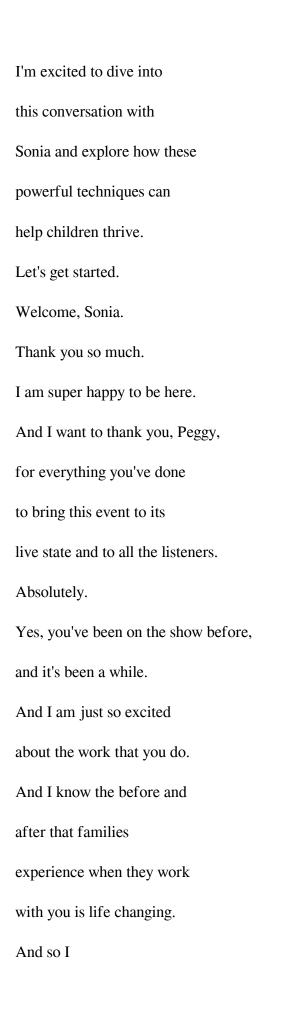
Welcome to Empowering Homeschool Conversations, your authority in navigating the world of homeschooling diverse learners. Featuring Peggy Ployer from Sped Homeschool, Annie Yorty from Annie Yorty.com, Leilani Melendez from Living with Eve, Stephanie Buckwalter from ELARP Learning, and Dawn Jackson from Dawn Jackson Educational Consulting and Tutoring. With over seventy five years of combined homeschooling expertise, experiences and perspectives, this group is eager to share their wealth of wisdom to empower your homeschooling journey. So grab your favorite mug, settle in and get ready for insightful discussions,

valuable insights and practical tips. Give your homeschool the power boost it needs to successfully educate the unique learners in your home. Bye. Welcome to Empowering Homeschool Conversations. I'm your host, Peggy Ployer, and the founder and CEO of SPED Homeschool. Each week, we bring you expert insights and practical strategies to help you homeschool your unique learner with confidence. Today, we're diving into a fascinating topic of how neurodevelopmental movements can help children build strong foundations for learning success. Many parents struggle to

find effective ways to support their child's focus, coordination, and overall development. But what if simple natural movements can make a profound difference? Joining me is Sonja Storey, creator of the Brain and Sensory Foundations program. Sonja has dedicated her career to teaching parents, educators, and therapists how innate rhythmic movements, primitive reflex integration, and posterior reflexes can improve sensory processing, overall learning, and well-being. Her work has been featured in multiple books, and she has trained extensively with leading experts in the neurodevelopmental movement arena.



So, definitely, if you're just popping in for this conversation, stay a while. This is one you want to hear. But, Sonia, if we get started, I would just love for you to give us a little bit of your background and introduce yourself just a little bit more than what I shared in the intro. Sure. I got into this out of desperate need. And it was just so much fun, you know, when you were just saying, stay a while, stay for the whole conversation. I got one little piece of this at the beginning through a book, and I just kept being more and more fascinated. I fell in love with not only these movements, but what they could do for

us and for our children. And the way I fell in love with it was through direct experience. And I first started in my own body. And I was like, wow, I'm feeling a difference here. And then I started with our two children. And that's where the desperation comes in, because I was a young homeschooling mom. And our first daughter tended to be more hypersensitive. She had had a traumatic birth, and she had some hypersensitivities left over from that, which I didn't realize until I got into this work, you know, really what we were dealing with. And I just knew she was very sensitive. Right. And then our second daughter had a very stressful womb life, because I had some issues that were very stressful at the time.

And so she tended to be more hyperactive.

So I had one very hypersensitive,

one very hyperactive,

and then I had my own

challenges left over from my

early childhood and the mix

just did not work.

I'm telling you, I was in tears a lot,

way more than I ever

expected to be becoming a mom.

And, um, I just, they,

my daughters were fighting

with each other.

I was teaching them things

like nonviolent communication,

which is a great set of tools, but it,

it really, um,

doesn't work when you're so

triggered that you you're

in that mode of just fight

or flight and you can't

access those tools where

you say okay I'm gonna say

it this way and I'm gonna

you know it just it didn't

work and what I realized

yeah what I realized no I

was I was there at one time

with you well I realized afterwards

once I understood this work

that what we needed was we

needed to change the

nervous system itself.

And when I started using

these movements also, by the way,

I should just say one day I

was yelling at my children for yelling,

which I think I've shared

with you before.

And I just thought, Oh, I'm so off track.

And I was so praying for a solution.

And I was also praying for

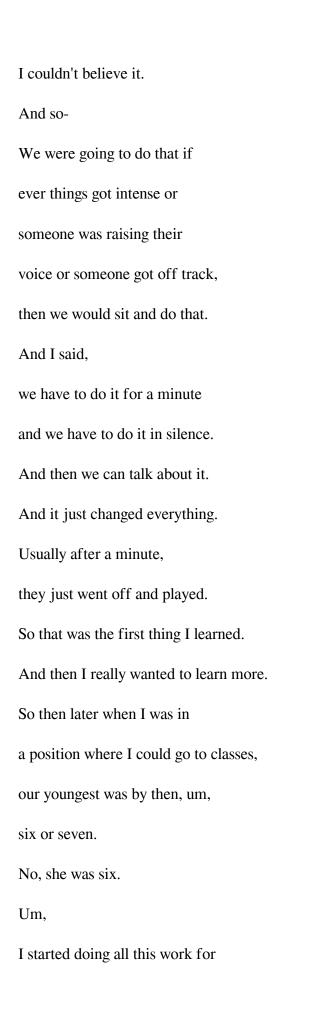
work that I could do that would, um,

allow me to help others and

would be something that I could, um,

utilize my skills.

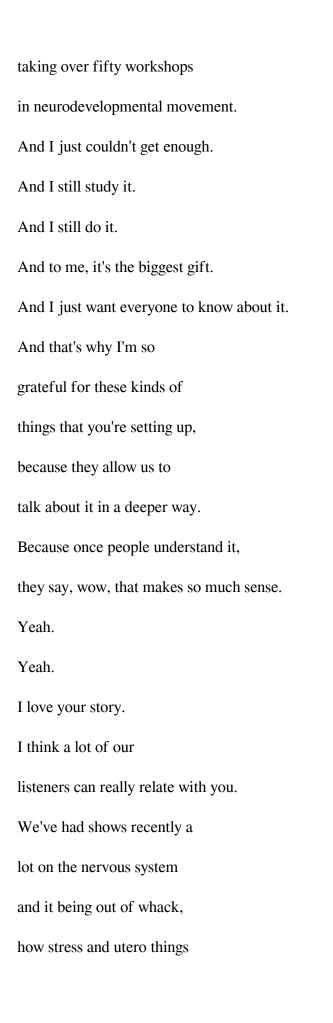
That was, that was good for my skillset. And, um, it didn't come for a long time because I was a mother and that was my main focus. But then in my, I was in my early forties, we had, I was actually kind of an older mother when we had our last child. Um, And so I was in my early forties when I found this work and in a deeper way, I had actually a couple of years prior, just got a few little things out of a book that did help us. I can actually share one right now. We did this position where some people may be familiar, but the thumbs go down, the arms cross and we do this. That was the thing that saved my kids from so many fights.



myself and I realized, wow, this is amazing because see, I had low level anxiety and overwhelmed that was just constant. I just didn't know any different. It was my, it was my fault. Exactly. Yeah. And I, I didn't realize there was another way to be. I just realized like that I was struggling and I was, I didn't know that my nervous system itself was struggling. not fully functioning well. And when I did these movements. I did them very consistently every day, or every other day, but mostly every day for four months. And at the end of that four months. I just could not believe how I thought to myself,

this is how God means us to live. Because I was spontaneously joyful. I had always had to work to be positive. But I became much more spontaneously joyful, I could be much more of the kind of parent that I wanted to be like, going with the flow and not being overreactive and not being too controlling and that kind of thing. right my family was very grateful that I did it and then we saw that it immensely helped our children and um yeah and my anxiety went away um I actually my whole visual perception changed I used to like not be able to kind of like tunnel vision almost and I couldn't yeah

I had kind of like a literal tunnel vision, which actually does come from different stress and trauma that we've had. And I was so delighted. You know how you see a toddler walking around and discovering different things? I was like, yeah. And of course different stresses come and then you have to sort of reset, but it was so much fun. And I just thought, wow. And then I was working with my own children. I was working with other clients, mostly school age kids. And I thought, wow, parents really need this. And so I figured I would teach parents But I knew that I needed a lot more training and I ended up, um,



can cause nervous system

issues in our kids.

that we can pass those along

um things that I I think

people are just starting to

really understand why we're

so out of whack and you

know and why we need things

like which what you're

going to be talking about

today but um you're coming

from a place of

understanding and not just

a professional

understanding but from a

place where um been there

done that I get you and I

want to help because this has helped me

Which is so practical and

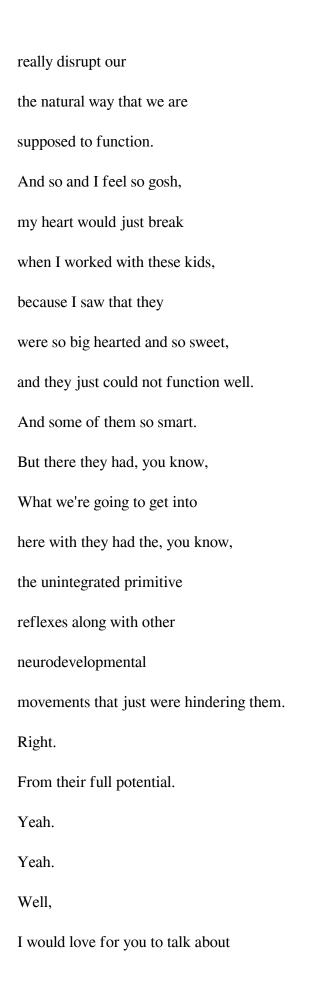
also gives hope to parents

out there that are going, oh,

you know, I don't know what to do anymore.

And I remember being in that place.

I was,
I had anger issues with my kids and
I don't exactly know, you know,
the method.
I know God helped a lot in that process.
But for me,
movement has been a healing thing too,
just because of all the
aerial things that I do.
I find that that is my happy place.
And I come home happier than
ever every time I'm at the studio.
Yeah.
Yeah, it really helps.
Yeah.
And I think that we are led
to find the tools that are
going to work for us.
And this was so much what I needed.
And it turns out we you know,
a lot of people need this
because there is there are
a lot of things that that



what are neurodevelopmental movements and why they're so important for learning and development. Yeah, well, should I? I know I created a presentation. Yep, I will pull that up for you. Okay, wonderful. And then do you make the slides go? I can move them for you. Yes. Okay, well, so that's a little bit of my background, which we already talked about. Yeah. And I'm happy to provide these slides for anyone who wants them. But neurodevelopmental movements are innate. In other words, they're part of our, intelligent human design. They are not something that I made up. They've been studied for

hundreds of years. And they are, you know, everything in our, I believe everything in our creation has a purpose. And it's so. it was so amazing for me to study these movements because I just saw, I just kept seeing how perfect they are. and how elegant and how beautiful they are to get us from the place of being a little baby in the womb to being able to come out during the birth and function in a way that's going to help us survive, protect us when we're vulnerable, get us moving so that we can nurse and do all the things that we need to do. and feel all the things we need to feel to grow our brains and bodies.

And they're just amazing.
They, they weave into each other.
They're like this beautiful web of, um,
movements that do so much.
They're not just for, um, I mean,
obviously a baby has to be born.
And so they, they do help with birth.
Um,
And they're automatic.
That's why I said they're
like hardwired into us.
They're automatic in our brainstem.
So it's not like the baby goes, oh,
I'm going to stretch.
No,
the baby turns the head a little and
then the stretch happens automatically.
That's the ATNR reflex.
That's the first picture up
there on the left.
Okay.
they're automatic so they're
you know god didn't leave

these to chance they're so

important that they were

wired into us from the

beginning not only to help

birth not only to help us

become upright and walking

and talking toddler but to

provide the foundation for

all of our future

functioning so just about

nearly every skill depends

on this foundation

And there's walking,

and then there's walking.

And what I mean by that is, you know,

sometimes we take it for granted.

I mean.

less so now because so many

children are having challenges,

but right when I grew up.

and I'm in my early sixties,

nobody questioned whether

you would walk or talk.

You just walked and talked. Just about everybody did, unless they were really serious medical handicaps and challenges. But now, it's so tragic because there's so much disruption to these movements. That when I say there's walking and there's walking, what I mean is there's walking that's aligned and comfortable and smooth and flowing and rhythmic. And then there's walking that has compensations where you don't see the arms swinging. Like if you just watch your child walk across the room, notice if it's smooth and flowing, if the arms are swinging with the legs, because that's what the way human beings are designed is that we do all these

rhythmic movements at the

beginning of life in the womb during, um,

early infancy,

and we have these things

called primitive reflexes

and postural reflexes.

They're all automatic

movements that every baby

will do as long as they're healthy,

as long as they're not stressed,

as long as they have room to move.

And they get us going for all of our needs,

not just in the moment as babies,

but for our lifetime.

They set us up to be able to learn.

They set our brain to be

able to be mature and our

sensory systems.

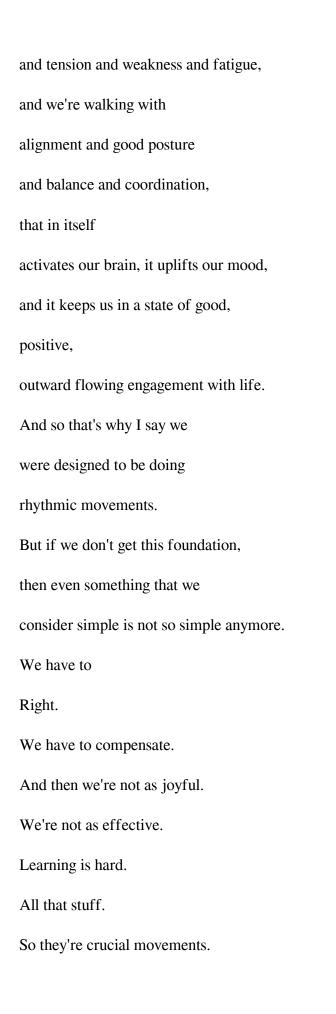
And then what I was starting

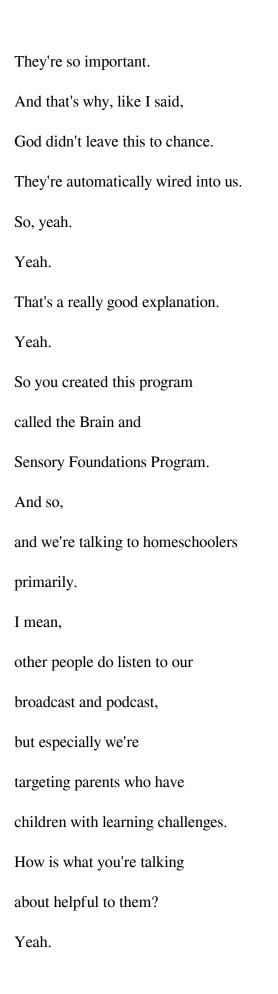
to say is that when we walk,

as long as we've had these

movements and we're not

walking with compensations





Well,

This is a great slide, actually,

because if we didn't get

what we were supposed to

get in infancy with these movements,

we have two very different

outcomes in terms of our foundation.

And so the way that it's

helpful for homeschoolers

is that it goes back to

development to help development

proceed if it was hindered

and When you help

development proceed when if

it was hindered you start

getting more upright

posture you start getting

more balance You start

uplifting your mood you

start being able to focus and

um you get the brain

maturity that you were

supposed to get you get the

sensory integration that you were supposed to get naturally and that comes with it the ability to learn see all these things you see on the bullet points here on this slide posture core strength balance muscle development sensory development focus speech social emotional skills and learning They're all dependent on this foundation. And that's why I show the babies in the top row. They're so much different looking than the ones in the bottom. The ones in the bottom are slumped. They don't have their core strength. They don't have the ability to fully breathe properly. and get oxygen, you know, the oxygen that they need.

They don't have as much room

for their internal organs and their spine,

you know, the spine is curved.

Well, the spine should be aligned.

And, you know, it's going to be,

the more you grow from that

infant stage that wasn't fully set up,

And you gain weight and

you're expected to do

things because you're older

and you're tired.

I was reading an email the

other day and the woman said,

my husband comes home from

work and he's exhausted and

he doesn't have any energy

to do other things that he

would love to do.

And she's like,

now that I'm in your course,

I can see why.

you know and and now she has

the tools to do something

about her about it um go ahead to the next slide I think sure I included um OK, so we've already talked about why these are important. And there's physical, social, emotional, cognitive challenges. If we don't get them, go to the next slide. I just want to see. Oh, and then this was my issue where I had things left over from infancy that never got completed. And, um, and I had anxiety and there there's research about that, that when children don't have these early movement skills, it leads to anxiety later on and it's, it's predictable. And so go to the next slide.

I'm going to, I want to see, um, okay.

Um, anyway, somewhere in there,

there's a slide where it

shows that when you were, um,

hopefully I put it in there,

but I can always supply it later.

When you're younger and you

start gaining weight and growing older,

I guess I didn't include it.

I'm so sorry.

I will put it in there and

then we can link to it.

I'll send a link.

But it shows that when you

have this deficit where

you're slumped as a baby,

it just carries with you

through your childhood, through teen,

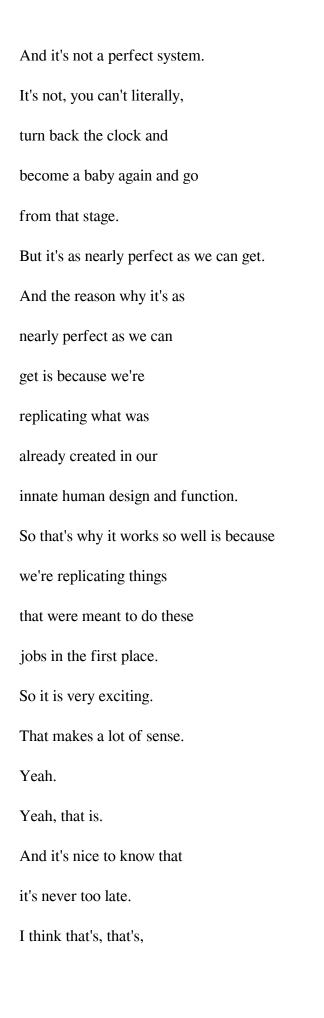
through adult,

unless you know what to do

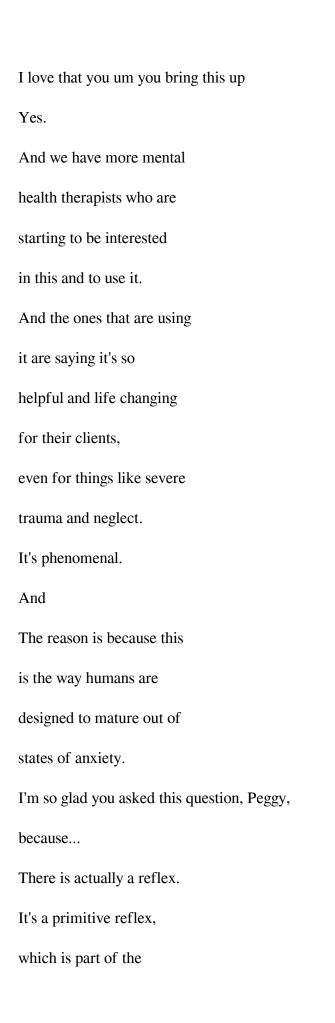
about it and how to get

back to development where

you can rebuild the core strength.



it's just hopeful for, for everyone. It is never too late. Yeah. So it's, Let's just head to the next slide. So you talked about this, I think, already and why they're important. And then I would love to talk a little bit more about the anxiety. You know, we see so many kids with anxiety issues, and I don't think we see the connection about anxiety. that and you know we we tend to medicate it um or just say you know that's all in your head you know breathe deeply and you know I think we put a lot of band-aids on things when we are in essence needing to go way back to the beginning like you're talking about and so



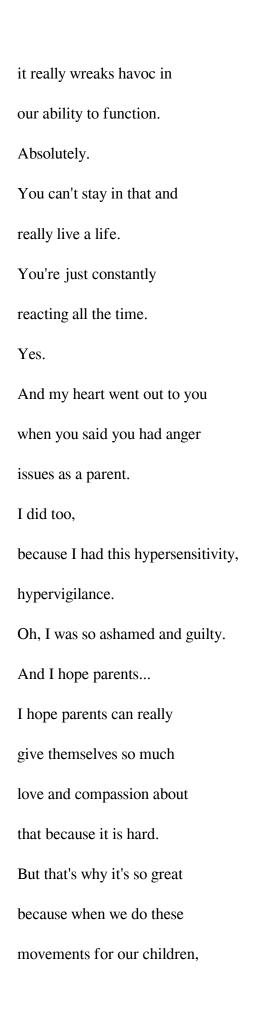
neurodevelopmental movement system. And it's called the Moro reflex. And it's a startle. It's a startle response. And that is there for a really good reason. We need to have a way to alert the caregiver. I don't know if people... can see me on this, but I think they can, where I, if I go like this, you know, you've seen the baby like shake and startle when, you know, some kind of sensory input comes in, either they were jostled or they heard a loud noise and they'll do this kind of thing. So if you're around infants, you'll see that, newborn infants. Ideally, this thing will happen because it's supposed to, Right.

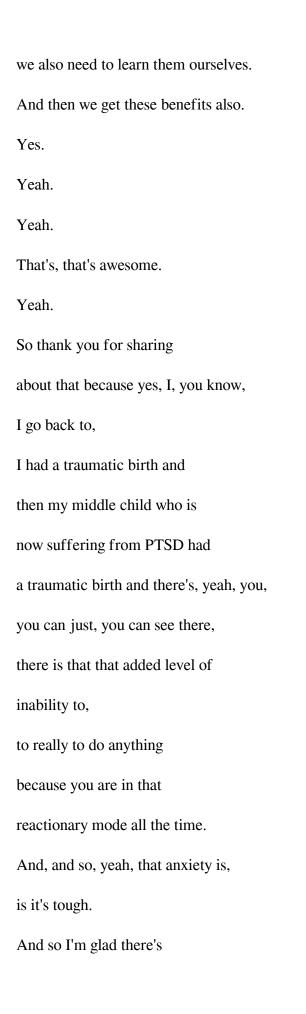
And it will alert the caregiver. It will signal, you know, cling onto the caregiver and the caregiver, the parent, mother, most likely, will hug the child, reassure the child, maybe rock them rhythmically, which is innate. And then they start to settle down and they go, okay, I'm safe. But if you are never able to get that response out of your body, then you're going to be constantly... to one degree or another, reacting to sensory input. That was my issue. I was hypersensitive. Because I had this underlying primitive reflex in my system that never went away. And And these things, there's a spectrum. So it's not like an on-off switch.

It could be like, oh, it's partly integrated, but not all the way. And so there could be mild to severe responses. But the thing is, is that if we do not integrate this primitive reflex, and that means it should be dormant at about the age of two months, four months at the latest. If it's not, and you carry that with you, it's such a problem because it keeps you in a state of fight or flight. Um, it keeps you easily started. startled, it keeps you irritable. You might have things like hypoglycemia because when you're in a fight or flight state, your body wants to burn glucose, it wants to burn sugar because that's what's gonna

get you able to flee if you're in danger. So if you think of an infant being in that really raw, vulnerable state and you go, wow, and that's still there. I mean, I remember one little boy that I was working with, I think he was eight and he said something like when I'm in school and this is not so much a homeschooler issue, but he said, when I'm in school and our teacher gives an assignment, I can, um, I can hear all the little taps of all the little pencils on the desks when I'm trying to write. And it just drives me crazy. Yeah, that hypersensitivity. I mean, in a way this could, like if you're homeschooling,

there could be lots of other kids around, lots of other things going on. And so one way or another, we have to be able to learn to filter sensory input and to function and to not get so irritable. The other thing about that moro is that it comes with adrenaline and cortisol because it's a survival and protection response. Absolutely, yes. Yeah, so we know that that makes us more sensitive because when we're in an actual emergency, we need to be hypervigilant, hypersensitive to see where the danger is. Do I have to fight? Do I have to flee? What do I have to do? And but again, if it continues on,





people out there like you that are,

are not only helping parents,

but also educating, you know,

therapists and other people that, that,

Yes, it is really important.

So I'm glad you asked about anxiety.

You know, that's what we're doing here.

We're helping with anxiety, overwhelm,

sensory issues.

Balance is one of the most

important sensory modality.

It's it actually there's a

research showing that when

and this is for all ages,

children and adults,

when our balance is poor,

we're much more likely to have anxiety.

And it's fascinating research.

So if we can improve the balance,

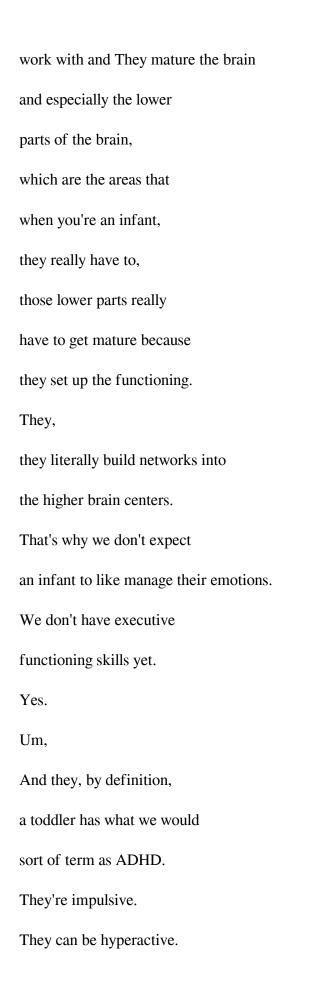
and there's research about this too,

when we improve the balance,

the anxiety levels drop to normal.

That's amazing.

