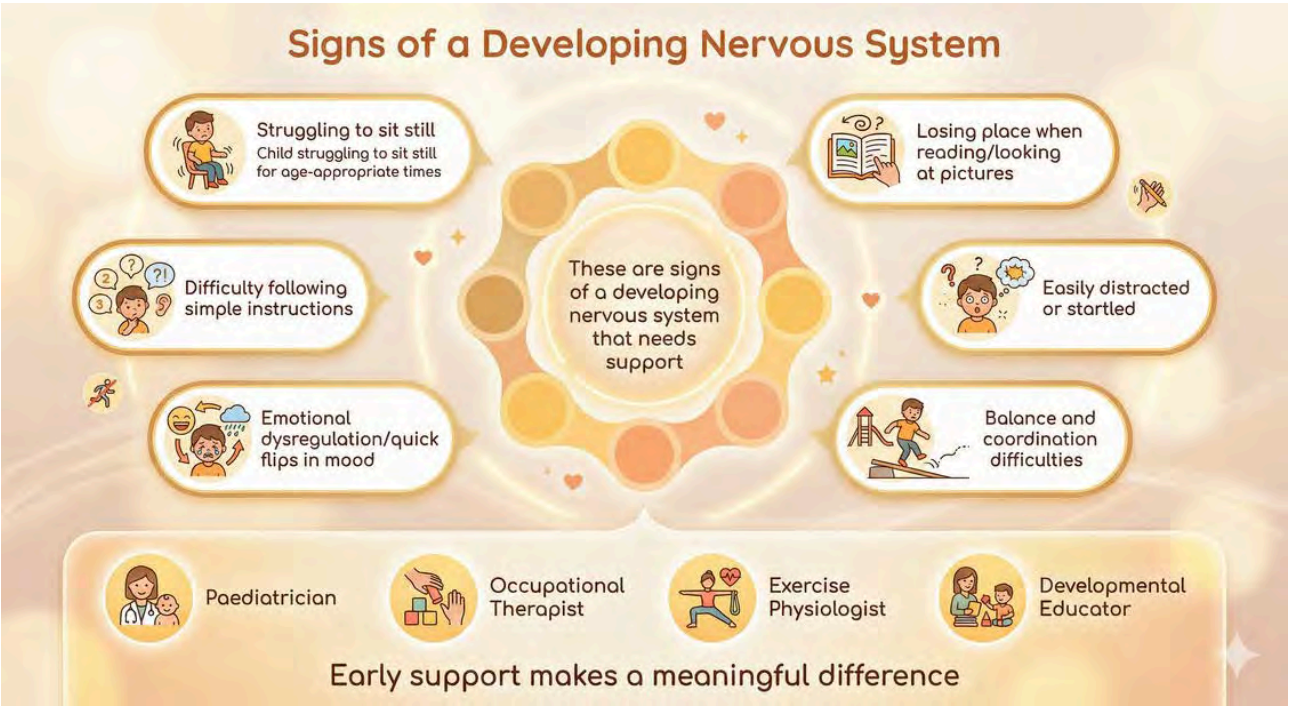
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When to Seek Additional Support

If your child has difficulty sitting still for age appropriate periods, trouble tracking words across a page, or an awkward pencil grip that leads to hand fatigue when writing, these might be signs. If they're easily distracted or startled, have difficulty with balance or coordination, or consistently lose their place when reading or copying from the board, it's worth investigating further.

Here's what I want you to hear, both as a clinician and as a parent who sought help for her own child: these aren't character flaws. These aren't signs of laziness or not trying hard enough. They're signs of a developing nervous system that may need targeted support. Your child has likely been working incredibly hard, expending enormous effort to do things that seem simple. Every day they've shown up to school, tried to read, or attempted to sit still has taken more energy than you might have realised.



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When to Seek Additional Support

In my clinical practice, I work closely with occupational therapists, paediatricians, and developmental educators. Clinicians should be aware of the association between persistent primitive reflexes and neurodevelopmental delays, and they should provide targeted developmental surveillance with periodic administration of standardised developmental screening tools to promote early detection and intervention. If you're concerned, don't hesitate to reach out to your paediatrician, an occupational therapist, a developmental educator like myself, or a paediatric physiotherapist. These professionals can conduct proper assessments and create individualised intervention plans tailored specifically to your child's needs.

Trust your instincts. You know your child best. Keep records of what you observe, not to criticise or judge, but to help professionals understand the full picture. Don't hesitate to ask for professional assessment. Early support makes a meaningful difference, and getting help is a sign of wisdom and love, not failure. I sought help for my son, and it was one of the best decisions I made. It gave me tools, understanding, and a community of professionals who could support us on this journey.



REGULATION BEFORE READING

Building the Foundation for Children's Reading Skills with Developmental Educator Robyn Papworth



Play Move Improve

What You Need to Know Moving Forward

What does this mean for you practically? You can feel confident that supporting your child's physical development through movement and play is beneficial, well supported by research, and appropriate regardless of whether retained reflexes are the specific issue. These activities support overall motor, cognitive, and sensory development. You're not gambling or wasting time. You're providing your child with experiences that build their developing brain and body.

Your child's development follows their own unique pattern, not a race, and definitely not a report card on your parenting. Some children walk at nine months, others at fifteen months, and both are perfectly normal. Some children read fluently at five, others at seven, and both can become excellent readers. Development is a pattern, not a competition. Where your child is right now is simply their starting point, not their destiny.





