



## Child Centre Method

**CHILD** Centre: *C*entre for *H*olistic *I*mprovement in *L*earning and *D*evelopment

[www.childcentremethod.com](http://www.childcentremethod.com)

[info@childcentremethod.com](mailto:info@childcentremethod.com)

External Study Exercises

Student Workbook

**The Child Centre Method is an IICT Approved Training Provider and is part of Potential Training school, a recognised school of The Healer Foundation and an Affiliated School of the British Complementary Medicine Association (Register AS074)**

Name of student \_\_\_\_\_

Name of Reg. CCM Practitioner/Supervisor \_\_\_\_\_

<b>Pages</b>	<b>Contents</b>
3-4	Child Centre Method Assessment 1 case study
5	Reflex Profile Record sheet 1 case study
6-7	Reflections CCM Assessment 1 case study
8-9	Child Centre Method Assessment 2 case study
10	Reflex Profile Record sheet 2 case study
11-12	Reflections CCM Assessment 2 case study
13-15	Revisions Questions Module 1
16-21	Treatment Plan case study 1 and 2
22	Review of case studies and postural reflexes

Date of CCM Module 1 \_\_\_\_\_ City \_\_\_\_\_

1. Record 2 sessions with 2 different participants using the **CCM assessment**.

Session 1 Date: \_\_\_\_\_ Client: \_\_\_\_\_

<b>Name</b>	<b>DOB</b>	<b>Date of assessment</b>
<b>Parents name</b>	<b>Address</b>	<b>Phone/mobile number</b>

#### History

Presenting problems	
Birth history	
Vaccination history	
Developmental stages	
Food and water intake	
Sleep pattern	

#### Coordination of body movement

Natural body movement while marching in place	
Unilateral movement (Homolateral crawl)	
Bilateral movement (Cross crawl)	

Reading Age	
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#### Eyes in rotation

Rotation of eyes	Clockwise	
Rotation of eyes	Anti-clockwise	

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Accommodation: changing focal length

Eyes	Near to far	Far to near	Repeat 5 x	OK
Comments				
Eyes	Convergence		Divergence	OK
Comments				
<b>Smooth Pursuit</b>				
Eyes tracking horizontally 20-40 times				OK
Eye dominance				
<b>Auditory Integration:</b>				
Which ear do they turn to hear toward the door?				

<b>Vestibular System and Balance</b>	
<b>Static Balance</b>	
Romberg Test: two feet together – eyes open	
Repeat, eyes closed	
Dynamic balance- heel to toe – eyes open	
Repeat, eyes closed	
Stand on right foot – eyes open	
Stand on right foot – eyes closed	
Stand on left foot – eyes open	
Stand on left foot – eyes closed	

<b>Digit span: Auditory Short Term Memory</b>	
Digits forwards	
Digits backwards	

- Complete 2 x **Reflex Profile Record** sheets for 2 different people. Please include scores on reflex assessment.

## REFLEX PROFILE RECORD SHEET

Session1

Date: \_\_\_\_\_ Client: \_\_\_\_\_

Name:	
DOB:	

REFLEX	ACTIVATED (date)	INTEGRATED (date)	TEST
<b>MORO</b> First breath of life			Tilt backwards with head tilted back fully supported.
<b>PALMAR</b> Cling for safety			Brush on palm sideways and upwards. Hand supported, fingers curled.
<b>INFANT PLANTAR</b> Grasp and cling for safety			Pressure to ball of foot
<b>TLR</b> Trains body to changes in vestibular system as head moves			Look up towards ceiling, down to floor x6 eyes open /closed
<b>ROOTING</b> Turn head for sucking			Brush edge of mouth
<b>SUCK</b> Opening mouth to latch on			Area near lips
<b>ATNR</b> Free passage of air on front			Arms in front, turn head side to side
<b>SPINAL GALANT</b> Feel sound in utero and birthing process			Side of spine
<b>BABINSKI</b> Preparation of the feet for walking			From bottom side of little toe across top to big toe
<b>STNR</b> Crawling			On all fours look up towards ceiling and down between legs
<b>VESTIBULAR</b> Balance			Balance on L and R foot for 15 seconds

### Reflections on my first CCM assessment.

Session 1 Date: \_\_\_\_\_ client: \_\_\_\_\_

1. Having completed CCM assessment with client 1 I have questions about the following:

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2. Please use the scale below to assess the following statements.  
This will help you to focus where you need to study or practice before you see your next client.

