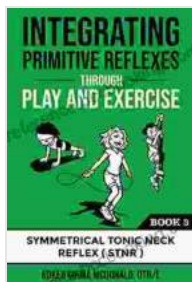


Unveiling the Secrets of the Symmetrical Tonic Neck Reflex (STNR): An Interactive Guide



Integrating Primitive Reflexes Through Play and Exercise: An Interactive Guide to the Symmetrical Tonic Neck Reflex (STNR) (Reflex Integration Through Play)

by America's Test Kitchen

★★★★★ 5 out of 5

Language : English
File size : 3987 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 215 pages
Lending : Enabled



As a parent, you want the best for your child. You want them to be healthy, happy, and successful. But what if there's something holding them back from reaching their full potential? Something you may not even be aware of?

The Symmetrical Tonic Neck Reflex (STNR) is a primitive reflex that all babies are born with. It helps them to control their head and neck movements. In most cases, the STNR integrates by 6-9 months of age. However, in some children, the STNR may persist beyond this age. This can lead to a number of developmental challenges, including:

- Difficulty with motor skills, such as crawling, walking, and jumping
- Poor coordination and balance
- Speech and language delays
- Difficulty with attention and focus
- Behavioral problems

The good news is that the STNR can be integrated through a variety of exercises and activities. This interactive guide will provide you with everything you need to know about the STNR, including:

- What the STNR is and how it works
- The signs and symptoms of an unintegrated STNR
- How to test for an unintegrated STNR
- A step-by-step guide to integrating the STNR

With the help of this guide, you can help your child overcome the challenges of an unintegrated STNR and reach their full potential.

What is the Symmetrical Tonic Neck Reflex (STNR)?

The Symmetrical Tonic Neck Reflex (STNR) is a primitive reflex that is present in all newborns. It helps to protect the baby's head and neck by causing the baby to extend their neck and arms when their head is turned to one side. This reflex is also responsible for the "fencing" response that babies exhibit when they are startled.

The STNR typically integrates by 6-9 months of age. However, in some children, the STNR may persist beyond this age. This can lead to a number of developmental challenges, as described above.

The Signs and Symptoms of an Unintegrated STNR

The following are some of the signs and symptoms of an unintegrated STNR:

- Difficulty with motor skills, such as crawling, walking, and jumping
- Poor coordination and balance
- Speech and language delays
- Difficulty with attention and focus
- Behavioral problems

It is important to note that not all children with an unintegrated STNR will exhibit all of these signs and symptoms. Some children may only have a few of these symptoms, while others may have many.

How to Test for an Unintegrated STNR

There are a number of different ways to test for an unintegrated STNR. One common test is the "prone head lift" test. To perform this test, place your child on their stomach and then gently lift their head by the chin. If your child's head immediately falls back down, this may be a sign of an unintegrated STNR.

Another common test is the "supine head turn" test. To perform this test, place your child on their back and then gently turn their head to one side. If

your child's body follows their head, this may be a sign of an unintegrated STNR.

A Step-by-Step Guide to Integrating the STNR

If you believe that your child may have an unintegrated STNR, there are a number of things you can do to help them integrate it. The following is a step-by-step guide to integrating the STNR:

1. **Start by working on your child's head control.** This can be done by placing your child on their stomach and encouraging them to lift their head. You can also try holding your child in a sitting position and gently rocking their head from side to side.
2. **Once your child has good head control, you can start working on their neck control.** This can be done by placing your child on their back and gently turning their head to one side. You can also try holding your child in a sitting position and gently rocking their head from side to side.
3. **Once your child has good head and neck control, you can start working on their body control.** This can be done by placing your child on their stomach and encouraging them to crawl. You can also try holding your child in a standing position and gently rocking their body from side to side.

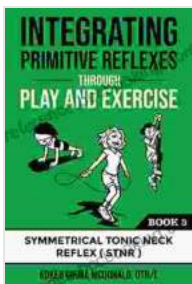
It is important to be patient when working on integrating the STNR. It may take some time and practice before your child is able to fully integrate it. However, with consistent effort, you can help your child overcome the challenges of an unintegrated STNR and reach their full potential.

The Symmetrical Tonic Neck Reflex (STNR) is a primitive reflex that is present in all newborns. It helps to protect the baby's head and neck. In most cases, the STNR integrates by 6-9 months of age. However, in some children, the STNR may persist beyond this age. This can lead to a number of developmental challenges.

If you believe that your child may have an unintegrated STNR, it is important to seek professional help. A qualified therapist can assess your child and develop a treatment plan to help them integrate the STNR.

With the help of a qualified therapist, you can help your child overcome the challenges of an unintegrated STNR and reach their full potential.

To learn more about the STNR and how to integrate it, please visit the following website: <https://www.sensoryprocessingdisFreeDownload.org/stnr-reflex-sensory-processing-disFreeDownload/>



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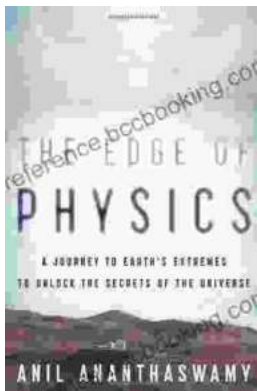
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