



MORO

WHAT IS THE MORO REFLEX?

The Moro reflex, also known as the startle reflex, is an automatic response that newborns exhibit, typically appearing at birth and fading by around 4 to 6 months of age. When a baby experiences a sudden movement, loud noise, or a feeling of falling, they respond by spreading their arms out wide, extending their legs, and sometimes crying before pulling their arms back in toward their body.

WHAT IS THE FUNCTION OF THE MORO REFLEX?

The Moro reflex has several proposed functions:

Survival Mechanism:

The Moro reflex helps protect infants from dangers. When startled, it encourages babies to cling to their caregivers if they feel threatened.

Motor Coordination Development:

The Moro reflex helps infants develop muscle control and balance, laying the foundation for more advanced movements.

Bonding with Caregivers:

When babies respond to the reflex, it promotes interaction with caregivers, strengthening their bond and encouraging comfort.

Neurological Health Indicator:

The Moro reflex shows that a newborn's brain and nervous system are functioning properly, which is essential for developing coordinated movements.

In general, the Moro reflex is a natural, built-in response to help keep the baby safe and gauge the healthy development of their nervous system in the first months of life.

IMPLICATIONS WHEN RETAINED

A retained Moro reflex can lead to hypersensitivity to sensory stimuli, anxiety, difficulty with emotional regulation, poor impulse control, and a strong "fight-or-flight" response to mild stressors.

