

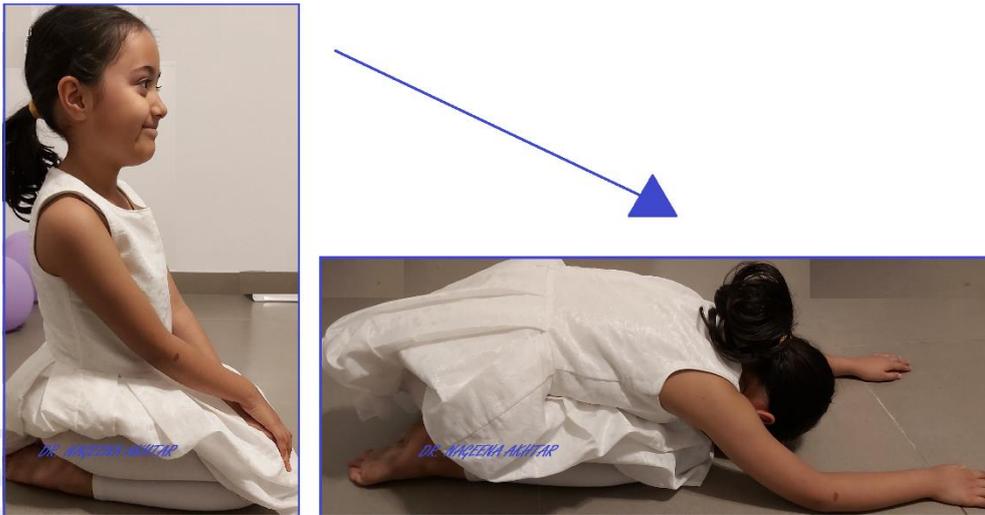
Symmetrical Tonic Neck Reflex(STNR)

The Stretching Cat Exercise

The stretching cat exercise is also known as child pose in yoga.

Begin sitting up on knees. Then, slowly move forward with arms outstretched. The arms should be straight with the head on the floor. Hold for 10 seconds. While inhaling, return to the starting position.

This should be repeated 10 to 15 times. Twice daily.



Cat/Camel

Have child on all fours with eyes closed holding spine and body straight and still.



Ask them to fully tuck chin to chest and hold for a count of 5. Return spine to straight. Next, fully extend the neck and lift chin up to ceiling. Hold for 5 seconds. Repeat 10-15 times. Twice daily.

Practitioners Advise:

Symmetrical Tonic Neck Reflex(STNR)

Cross Crawl (STNR)

Ask child to go on all fours and ask them to move the opposite hand and knee forward at the same time in a cross crawl pattern.

Ask child to practice this with focusing eyes on the forward hand. Continue for a few minutes.

Twice daily.



Variation- Supine Cross Crawling

If the child is finding this difficult, you can start by getting the child to lay on their back and touching elbow to opposite knee (crossing the midline). Repeating the other side in a rhythmic pattern.

Repeat 20-25 times
Twice daily.

Practitioners Advise: