

Dear Parent:






At our practice, we love seeing children achieve their BEST. Please fill out the following survey and return it to us. We appreciate your desire to help your child reach optimum potential.







Date | Your child's grade level |

COMMON QUESTIONS THAT COULD SUGGEST RETENTION OF RETAINED NEONATAL REFLEXES

 When you were pregnant did you have any medical problems?	YES / NO
 Was your child delivered at term or early/late?	YES / NO
 Was the birth process unusual in any way? (forceps, suction, C-section, induction, long, short)	YES / NO
 Was your child small for term?	YES / NO
 Were there any unusual physical signs? (jaundice, bruising, distorted skull)	YES / NO
 Was there any difficulty feeding or keeping it down? Did your child easily feed off both breasts?	YES / NO
 Between 6 to 18 months was your child very active or demanding? Or particularly quiet and unresponsive?	YES / NO
 Did your child develop a violent rocking motion when standing or sitting?	YES / NO
 Was your child a 'head-banger'?	YES / NO
 Did your child start walking before 10 months or after 16 months?	YES / NO
 Did your child bum shuffle or skip the cross crawling stage?	YES / NO
 Was your child late when learning to talk (2-3 words by 2 years)?	YES / NO
 Did your child experience any serious illness or seizures in the first 18 months of life?	YES / NO
 Was there any sign of eczema, asthma or allergies?	YES / NO
 Did your child have any adverse reactions to childhood vaccinations?	YES / NO
 Did your child have difficulty learning to dress his / herself?	YES / NO
 Did your child suck their thumb past the age of 5?	YES / NO
 Did your child wet the bed regularly past the age of 5?	YES / NO
 Does your child suffer from travel / motion sickness?	YES / NO
 Did your child have trouble establishing hand dominance or crossing the midline with objects?	YES / NO

AT SCHOOL

 Did your child have problems learning to read and / or write in the early years at school?	YES / NO
 Did your child have difficulty telling the time on an analogue clock?	YES / NO
 Did they have difficulty riding a bicycle?	YES / NO
 Did they suffer from recurrent sinus or ear infections or headaches?	YES / NO
 Did they have difficulty catching a ball?	YES / NO

 Did your child have 'ants in the pants'?	YES / NO
 Did your child make numerous mistakes when copying from the board?	YES / NO
 Does your child occasionally miss letters or write them backwards?	YES / NO
 Does your child have an awkward pencil grip?	YES / NO
 Has your child ever been diagnosed with any conditions such as Low Muscle Tone or ADHD?	YES / NO
 If there is sudden noise would your child over-react?	YES / NO

If you have answered yes to some or all of these questions then it is likely that further investigation from an RNR practitioner will reveal an immature central nervous system indicating the retention of some primitive reflexes.

These questions have been modified from 'Attention, Balance and Coordination: the ABC's of learning success' by Sally Goddard Blythe (2009).

Tests

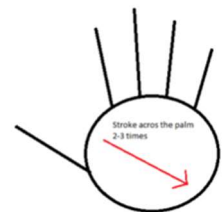
Here is a collection of tests that our practitioner and CAs can do or for you to do at home on your children. They are designed to indicate the likelihood of retained neonatal reflexes. For a list of possible symptoms from the reflex see our practitioners.

Testing for Palmar Reflex

YES / NO

A. Standing with the feet together, elbows bent and away from body with palms facing upward. Gently stroke along the creases of the palm from between the thumb and index finger toward the heel of the hand. Repeat 2-3 times. If the thumb, fingers or elbows move inward then this reflex is probably present.

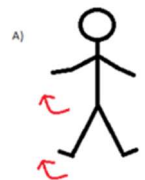
B. Keeping the arms straight out in front, ask the child to wriggle all 10 fingers as though they were playing a piano. Watch for excessive wrist flapping being used instead of the smaller muscles of the hand or movement of the tongue and mouth. This reflex, if retained, can contribute to difficulty in writing and increased energy expenditure while writing or performing manual tasks.



Testing for isolated upper and lower body movements (Moro Reflex)

YES / NO

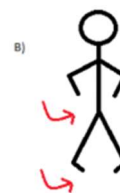
By age 8-10 years a child should be able to isolate their leg rotation from that of their upper body. This isolation of muscle control relies on postural reflexes and appropriate tone in the body's extensors (i.e. the muscles that keep them upright, mostly placed on the backside of their body) A. Ask the child to walk forwards and backwards with their feet turned outwards (aka duck walk). If you notice any of the following then there is a high chance your child has retained the Moro reflex.



- they can't turn their feet outward
- bending forward
- arms / hands turning outwards
- an inability to walk smoothly

B. Ask your child to walk forward and backward with their toes pointing in (aka pigeon walk). If you notice any of the following there is high chance your child has retained the Moro reflex.

- they can't turn their feet inward
- bending forward
- arms / hands turning inward
- an inability to walk smoothly



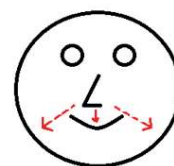
Testing for the Mouth Reflexes

YES / NO

These are the Rooting, Babkin and Juvenile Suck reflexes

Lightly stroke (with a brush or finger tip) from the outer corner of the nose downward beyond the corner of the mouth.

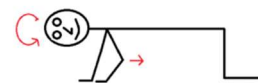
1. Movement of the mouth or turning of the head indicates the rooting reflex.
2. If either hand moves then this indicates the Babkin reflex.
3. If stimulation above the central area above the top lip results in pursing the lips this indicates the suck reflex.



Testing for the ATNR

YES / NO

A. Ask the child to get on all fours with the arms straight, fingers pointing forward and the head in neutral. With their weight over their hands, the parent rotates the child's head left or right. If their elbow bends on the opposite side of head rotation (as would in the infant) OR the weight shifts posteriorly (i.e. off the hands) then the reflex is probably present.



B. Alternatively, have the child standing with arms straight out in front of them at shoulder height. Ask the child to turn their head fully to the left or fully to the right while maintaining the position of the arms out front. If the torso and arms turn in the direction of the head or if the arms drop this reflex is likely present. This signifies that the child has not yet disassociated neck movement from shoulder movement.



Testing for the Galant

YES / NO

Ask the child to get on all fours with the arms straight, fingers pointing forward and the head in neutral. With their weight over their hands, the parent lightly strokes parallel down one side of the spine. If their body bends towards the side you stroke) then the reflex is probably present.

