

Primitive Reflex Exercises for Children



this blog contains affiliate links

[take me to the exercises, please.](#)

Below is a group of categorized exercises for primitive reflexes, but if you are looking for more information on what primitive reflexes are, whether primitive reflexes are normal to have, how these exercises help, and why are primitive reflex integration exercises controversial... you may be interested in the following books on the subject:

1. Integrating Primitive Reflexes Through Play and Exercise: An Interactive Guide to the

- Moro Reflex for Parents, Teachers, and Service Providers (Reflex Integration Through Play) — [available on amazon](#)
2. Integrating Primitive Reflexes Through Play and Exercise: An Interactive Guide to the Asymmetrical Tonic Neck Reflex (ATNR) (Reflex Integration Through Play) — [available on amazon](#)
 3. Integrating Primitive Reflexes Through Play and Exercise: An Interactive Guide to the Symmetrical Tonic Neck Reflex (STNR) (Reflex Integration Through Play) — [available on amazon](#)
 4. Integrating Primitive Reflexes Through Play and Exercise: An Interactive Guide to the Tonic Labyrinthine Reflex (TLR) (Reflex Integration Through Play) — [available on amazon](#)
 5. Integrating Primitive Reflexes Through Play and Exercise: An Interactive Guide to the Spinal Galant Reflex (Reflex Integration Through Play) — [available on amazon](#)

How to test for primitive reflexes:

1. ATNR

1. [ATNR Standing \(Standardized Test\)](#)
2. [ATNR All Fours \(Quadruped\) / Example of Positive ATNR in All Fours](#)
3. [Crawling with head turns](#)

2. Moro

1. [Lying Backwards over a Therapy Ball](#)

3. STNR

1. Cat / Cow Posture
4. TLR
 1. Superman Hold
5. Spinal Galant
 1. All Fours
 2. Sitting
 3. Sit Walks
6. Palmar
 1. Finger Tip Touch

Primitive Reflex Exercises

1. Moro Reflex Exercises:

1. Star to Ball Lying on Back
2. Popcorn on Therapy Ball
3. Seated Starfish on Therapy Ball
4. Seated Starfish / Popcorn on Chair
5. Hip Hop / Standing Starfish
6. Seated Bean Bag Toss + Crossing Midline Reach
7. Snow Angels

2. ATNR Exercises:

1. Seated Switch Ups
2. Lizard
3. Mountain Climber / Robot
4. Lazy 8's with Head Tilt / Body Sway

5. [Cross Crawls](#)

3. **STNR Exercises:**

1. [Cat and Cow](#)

2. [Rocking Horse](#)

3. [Head Ball Push Obstacle Course](#)

4. **TNR Exercises:**

1. [Yeah Woah's](#)

2. [Superman](#)

3. [Superwoman](#)

4. [Rolly Polly](#)

5. [Superman Ball Push](#)

5. **Palmar Grasp Exercises**

1. [Finger Pinch](#)

6. **Spinal Galant Exercises:**

1. [Sit Walks](#)



Hi I'm Lauren, a pediatric physical therapist & author who is obsessed with helping proactive parents help their littles move with confidence and ease.

I absolutely adore helping proactive parents connect with information that they can use to help their children thrive in movement.

If you're new here, make sure to check out the [blog](#), [books](#), and [youtube channel](#) or [book an online parent consultation](#) if you can't quite find the answer to your question or need more support.

I also provide pediatric physical therapy in boise and the treasure valley to babies-prek in their homes where they are comfortable & we can create a calm, cozy environment for both parents & babies to learn. If you happen to be in idaho, [book a discover call here](#).

primitive reflexes | primitive reflex exercises | primitive reflex exercise | exercises to help with reading | exercises to help with writing | how to test atnr | how to test stnr | how to test moro reflex | how to test tlr reflex | how to test tlr | tlr exercises | moro exercises | atnr exercises | stnr exercises | atnr exercise | palmar grasp exercise | primitive reflex integration | primitive reflex integration exercises | how to integrate primitive reflexes

< Youtube Live Q & A with
Dr. Lauren Baker

The 6 Areas A Baby
Needs To Master To
Learn To Crawl and
Exercises To Help

>



[Blog.](#) [Resources.](#) [Videos.](#) [Books.](#) [Courses.](#) [Contact Us.](#)

[Notice of Privacy Policy](#)

[Tummy Time & Learning to Roll Book](#)

Please Note: Any information provided on this site is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. Please contact your child's primary care physician with any concerns you may have.

Please see our [disclaimer](#) for more information. [Privacy Policy](#).

[Terms of Use](#).

This website and your current page contains affiliate links, as an Amazon Associate I earn from qualifying purchases.