Isn't it?
And it's actually simple and
fun to work on your balance.
Oh, yeah.
Yeah.
And anyway,
so it can address learning challenges.
And there are specific reasons,
like for example,
we know children with
reading challenges often
have a hard time tracking the print,
the line of print.
That's a pretty common one
we get for questions.
Well, these neurodevelopmental movements,
so there are primitive and
postural reflexes.
There's also innate rhythmic movements.
They and there's
developmental movements and
there are others but those
are the main ones that we



They can be, you know, interruptive. They're not going to sit and focus. But we're supposed to, so we're meant to go through that developmental stage, but we're supposed to grow out of it. Right. We have to have brain maturity to do that. So let me tie this back into the eye movements and the line of print. When we when we develop the brainstem and the cerebellum and the basal ganglia, that links up to the higher brain centers that develops those pathways so that we can focus on so that we can control our impulses, so that we have our executive functioning skills, so that we can communicate, solve problems. But also, there are direct links from these

lower brain centers to the

eye movement centers of the cortex.

And so when you start doing

especially the rhythmic

movements that especially

help the cerebellum,

It not only promotes focus

and good sensory processing,

but it allows the eyes to

move smoothly over a line of print.

So we've seen even just a

few minutes of day and

there's research about this now,

a few minutes of day of

just rhythmic movements

that are really soothing.

Kids love them for the most part.

Some kids are hypersensitive

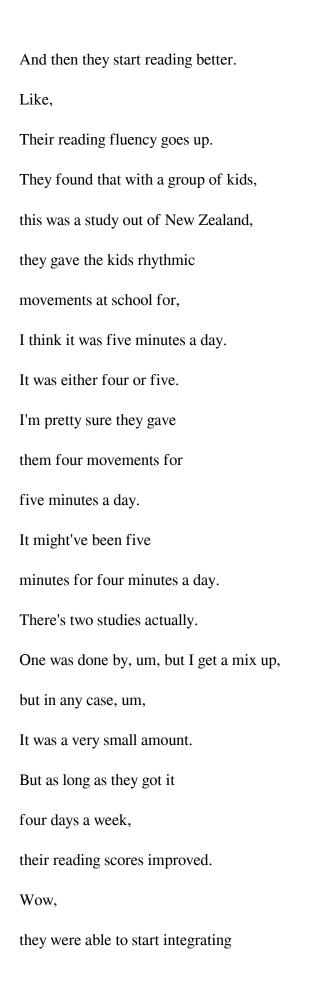
and then we have a special

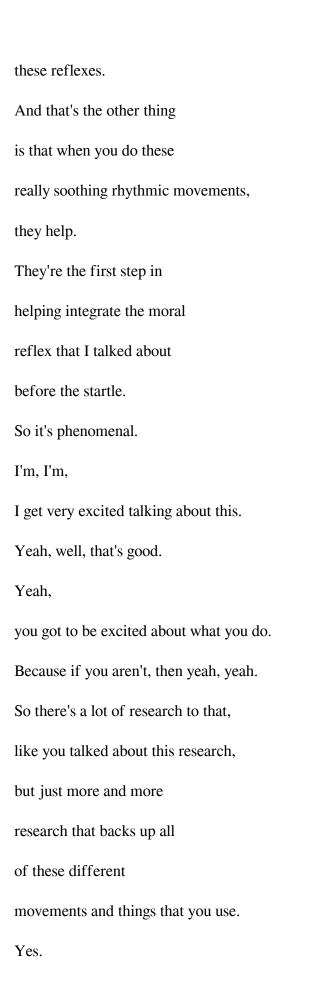
thing to help them get to that point.

But most kids love them and

will ask for more of these

rhythmic movements.

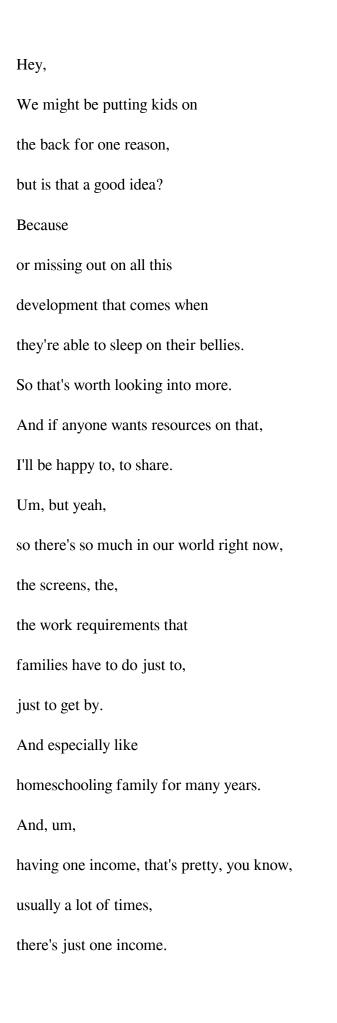




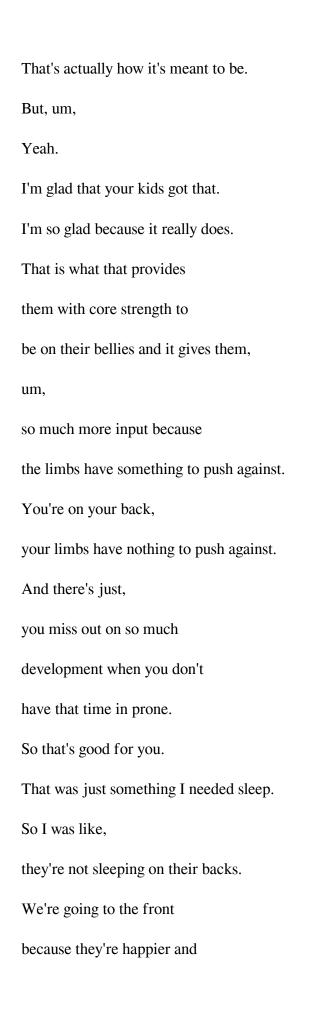
And there's, there is a body of research that's, Five at least five decades long showing maybe six maybe more showing that When we have deficits in these neurodevelopmental movements in other words we can tell that they weren't completed there's ways that you can tell that just by watching and And checking for things. But when they're not completed, it's associated with physical challenges such as balance and coordination, gross motor deficits, fine motor deficits, abnormal walking gait, which we talked about before, the importance of a smooth, aligned, balanced walk. And then visual motor skill deficits, which is what we were just talking about.