- a. I easily carried out the following reflex assessments:

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
(1)	(2)	(3)	(4)	(5)

REFLEX	My score
MORO	
PALMAR	
INFANT PLANTAR	
TLR	
ROOTING	
SUCK	
ATNR	
SPINAL GALANT	
BABINSKI	
STNR	
VESTIBULAR	

I feel confident about explaining the assessment to clients.	<table border="1"> <thead> <tr> <th>Strongly Disagree</th> <th>Disagree</th> <th>Undecided</th> <th>Agree</th> <th>Strongly Agree</th> </tr> </thead> <tbody> <tr> <td>(1)</td> <td>(2)</td> <td>(3)</td> <td>(4)</td> <td>(5)</td> </tr> </tbody> </table>	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	(1)	(2)	(3)	(4)	(5)
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3. I easily carried out the following assessments:

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
(1)	(2)	(3)	(4)	(5)

Assessment	My Score
Co ordination of body movement	
Reading age	
Tracking	
Accommodation	
Convergence/divergence	
Vestibular & balance system	
Short term memory	
Reflexes	

4. I would like to know more about how to

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5. I would like more practice at assessing (please circle):

Co-ordination of body movement    reading age    visual tests    vestibular & balance systems    short term/working memory    Reflexes

Session 2 Date: \_\_\_\_\_ Client: \_\_\_\_\_

<b>Name</b>	<b>DOB</b>	<b>Date of assessment</b>
<b>Parents name</b>	<b>Address</b>	<b>Phone/mobile number</b>

### History

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### Coordination of body movement

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Reading Age	
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### Eyes in rotation

Rotation of eyes	Clockwise	
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## Accommodation: changing focal length

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Eyes	Convergence		Divergence	OK
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Eyes tracking horizontally 20-40 times				OK
Eye dominance				
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Which ear do they turn to hear toward the door?				

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<b>Digit span: Auditory Short Term Memory</b>	
Digits forwards	
Digits backwards	

Session 2 Date: \_\_\_\_\_ client: \_\_\_\_\_

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<b>STNR</b> Crawling			On all fours look up towards ceiling and down between legs
<b>VESTIBULAR</b> Balance			Balance on L and R foot for 15 seconds

**Reflections on my second CCM assessment.**

Session 2 Date: \_\_\_\_\_ client: \_\_\_\_\_

1. Having completed CCM assessment with client 2 I have questions about the following:

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2. Please use the scale below to assess the following statements.  
This will help you to focus where you need to study or practice before you see your next client.

I easily carried out the following reflex assessments:

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MORO	
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(1)	(2)	(3)	(4)	(5)							

3. Please note two things that you found easier this time.

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4. I easily carried out the following assessments:

Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
(1)	(2)	(3)	(4)	(5)

Assessment	My Score
Coordination of body movement	
Reading age	
Tracking	
Accommodation	
Convergence/divergence	
Vestibular & balance system	
Short term memory	

5. I would like more practice at:

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**Revision Questions CCM Module 1 & 2**

