

Do-it-yourself primitive reflex integration exercises

[Move2Connect](#) Updated on [December 19, 2023](#) [Leave a Comment](#)

You have undoubtedly found this blog post because you have an interest in retained primitive reflexes.

Welcome!

Have you been thinking about doing it yourself? Either with primitive reflex integration exercises you've found in YouTube videos, or even by purchasing an online course?





Or perhaps you have been trying a do-it-yourself approach, using books, videos and online off-the-shelf DIY training... In which case, have you seen the results you wanted over a period of time?

Primitive Reflex Integration Exercises

I remember when I first heard of primitive reflexes and how it was like bright lightbulb switching on. My son was always very slow to develop milestones, such as sitting and crawling, but once he had them, he'd do them beautifully. I always had a feeling that there **MUST** be a way of giving his development a little nudge and a confidence boost. The concept of retained reflexes made absolute sense.

So the first thing I did was to google. I googled like mad. I found YouTube videos and watched them avidly.



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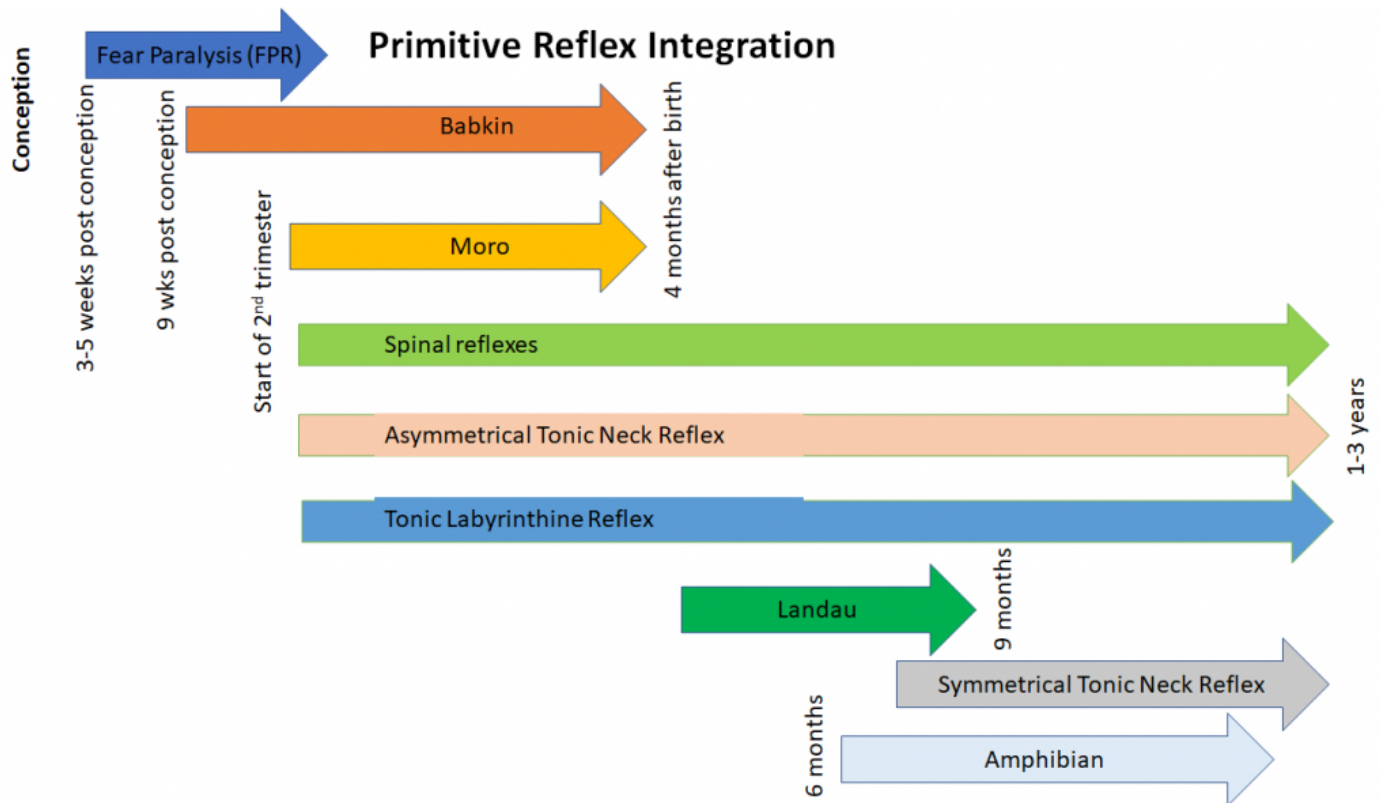
I didn't do any of the movements/exercises that I found on youtube for myself, though – nor did I get my children to do them. I thought that if it's that simple, why would people charging money to see people in person?

So we went to see a practitioner... and eventually, I started training myself, having seen miraculous change – you know my story already if you've been following my page for a while!

I have recently had a couple of prospective clients who have told me that they've been following YouTube videos to integrate reflexes, and I've been trying to find a polite way to explain why this isn't a good idea. I've also seen people asking about this in various online support forums, and my response

would always be to see a professional.

In once case, I noticed that someone had been doing this by themselves from books for the last three years. Apparently, things had moved very fast in the first couple of months, but thereafter, had plateaued.



The order in which primitive reflexes emerge, mature and integrate

It is also very important to know that if the very foundational reflexes have not been integrated, emotions and behaviour will be more than likely be negatively affected. That is why it is important to understand that when a professional assesses, we are looking at the earliest point at which development was disrupted – that is where we start.

The other thing I've heard people say is "oh yes, we did primitive reflexes, but he/she plateaued after a while so we didn't think it was worth continuing". Or people say it simply hasn't made any difference, in which case, I would question whether they have been doing exactly as they've

been told. And is there REALLY no change? Most of the time there is, but it can be very subtle – especially at the start. Additionally, if you are not consistent in doing the movements regularly – at least five times a week – you will not see such rapid or obvious change.

[Gill Brooksmith](#), an educational kinesiologist, who has been working with reflex integration for twenty years or so has worked with a client who had trawled the internet and applied everything she had garnered day in and day out to her child.

The child was completely discombobulated and struggled with proprioception – he had absolutely no idea where he was in space. By working gently with the child, she was able to rebuild her foundations”.

It took quite a while to gently integrate. We have reflexes for a purpose and they need to seamlessly slide in and out, propping one moment, integrating the next. We are perfectly created, we only need gentle tweaking with love.

[Gill Brooksmith – educational kinesiologist, RMTi, Touch for health and BrainGym trainer, and owner of Developing the Brainnormal](#)

Even when we work with clients and show them movements and explain signs of overwhelm, we tend to get people thinking that the more they do, the faster it will “work” – this is NOT the case at all – it’s always a case of less is more when working with a sensitive central nervous system. In particular with the Safe and Sound Protocol, I’ve had parents simply not able to take in what I tell them, who have then massively overstimulated their child, who, surprise surprise, then has a huge meltdown or dreadful sleep disturbances because they are in overwhelm. Proof of how important it is to work with someone who knows what they are doing – and LISTEN – and ask questions... because there are NEVER any silly questions, and you can never

ask the same thing too many times.

I recently worked with a lady who is hell-bent on retraining in this field and had taken a few online course. This is lovely – the world needs more of us, BUT it is very important to recognise that this is not an easy job and it's not as simple as going on a few online courses to understand primitive reflexes: dealing with burnt out parents, containing the parents of children who race around the building and open doors into other people's therapy sessions (yes – that's happened a few times now), understanding overwhelm and helping clients deal with it, and trying juggle our own busy lives while dealing with multiple demanding clients e-mailing/texting at all hours would take its toll if we did not see the process of going through a neuro-developmental programme ourselves as (possibly the most important) part of the training. For some people, working on themselves might take several years. Some people entering this profession still have a long way to go. Hands up – for me, this is an on-going process too – I'm by no means reflex-free myself – nobody is.

The other option is to train yourself by going on courses with RMTi or MNRI, but the caveat here is that it will take several rounds of training sessions and several years of practice to fully understand how this works enough to unravel a child's difficulties sufficiently to make consistent, visible progress.

Additionally, an experienced neuro-developmental therapist will know their limits and when to refer to a cranial osteopath, when to use the Safe and Sound Protocol or refer for a therapeutic listening programme, or when to give a person's system a break to allow integration.

Please, folks, just don't try this at home!