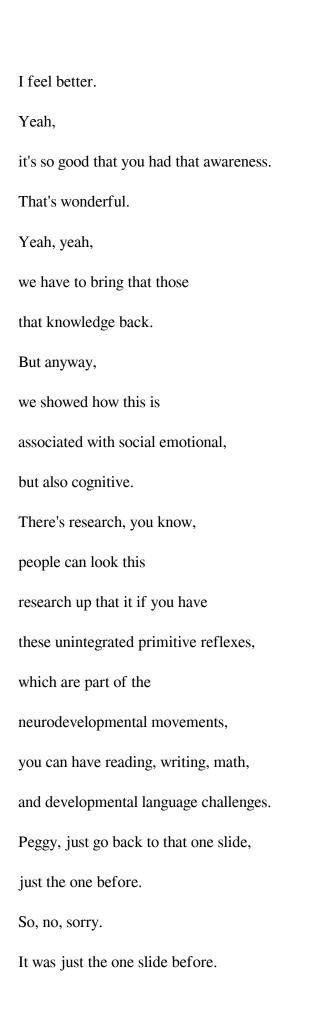
The eyes need to work together and they need to be able to work smoothly and efficiently. And these movements are how you get there. That's how we're designed for your vision to develop. And then if you go to the next slide, you can see that not only it's physical challenges, but also a lot of research about how there are social, emotional challenges and mental health challenges. And here's the thing that I especially wanna share with homeschooling families is that this can be very joyful to do for the whole family. Because all the kids need it. And the adults need it. Because we live in a time and place that is very stressful. I mean.

we have all kinds of things going against us, which is why I don't want parents to feel guilty about anything. You know, because it's just so hard right now. There are so many toxins in our world. Plastics, pesticides, herbicides. There's electromagnetic radiation. All these things. potentially can get in the way of our functioning. Um, you know, we, we, there's just so many things and, you know, at the same time we have doctors telling us to put our babies to sleep on their backs, which is not how babies were naturally developed to sleep. Right. Um, and, um, so there, you know, there's, um, a lot of people trying to speak out like,



And I'll never I don't ever
regret doing it,
because I want I really
wanted to be there with my kids.
Right.
But there's just so much
that is that can get in the way of
proper development.
Like for me, my doctor said, you know,
don't put your baby on your belly to,
to sleep.
And I,
I thought that that was what I was
supposed to do.
So, um, yeah, I tend,
I didn't listen to them.
I, all my kids slept on their stomachs,
but,
and I bet they slept much more
peacefully.
They did.
Yes.
Yeah.





OK, stop there. So I just want to point out this study, which is why I said, you know, everybody in the family should be doing this. Because in a study of one hundred and twenty apparently healthy children ages three to eight without a neurological disability, this was in Spain. Eighty nine point five percent had incomplete neurodevelopmental movements. That's a lot. And it may be even more in this country. Another study I read came out of the UK. Again, it was a hundred and twenty school-aged children. I think it was four to eight in this other study. Out of those a hundred and twenty,

only three showed no motor abnormalities.

So even the kids who are college bound,

they're working at grade level or above,

they very often have these

underlying glitches.

It's just that you don't see

it in the academic realm.

That was actually the case

with our two children.

And thank God I was

homeschooling because if

they were just in a school system,

they would have never gotten...

this because they were

working at grade level fine,

but they had hypersensitivity,

hyperactivity.

They had, you know,

I'm sure that our youngest

daughter would have been

the kid that they said,

you need to put this child

on medication because she

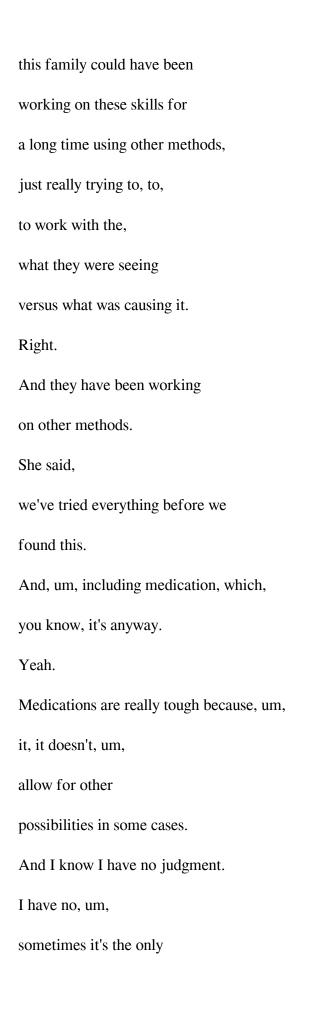
would literally just be, she was nonstop, mile a minute. She wanted something new to do. every two to five minutes. And she was constantly moving and talking the entire time. It was just amazing. I mean, so yeah, I mean, it was, she would have been, you know, I could have easily gotten her an ADHD diagnosis in about five minutes. And, but the thing is, is that because they were working at grade level, they would have never been flagged for having special needs. But so all kids need this and can benefit because it helps with anxiety. It helps them be more efficient. It helps them with their goals. And it's really a beautiful system that way for everyone.

Yeah, can you share some success stories? I'd love for you to be able to share some of those. I know you had a slide. Yeah, let's go here. So this one, go back just a little. I can share any of these slides. So here's one where this mom wrote this letter to me in And I love this story because this young boy, I actually got to work with him only once. He had ADHD and his tutor found out about my work and she sponsored me to come to teach a class. so that she could help this boy along with others. And I ended up going to her home and staying there while I was teaching the class. And she said, see this closet door?

And she said, this is where I teach Andy. And he wasn't trying to be bad, but he just somehow like fell into my closet door. And now it's off the hindles. He's just so... wild, but he's like a bull in a china shop, but he can't help himself. He's a good kid. Oh, this kid was just precious. He so I got to do a demonstration with Andy during the class that I was teaching. And I did a demonstration session. And he was so fun to work with. And he was a twin. And his goal was that he wanted to beat his brother at billiards. So we play that out and then we did movement. So we just had a lot of fun with it. And so his tutor learned the movements. She taught his mom.

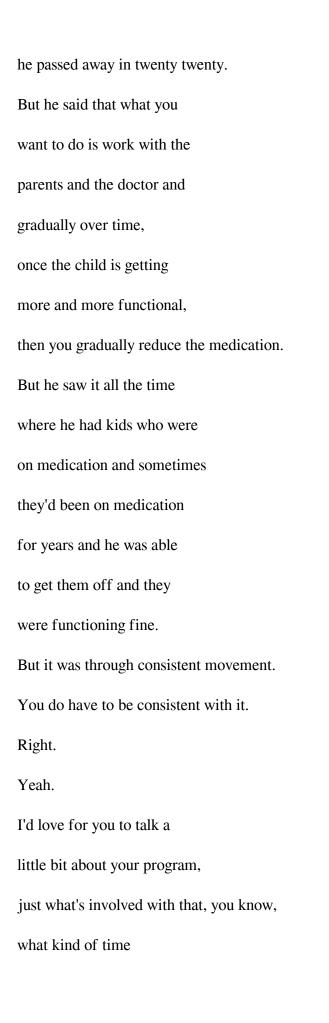
His mom did them at home. And his mom wrote to me four months later. I think it was about four and a half months later. And she wrote this most beautiful letter. You can read it online. But she what she described was how he made gains in his academics. He had been behind almost two grades in academics and he had caught up and he tested in grade level. except for one subject, which he was only two points off. But other than that, he'd been one to two years behind. He was testing at grade level, but he also made huge gains socially. She said he enjoys riding his bike now. He'll go out unprompted and just ride his bike. And she said it was a real time for them to bond.