1. What reflex is involved in the earliest form of “fight or flight” response?  
\_\_\_\_\_
2. Which reflexes are involved in birthing? \_\_\_\_\_
3. A child is sensitive to changes in body position, loud noises, bright lights. What reflex may be activate?  
\_\_\_\_\_
4. Give 3 examples of symptoms of unintegrated Palmer Reflex.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Which reflex is usually integrated before birth?  
\_\_\_\_\_
6. If the FPR continues to be unintegrated beyond birth this may lead to problems with  
\_\_\_\_\_  
\_\_\_\_\_
7. Which reflexes are involved in crawling?  
\_\_\_\_\_
8. What reflexes may be indicated for this child? My child is so distractible at school. Teacher says he never listens, he is constantly moving. He never seems to be paying attention. He doesn't seem to need sleep. It takes ages for him to fall asleep. He is so stubborn, he's constantly ill e.g. choughs and colds.  
\_\_\_\_\_  
\_\_\_\_\_
9. Continuing underlying anxiety and fear is related to FPR. True/False
10. What reflexes may be indicated? My child finds it hard to look at people, he's always shy and can panic when he meets new people. He insists on doing things a certain way and will become so upset if he can't.  
\_\_\_\_\_
11. Retained STNR can lead to slumping on the desk when in a seated position for reading or writing. True/false

12. Which reflex is involved in stimulating breast milk?

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13. My child is constantly putting things in her mouth and is messy when eating. Which reflex may be indicated?

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14. Name 2 reflexes may be indicated in poor handwriting.

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15. Which reflex helps to give the body stability?

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16. Which reflex has the most significant impact on speech and chewing and swallowing?

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17. Which reflex affects crawling when it is retained? \_\_\_\_\_

18. ATNR is related to reading and visual tracing. True/false

19. Reading difficulties may be related to retained \_\_\_\_\_ reflexes.

20. My child never crawled. He did a sort of shuffle on his bum. What reflex may be involved?

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21. My child finds it difficult to take down homework or copy down written information. Which reflex may be involved? \_\_\_\_\_

22. What other two systems does the TLR affect? \_\_\_\_\_

23. My child is very restless, it seems so hard for her to pay attention, she's always fidgeting, she only likes to wear clothes with a soft waistband. Which reflex may be indicated?

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24. Which reflex is involved with the lower part of the body and in preparation for standing, balancing and walking?

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25. The child finds it difficult to sit unsupported e.g. he may wrap his legs around the legs of a chair or sit in w position on the floor. Which reflex is indicated here?

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26. What is the difference between primitive and postural reflexes? \_\_\_\_\_

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27. Which reflexes are linked to issues with the eyes?

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28. Are there any concerns regarding integration of reflexes for a caesarean birth or rapid vaginal birth process? Why?

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29. The Tendon Guard Reflex is related to toe walking. True/False.

30. Which reflex can be triggered by a sudden unexpected sight or sound sensation?

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31. Flexing and extending the feet helps to integrate \_\_\_\_\_ reflex.

32. Where does the TGR reflex begin? \_\_\_\_\_

33. My child's legs seem stiff when he's running. He has problems with hopping, skipping and jumping. Which reflex may be involved?

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34. Which postural reflex is related to strengthening of muscle tone and the development of vestibule-ocular motor skills.

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35. If a child has difficulty copying information from a blackboard, which reflex might be indicated? \_\_\_\_\_

36. Which reflex is linked to toe walking? \_\_\_\_\_

37. What in the environment can trigger the Tendon Guard Reflex (TGR)?

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38. What reflex helps the head to maintain visual fixation skill? \_\_\_\_\_

Give a sample profile and treatment plan for client 1 and 2 that you have assessed.

Session date: \_\_\_\_\_ client: \_\_\_\_\_

Home Plan of:		Date:
Reflex	Score	Home Plan
Moro		<i>e.g. Please indicate ex &amp; number of reps per week...</i>
ATNR		
TLR		
STNR		
SPINAL GALANT		
INFANT PLANTER		
PALMER		
BABKIN		
BABINSKI		
SUCK		
ROOTING		
<b>Sequencing-single lifts, double lifts &amp; contralateral lifts</b>		
Level on assessment		Home Plan
		Please complete level ___ exercises lying/kneeling/standing
Simple brain yoga		Please complete ___ cycles each day
<b>Integrating visual processing</b>		Please complete integration exercises ticked below
Eye teaming		
Accommodation		
Tracking		
Visualisation		



