

Tonic Labyrinthine Reflex (TLR)

Egg Roll

Ask child sit on floor with legs tucked up, holding arms around the legs.

Rock backwards rolling onto back and hold here in tucked position for 5 seconds.

Use abdominals to pull back up to sitting, feet on the floor in tucked position. Hold for 5 seconds. Repeat 10-15 times. Twice daily.



Head Control

Ask child to lay on tummy and partly lift head and body up, keeping elbows on floor, hold for 5 seconds. Repeat 10-15 times. Twice daily.



Once mastered ask child to pull body up onto the hands with elbows straight, holding for 5 seconds. Repeat 10-15 times. Twice daily.

Practitioners Advise: