

## **INPP Programme**

These children are taking part in a movement programme based on research which shows that learning challenges are often associated with retained infant reflexes.

To be able to concentrate and learn effectively, our physical skills must be sufficiently developed to make simple everyday movements effortless and automatic. The ability to sit or stand still is one of the most important skills to master. Only when we have achieved this are we fully able to direct our attention to 'higher level' tasks. Babies are programmed to do specific reflex movements which when repeated time after time serve to 'wire' their brains so that they eventually achieve the ability to send all the necessary signals to control different parts of our bodies independently; the movements help to fine tune our senses so that we can hear and understand language, and acquire the skills which are essential for reading and writing such as controlling our eye muscles to scan print, and moving our arms, hands and fingers in a coordinated way. Once the reflex movements have done their work, they should no longer be active, and be replaced by mature reflexes.

For a number of reasons, many of us do not develop our posture, balance, motor control and coordination sufficiently to allow us to reach our potential. One of the possible causes is the retention of some or many of the baby ('primitive') reflexes beyond the first year of life. This can affect people across the entire ability range, however there is a strong association between retained reflexes and learning difficulties.

This daily exercise programme consists of exercises based on a child's typical development of movement in their first year. It provides a 'second chance' for children to integrate retained reflexes which may be affecting their physical coordination, attainment and well-being.