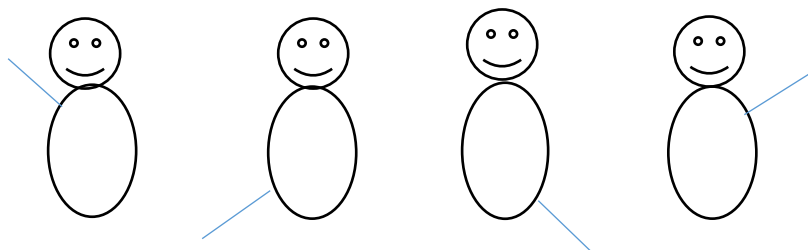
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Home Plan of:		Date:
Reflex	Score	Home Plan
Moro		<i>e.g. Please indicate ex &amp; number of reps per week...</i>
ATNR		
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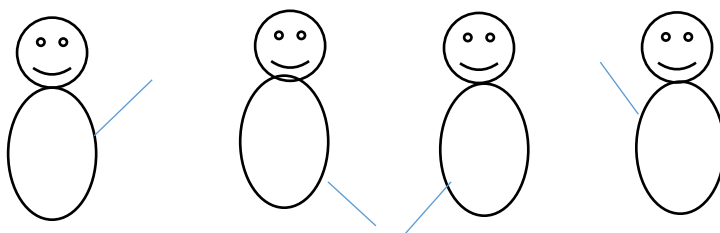
### Sequencing Exercises

R L

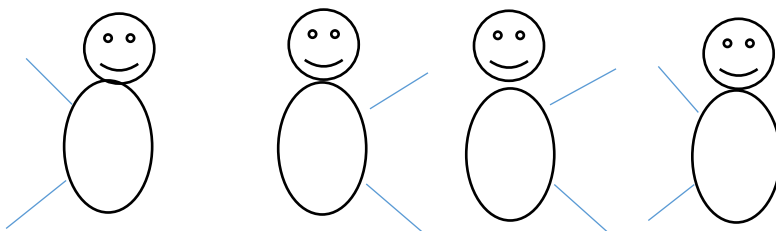
Level 1 forward



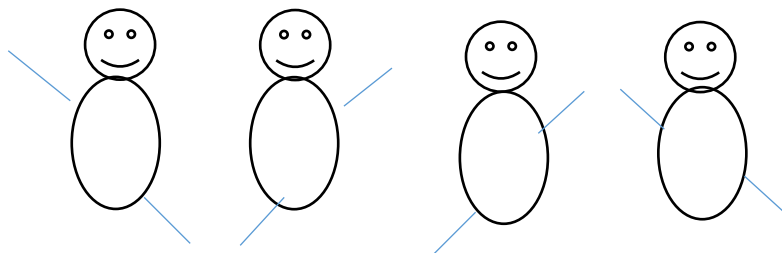
Level 1 reverse



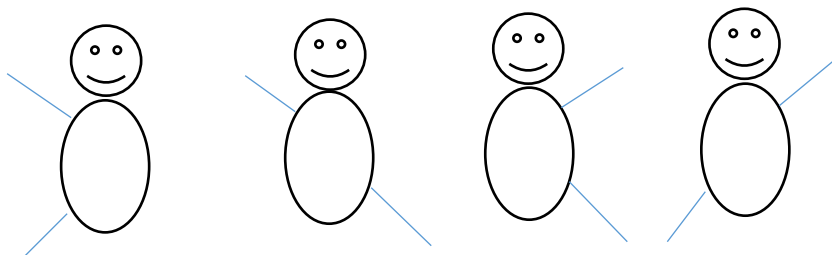
Level 2 forward & reverse



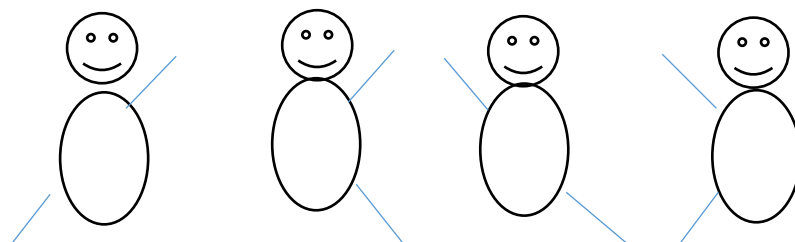
Level 3 forward & reverse



Level 4 forward



Level 4 reverse



## **Simple Brain Yoga**

This technique is essentially a form of acupressure and breathing, it is used to balance both hemispheres of the brain which in turn activates and improves our thinking and cognitive abilities. The effect of this exercise is that both your right and left hemispheres are activated. You will notice mental clarity and focus after only a short period of practice.

