



Does Your child struggle in school??

Do they have frequent meltdowns, have anxiety or struggle with friendships? Do they struggle with reading and writing? Can they concentrate and focus in lessons? Have they been diagnosed with ADHD, ASD or dyslexia? Or are you on the waiting list for assessment? If so, my drug free movement programme may be for you.

My name is Alison Harvey and I'm a neurodevelopmental therapist and trained in Primitive reflex integration using the INPP method. I'm also one of the pharmacists at Cromie pharmacy, Amble, Northumberland. My career took an extra turn when I went looking for a treatment to help our little boy while we waited for our son's assessment. A friend recommended a documentary on Amazon Prime called "Attention Please". It was about a mother looking for a drug free treatment to help her son with ADHD. From there I did some research and found a therapist who treated our son for a year. Over the course of that year, we were starting to get positive feedback from school and he was doing so much better. The changes were there to be seen. I decided to train in the therapy myself so I could help more children who are struggling and not reaching their potential.



I found INPP (Institute for Neuro-Physiological Psychology) who are the gold standard for training in Primitive reflex integration and spent a year training with them. They have designed a drug free movement programme for 7-12 year old's, which aims to integrate primitive reflexes and help mature their nervous system's into more adult reactions.

Primitive reflexes are involuntary, automatic movements present at birth that help the infant in the birthing process and to survive the first few months of life – eg. the grasping reflex, where the infant grabs your finger and can't let go, or the rooting reflex where if you stroke a baby's cheek it will turn their head to find food. These are vital for early motor development, with each reflex teaching the brain and body specific functions. These reflexes should integrate over the baby's first year and mature into more adult reflex patterns. Children do this by moving through their milestones i.e. rolling over, crawling etc and exploring their environment using all of their senses. If these primitive reflexes fail to integrate, they may cause problems later on in life. They may not integrate if there was stress in the pregnancy or a traumatic birth, failure to meet milestones on time or skip a stage to name a few possible causes.

Examples of challenges if reflexes aren't integrated are: sensory overload, dislike of change, fidgeting and hyperactivity, anxiety, difficulty in reading and writing, balance and co-ordination so sports are difficult, struggle to ride a bike or swim. Speech can be an issue, picky eating and possibly bedwetting. These reflexes may be are an indicator of neuro-motor immaturity and if we can get them integrated a lot of these challenges may be helped and their lives become easier.

How do we do this? INPP have designed an assessment where we check balance and co-ordination, the reflexes themselves and how well the eyes work. We also ask the child's parents to fill out a questionnaire about their child's early life experiences. From all the information gained, we devise an individual movement programme which the child carries out an exercise daily (maximum 10 minutes) for approximately one year. Reviews are every 6-8 weeks. INPP have also devised a schools' programme (4 – 12 year old's) where teacher 's are trained to do a basic reflex check then run an exercise programme in the school with the children daily. Research has shown great improvements in all children's behaviour and in their reading, writing and co-ordination. For more information, please email me at Alison@neuro-connect.co.uk or check my website at www.neuro-connect.co.uk.