And so here you see when you
do these movements,
this is what I love about
this because it helps with physical,
social, emotional,
and the cognitive and learning piece.
So that's why I love it so
much because it's not just
about getting kids to
succeed academically.
It's about helping them feel
comfortable in their body
helping them have the skills
and the stamina to do
what's meaningful for them.
And connecting families in a
way where there's less
stress and more time for enjoyment.
Yeah.
Yeah.
That's amazing.
And yeah.
And this,



thing that parents have. It's the only thing that's been, and sometimes it might be necessary on a temporary basis. But one of my messages, because I learned this from, one of my teachers was a psychiatrist and he was a very unusual psychiatrist because he didn't prescribe medication for ADHD. He prescribed these movements. And he, so if you, if you are going to embark on this and do these movements, it is important to know that if your child is on medication, that, um, According to Dr. Blomberg, I'm not a doctor. I just do movement education. But according to Dr. Blomberg,

who was a psychiatrist,



commitment parents have and, and just what, what's all involved with that. Sure. Well, it is online, so it's very accessible. And we have a lot of support where we have Q and A's, there's email support, phone support. We give, there's eight sessions and within those sessions, there are lessons and And you just go through, you get a hundred page hard copy, beautifully color photos and directions, the wonderful spiral manual. And then you learn the movements as you go through it's video training. So you're, it's very interesting. helpful to have those videos because you can replay them. I used to teach this in an

intensive weekend, three-day weekend. But it was so interesting because when I was doing that, and I did that for years, it was more like OTs and PTs and educators were coming, special educators, but not very many parents. And then I realized, well, here are these parents. On one income, you know, with probably multiple children and it wasn't doable for them to get to a class. So way back in twenty twelve, I had a group of parents asked me to make an online class and I did. And thank goodness because it's working out really well. Yeah. So the parents learn the lessons. It's not for the kids to watch with them.

It's for them to do. It's their own time to learn. And then they practice the movements first. And ideally in front of the kids, because then the kids can go, what are you doing? I'm doing some care that helps me feel happier inside. Or this helps take the tension out of my body. I'll give you a turn later when I have time. And then they start being curious and wonder about it. So then they start introducing it with their kids only in small amounts to begin with. Because the movements are very powerful and we need to be able to see how the child responds. And that's actually really important because some kids

are very sensitive and we have to do just little bits and then gradually work up. And other kids will melt right into it and love it right away from the beginning. But we do have a very... We have what I call the roadmap to reflex integration. And it's like this flow chart. If your child responds this way, then you go to this step. And if they respond this way, you go to that step. And we're here also to support and help as you go along. But because it's so important to have something that's customizable and individual. Because... Not everybody holds stress the same way. And you may have two kids if you're using it for your

whole family that need a

totally different approach.

And so but using the same thing,

but maybe at a slower speed or or.

Yeah, exactly.

That makes a lot of sense.

So we have two levels in the

curriculum and the first

level is about eighteen

hours of instruction time.

And then but you can start

taking little chunks,

like even if you did the first hour,

you'd already have great

tools to start working with.

You don't have to, like,

finish the whole thing and you have

depending on when you enroll,

you have between nine

months and a year to complete.

And then if you want more time,

you can do that.

We just have a very

reasonable extension fee, but you get full support with that. And the other thing about it that I love, Peggy, is that I've had parents come to me and saying, I've tried primitive reflex integration before. It didn't work. And I'll say, okay, first of all, I have a little heartbreak when that happens, but I've heard it too many times now. Or I've tried something like this where we did a bunch of crawling, but my child didn't like it. And I'll just be like, oh, no. Okay, wait, there's a different way to go about this. Please try it again, but do it this way. Because I learned a lot from from a lot of different mentors and also a lot of

kids taught me what you're

not going to see in the manuals, you know,

like this kid's not doing it that way.

And so I put like the best

of the best tools together

and gave a system for like

how to slowly and gradually

work up to it and make it

playful because it

there are other things built

into it that take the stress out of goals,

um, which is really important.

So those are things that are

integrated movements that

support the

neurodevelopmental movements

because yeah.

And so,

so there are things where the

parents stay motivated because

they can see changes

happening usually pretty quickly.

Even like one woman told me

she had two young girls

with special needs and she

said just the first session

of all of the eight

sessions of the first course,

she said that was more

impactful than anything

I've ever done for my kids.

And that was the first

session is all about the

rhythmic movements.

There's a brain tune-up and

then rhythmic movements in

that first session.

And then we go through each

of the reflexes from there.

So that's the thing about

other primitive reflex

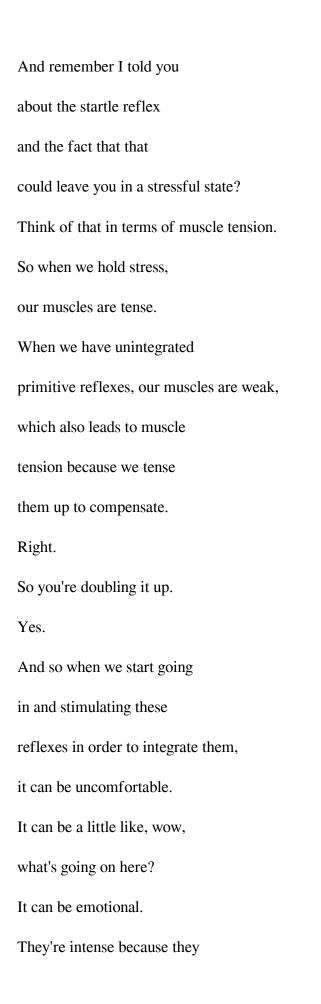
integration approaches is

that you really want to

start with the rhythmic

movements because they're

calming and maturing.



bring us right back to our most vulnerable state. So we I learned after years of observing this and then asking other practitioners, hey, are you seeing this? And is this how you are going about it? And they'd be like, oh, yes, that's how we do it because that's what I found too. So what we do is we do the rhythmic movements first because they're calming and integrating and super powerful. Then you have more brain, body, and sensory development. Then when you go into stimulate reflexes, it's not so jarring. And it's not going to be so hard. I remember talking to you earlier about how these movements, how they mature the brain.

And one of the things that that brainstem does when it's mature is it modulates muscle tone. That's one of its jobs, but it can't do that job until it's mature. So that's why when you start stimulating the brainstem and getting it more mature with the rhythmic movements, it will help with muscle tone, muscle strength. And then when you go to do the reflexes, it's much easier. Kids will resist things that are too hard. They're going to resist things. They're going to find a way to say, no, I don't want to do that. So you have to make it easy for them at the beginning. You have to make it fun. And then they'll be willing to do more challenging things.

