



STNR

WHAT IS THE STNR REFLEX?

The Symmetrical Tonic Neck Reflex (STNR) emerges around 6 to 9 months and typically integrates by around 11 to 12 months of age. Unlike other reflexes, the STNR assists the baby in moving from lying on their stomach to being able to push up onto their hands and knees, which is essential for crawling.

WHAT IS THE FUNCTION OF THE STNR REFLEX?

The STNR supports:

Crawling Foundation: The STNR is directly involved in developing the motion needed for crawling. It helps the baby learn to balance on their hands and knees by reinforcing the necessary coordination between head and limb movements.

Upper and Lower Body Coordination: It differentiates the movements of the upper and lower body, which is crucial for skills like crawling, walking, and climbing.

Hand-Eye Coordination: This reflex plays a part in hand-eye coordination development, which becomes important for later activities, such as reaching, grasping, and even reading and writing.

Spatial and Motor Development: The STNR helps with the development of postural control and muscle tone necessary for tasks that require spatial awareness and motor coordination.

IMPLICATIONS WHEN RETAINED

A retained STNR can cause poor posture, slouching, and balance issues, making it hard for children to sit still. It may also affect crawling, coordination, and hand-eye tasks, leading to difficulties with cross-lateral movements needed for reading, writing, sports, and maintaining attention.