A Final Word from My Heart to Yours

I want you to release any guilt or shame you might be carrying. You're here now, learning about this, and that's what matters. You're seeking information, looking for ways to help, and showing up for your child. That's exactly what they need from you. The fact that you're reading this letter tells me you're already doing the most important thing: paying attention and caring deeply.

Be patient with yourself as you learn and implement these ideas. This is a learning curve for you too, and you don't need to be perfect. You don't need to do every activity every day. You don't need to become an expert in neurodevelopment. You just need to bring your love, your consistency, and your willingness to support your child's growth. That's enough. You are enough.

I learnt this the hard way with my son. I tried to be perfect at first. I tried to do everything right. I stressed about whether we were doing enough, whether it was working, whether I was failing him. And then one day I realised that he didn't need me to be perfect. He needed me to be present, playful, and persistent. He needed me to make movement part of our life without making him feel broken or different. He needed me to see his effort, celebrate his progress, and believe in his capacity to grow.

Your child is not broken. They don't need to be fixed. Their nervous system simply needs specific support to finish a developmental process that got interrupted somewhere along the way. You're not starting from a place of deficit. You're building on the strong foundation of your child's unique strengths and capabilities.

The brain's capacity to change and grow, that neuroplasticity I mentioned earlier, means real improvement is possible. Simple, playful movements can create profound changes over time. You might not see results immediately, and that's okay. The brain is working behind the scenes, forming new connections, strengthening new pathways. Trust the process, celebrate small victories, and remember that every bit of effort compounds over time.



A Final Word from My Heart to Yours

Keep movement fun and pressure free. When children enjoy an activity, they do it more often and more willingly, and that's when neuroplasticity works its magic. Your child's brain is remarkably capable of change. The research shows us that. The stories of countless families I've worked with show us that. My own family's story shows us that. And now you have the knowledge and tools to support that change.

If you need more support, please reach out. That's why I created Play Move Improve. That's why I wrote this letter. Because I've been where you are, both as a professional and as a parent, and I want you to know you're not alone. There's a whole community of us who understand, who care, and who are here to help.

You've got this. Your child has got this. And most importantly, you've got each other. That relationship, that bond, that unconditional love, that's the foundation everything else is built on.

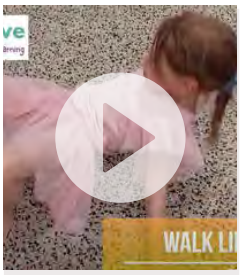
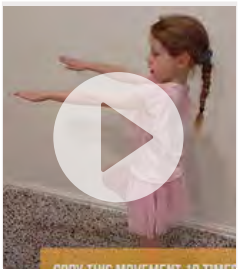
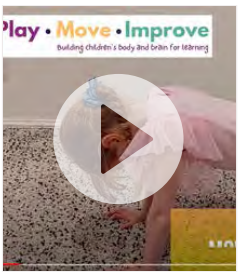
With understanding,

Robyn Papworth

REGULATION BEFORE READING

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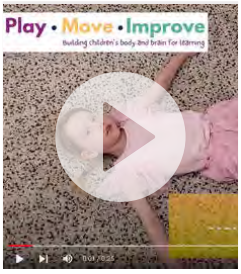
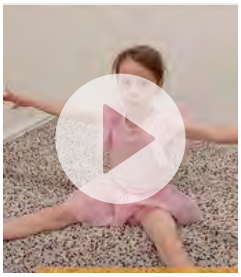
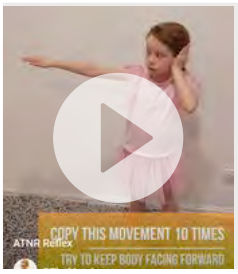


Activity	Video	Notes (what did you notice?)	Able to	Need help to do	Not yet able to
Walk like a crab without bottom touching the ground					
March on the spot (knees to belly button) with arms straight					
Look up and down slowly without the elbows or hips moving					
Look left and right slowly without the elbows or hips moving					

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Activity	Video	Notes (what did you notice?)	Able to	Need help to do	Not yet able to
Lift head and chest off of the ground without lifting legs					
Move arms and legs in and out symmetrically					
Move arms and legs in and out (like video) symmetrically					
Look towards out stretched hand without twisting torso					

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If You're Seeing these Patterns in your Child

If what you've read in this letter resonates with you, if you're seeing these patterns in your child and wondering what to do next, I want you to know that you don't have to figure this out alone.

At Play Move Improve in Chirnside Park, I work with families just like yours every single day. I offer both hands-on sessions at our clinic and telehealth appointments for families who can't make it to us in person. Whether you're local to Victoria's northeast or further afield, I can support you in understanding what's happening with your child's development and creating a practical, playful plan that fits into your real life.

In our sessions together, we'll observe your child's movement patterns, identify which reflexes might need support, and I'll show you exactly what to do at home. Not complicated therapy programs that require special equipment or hours of your day. Simple, playful activities that weave into your existing routine and actually make a difference. I'll also teach you how to see what I see, so you become confident in understanding your child's development.

If you're not sure whether your child needs support or you just want to chat about what you're observing, reach out anyway. I offer initial conversations where we can talk through what you're noticing, and I can help you decide whether a formal assessment would be helpful or whether you've got everything you need to support your child at home.

You can contact me at robyn@playmoveimprove.com.au or visit our website at www.playmoveimprove.com.au to learn more about our services and book an appointment.

Remember, seeking support isn't about failure. It's about getting the information and tools you need to help your child thrive. And sometimes, it's just about having someone who understands what you're going through tell you that you're doing a great job and you're on the right track.

I look forward to connecting with you.