Stand up straight with your hands at your side and your feet shoulder width apart.

Face towards the east. Place your tongue up on to the roof of your mouth.

Take your left hand and hold your right earlobe with your pointer finger and thumb. Make sure that your thumb is facing away from you.

Take your right hand and hold your left earlobe with your pointer finger and thumb. Once again, make sure that your thumb is facing away from you.

Your right hand should be on the outside and your left hand should be on the inside. Continue to hold your earlobes as you press your tongue to the roof of your mouth.

Inhale air through your nose and slowly squat down to the ground.

Hold your breath and do not exhale until you start making your way back up to a standing position. Continue holding your lobes and sticking your tongue to the roof of your mouth as you perform this.

Build up to 15 cycles a day.

## **Integrating Visual Processing**

### **Eye Teaming**

The acupoints to help relieve blocked flow are located on the front edge of the deltoid muscle; this is the muscle which runs from the crest of the shoulder down to the middle of the upper arm. The points can be located by moving your fingers down from the edge of the muscle until you feel an indentation. Rub this spot for 15 seconds while moving your eyes from side to side and up and down.

Then focus on your nose and a point in the distance for 15 seconds.

Benefits:

Reading will be easier

Comprehension is enhanced

More fluent reading

### **Accommodation**

One person holds a target, for example a pencil approximately 10" to 12" away from the child, but in line with their nose. The child should look at the target for a count of five and then look away to another specified target, several feet away, for another count of five.

This should be repeated, changing the distance and using different targets so that the child looks to the right and left. The child should be sitting up straight and only their eyes should move and their head should be kept still.

### **Tracking**

Use an object, preferably colourful, which is about 10" to 12" away from a group of children seated in two rows of three. Sit in front of the children and ask them to track the object. Take the object from side to side, up and down, clockwise and anti-clockwise. This should be done at a slow speed. This exercise can also be done with children working in pairs.

### **Single Eye Tracking**

The children should be stood up with their feet apart. Get them to turn their head slowly from side to side, this should take about five to seven seconds to go through 180 degrees. Only the head should move; the body and shoulders should remain still.

Cover one eye with one hand and look at a target (e.g. a pen) held up by a helper. Get them to move their head as above while using their uncovered eye to look at the target. Complete this with each eye. You can increase the difficulty by getting them to recite times tables or to count backwards, or by getting the child to stand on one foot.

### **Visualisation**

#### **Nose Spelling**

Choose a word to spell.

The children should write it five times in joined-up handwriting, on paper or in the air. They should say the names of the letters as they write them, and name the word each time they finish writing it. Then, they should write it once with their nose, going back to dot the 'i's and cross the 't's. You should then ask them to visualise the word, looking up to the right or left, whichever side is right for them (usually up to the left). Then they should spell

the word backwards, by seeing the word 'in their mind's eye'.

POSTURAL REFLEXES

39. What groups are the postural reflexes divided in?

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40. Which postural reflex is responsible for maintaining the head in an upright position?

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41. The Landua reflex is best described as a as a bridging reflex . True/False

42 This reflex is s a defensive response and involves the arms being used in protective extension. What is it called? \_\_\_\_\_

42. What happens if the postural reflexes are underdeveloped?

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43. List some of the effects of immature postural reflexes

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Please complete the table below.

<b>Reflex</b>	<b>Indicators</b>	<b>Exercises</b>
Landau Reflex		
Tendon Guard Reflex		
Oculo-Head Righting Reflex		