And that's such a beauty. The other thing I just want to share for the parents who have kids who are more on the hyperactive state, one of those brain or lower brain structures, it's like a cap over the brainstem. It's the basal ganglia. That has to be mature in order for the child to find the ability to be still. That's the part of the brain that gets damaged in Parkinson's disease. And we have the tremoring going on. They're not able to be that somebody who has that level of damage can't be still and they have tremors. And so it affects our movement and it affects our ability to be still and to focus. And you get that maturity

through the rhythmic movements.

And then you have more function.

You have more stillness, focus,

muscle balance, muscle tone,

muscle strength.

and sensory development and

so once you have that then

you can go on to the

reflexes and from there you

can um just weave that um

wonderful um web of

development they all all

the movements intertwine

and support one another we

learn them linearly because

we we kind of have to

because we're piecing this

together but um

But they all work together

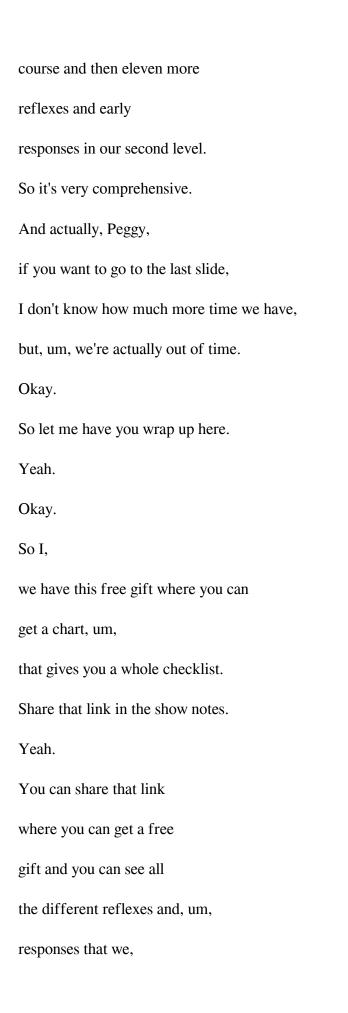
as a beautiful system.

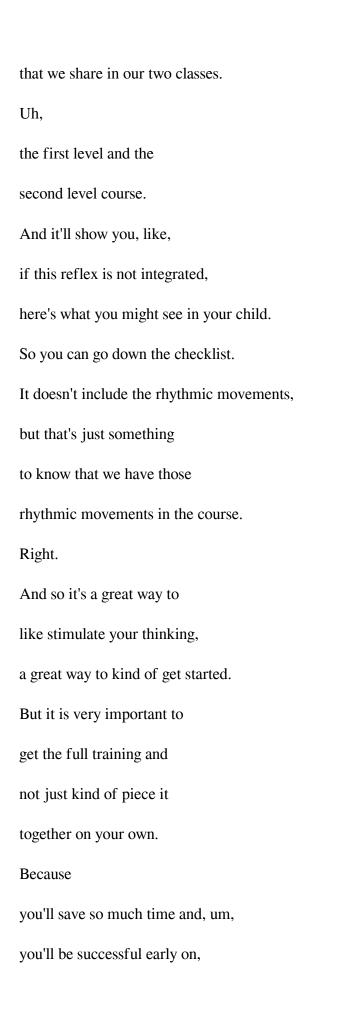
It is.

It's so fascinating.

I guarantee that anyone who

experiences these movements will fall in love with them. Maybe not to the extent because I became completely obsessed with them for so many years and I still am. But you'll just fall in love with what they can do for you. And the other thing about other programs is that oftentimes they might give you like you know four or five or six primitive reflexes to work with and that's good but it's way better to do a fuller, more broad range because they do all work together and support one another. Yeah, that's a great point. Yeah. So we have eleven primitive reflexes in our first level





which is important for parents and children. Um, especially as you were talking about kids could be getting discouraged or, you know, just being, getting overwhelmed and that's so easy. It can happen so easily. So yeah, definitely visit, um, Sonia's website. It is, um, Let me pull up my banner here. It's moveplaythrive.com. And I also have the link in the show notes for you. And we'll have the link for that free gift. And also they've shared a coupon code with us, spedhome. You can save thirty six dollars off of their program by using that code. So thank you so much, Sonia.

I know you are just a wealth

of information and probably

could talk all day on this

topic and you probably have in the past.

And so I'm just delighted

that you were able to share

with us and that you're

just available for families to,

to be able to get to the

root really of why all

these things that they see

cropping up in their kids

and themselves are

are going on and that there

is hope in their solutions

and they're simple and

they're easy and they're

the way God made us.

And we need to return to

that instead of just trying

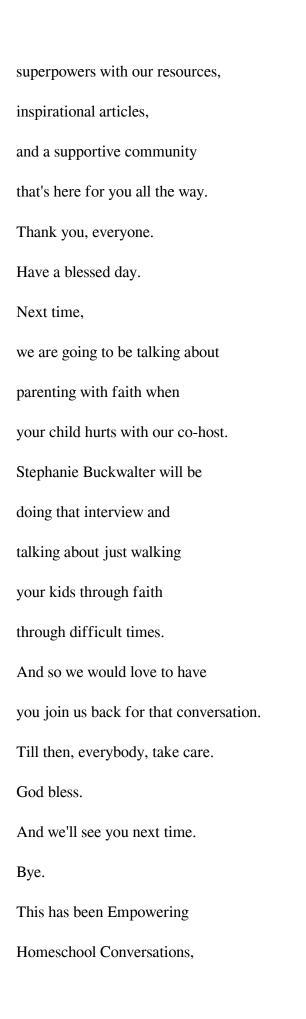
to use a lot of other

things to try to kind of cover it up,

like the medications you

were talking about and other things. So I'm just so thankful for you. Yeah, it is such a gift to be able to share these movements. And thanks for your time and all your efforts, Peggy. I really appreciate it. Thanks to everyone for listening. Yeah. Yeah. And I want to thank you all for tuning in today to our episode of Empowering Homeschool Conversations. If you're looking for more resources, support and encouragement on your homeschooling journey, be sure to visit Homeschool Heroes powered by Sped Homeschool. That's our site at Homeschool Heroes. You'll find free downloads, a supportive community of parents,

homeschool friendly providers and expert consultations that you are available to use, as well as a new test called the Mindprint test. And it does a cognitive test for your child's and gives you teaching strategies on how to help them. You can also explore tools, products, and services designed to simplify your homeschooling efforts, all from our trusted nonprofit that understands unique challenges of homeschooling children with learning differences. Just join us at spedhomeschool.com to find answers to your biggest homeschooling questions and develop your homeschool



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