



## THE "NEW KID"

IMPLEMENTING SENSORY AND OT IN THE CLASSROOM

WELLINGTON-NAPOLÉON 8-1X

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## THE "NEW KID"

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### KEY POINTS

- What we are noticing
  - Sensory Signals
- Why?
- How we can help our students

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WHAT WE ARE NOTICING...

- Sensory Signals
  - Stomping, running, leaping (All The Time)
  - Body awareness
  - Chewing, mouthing, eating non-food objects
  - "Dumping" toys/objects
  - Throwing self to ground
  - Falling out of chair
  - Unable to sit at the carpet/focus
  - Fearing outdoor time/equipment
  - Unable to control actions/emotions
    - Anxiety
    - Impulsiveness
    - Meltdowns

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**"It's too hard."**

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## Why?

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## WHY?

- Technology
- Disconnected Parents
- Missing Milestones
- Baby Toys
- Zoned in Visual Screen time
- Lack of Outdoor Play/Exposure

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## PRIMITIVE REFLEXES & THEIR IMPACT ON SENSORY SYSTEMS

### Our EIGHT Sensory Systems

- Sight
- Smell
- Sound
- Taste
- Tactile
- Vestibular
- Proprioception
- Interoception

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## PRIMITIVE REFLEXES

What are primitive reflexes?

- Reactive actions that a newborn baby uses to survive in the beginning stages of life. Reflexes teach the body "something", and then fall 'into the background', or integrate, and allow the next level of motor development to occur.

How do they impact the sensory systems?

- When development does not occur sequentially as it should, gaps are created in the body's ability to interpret sensory signals in and around the body.

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## PRIMITIVE REFLEXES HANDS GRASP REFLEX

Problems if retained:

Excessive pressure on pencil

Inefficient pencil grip, finger fatigue

Aversion to handwriting, written expression, and other fine motor skills

Negative effect on speech and communication skills



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## PRIMITIVE REFLEXES BABINSKI REFLEX

Problems if retained:

Lack of grounding/stability

Poor balance

Poor bilateral coordination (gross and fine motor)

Language delays

Timidity



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## PRIMITIVE REFLEXES ASYMMETRICAL TONIC NECK REFLEX (ATNR)

Problems if retained:

Uncoordinated cross lateral movement

Imbalance between focused and peripheral vision, focus tied to "arms length"

Difficulty with attention, focus, memory and thinking

Poor lateralization, mixed hand dominance




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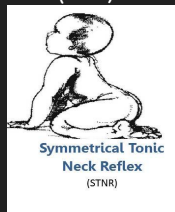
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## PRIMITIVE REFLEXES SYMMETRICAL TONIC NECK REFLEX (STNR)

Problems if retained:

Academic Issues: Reading, writing, art, music, copying from board

Lack of coordination of proprioceptive, vestibular and visual systems.




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## PRIMITIVE REFLEXES MORO REFLEX - THE "STARTLE" REFLEX

Problems if retained:

Excessive Anxiety, Timidity, Maladaptive patterns of self protection, Lack of trust

Weakened immune system, allergies, infections, Overworked adrenal glands

Hypersensitive to vestibular stimulation

Poor Balance, Motion Sickness

Fear of taking risks required for learning




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## PRIMITIVE REFLEXES BABKIN REFLEX

Problems if retained:

Tension in body, manifested in tightly clenched fists

Stuttering and other speech difficulties

Excessive or insufficient facial mobility

Tension in jaw or overflow of lip and tongue movement during fine motor tasks

Nail biting, pencil chewing, craving oral stim (licking playground equipment :-))



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## OTHER PRIMITIVE REFLEXES WE ADDRESS IN OT...

- ☐ Spinal Galant
- ☐ Spinal Perez
- ☐ Tonic Labyrinthine Reflex (TLR)
- ☐ Trunk Extension
- ☐ Landau
- ☐ Flying and Landing Reflex
- ☐ Hands Supporting
- ☐ Hands Pulling
- ☐ Bauer Crawling
- ☐ Legs Cross Flexion-Extension

[Symptom Checklist](#)

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## CLASSROOM INTERVENTIONS

### Individual Sensory Tools

- Weighted Blankets
- Flexible seating
- Quiet Areas/Zones

### Partner Work

- Row Boats
- Back to Back Pass
- Pause/Pass

### Group Work

- Big Coloring
- Superhero Exercises



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SUPERHERO EXERCISES



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SUPERMAN



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WONDER WOMAN



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SPIDERMAN



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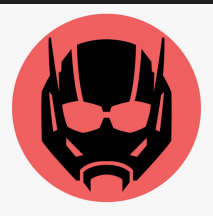
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ANTMAN



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ARIEL



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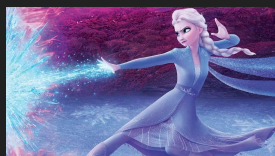
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ELSA



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PATRICK MAHOMES



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# KINDERGARTEN EXPERIMENT FALL 2018

BEFORE: 11/5/18

<< 1 2 3 4 5 6 7 8 9 10  
11 12 13 14 15 16 17 18 19 20  
21 22 23 24 25 26 27 28 29 30  
31 32 33 34 35 36 37 38 39 40  
41 42 43 44 45 46 47 48 49 50

AFTER: 12/14/18

Aubrie Worley  
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z  
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

# KINDERGARTEN EXPERIMENT FALL 2018

BEFORE: 11/5/18

Tessa Van Saddle  
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z  
1 2 3 4 5 6 7 8 9 10

AFTER: 12/14/18

Tessa Sadtler  
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z  
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

# KINDERGARTEN EXPERIMENT FALL 2018

BEFORE: 11/5/18

Lagda n64 f66  
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1 2 3 4 5 6 7 8 9 10

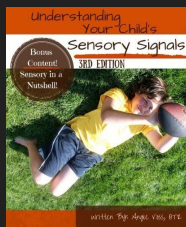
AFTER: 12/14/18

Lagda n64 f66  
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z  
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

## WHAT IF I DON'T HAVE AN OT?

*"Understanding Your  
Child's Sensory Signals"*  
3rd Edition: Angie Voss, OTR

[www.asensorylife.com](http://www.asensorylife.com)



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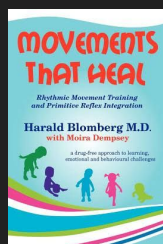
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## WHAT IF I DON'T HAVE AN OT?

*"Movements That Heal -  
Rhythmic Movement Training and  
Primitive Reflex Integration"*

Harald Blomberg M.D. with Moira Dempsey



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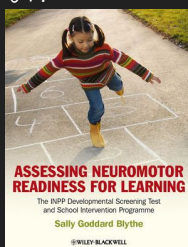
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## WHAT IF I DON'T HAVE AN OT?

*"Assessing Neuromotor  
Readiness for Learning -  
The INPP Developmental  
Screening Test and School  
Intervention Programme"*

Sally Goddard Blythe



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Q AND A

What quirks do you  
notice?

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