



Go-Slow Guidelines for Innate Rhythmic and Reflex Movements

For most everyone, child and adult, it is a good idea to begin a movement program with the innate rhythmic movements.

In my experience, most individuals have no discomfort, or only minimal discomfort, while first getting used to the innate rhythmic movements.

What can we do for sensitive individuals who cannot easily tolerate the rhythmic and reflex movements, or for whom the movements are too stimulating or uncomfortable either physically or emotionally?

For sensitive individuals, it is best to go at a more gradual pace. You can use the “Go-Slow Guidelines” here to make the process of integration smoother and easier.

Go-Slow Guidelines

The innate rhythmic and reflex integration movements are powerful and they can create change in the brain and central nervous system (CNS) very quickly. This can cause physical discomforts and emotional swings. Some children feel the need to cling to a parent more during this time. These are normal responses to neurodevelopmental movements and a good sign that change is occurring.

If emotional dysregulation gets too intense, or lasts too long, it is best to do less and make adjustments.

Because individuals are very different, watch and ask what they are experiencing, and use your best judgment and the guidelines below.

Adjust these guidelines according to the individual’s responses:

- Stop all movement for next 1 to 4 days.
- After the break, have parents add 1 minute or less of rhythmic movement at night while the child sleeps. Use gentle rhythmic rocking or

rhythmic micro-movements of the child or mattress during sleep.

- Skip Rhythmic Movement #1 at first (because of the vestibular stimulation with the head nod. This can cause dizziness or nausea for those with an under-developed vestibular system). Resume Rhythmic Movement #1 after the individual is comfortable with some or all of the Rhythmic Movements 2a, 2b, 3 and 4.
- If all is well, stay with 1 minute of rhythmic movement at night and add some small amounts of rhythmic movement and during the day. Start with just a few seconds.
- Gradually increase the amount of rhythmic movement each day, unless you sense/see the individual requires rest/integration time.
- Add in floor games, especially in prone, and Original Play (Session 2 resources).
- Add in Rhythmic Movement #1 if you skipped it, starting with just a few seconds and gradually work up to one minute.
- Add in reflex integration gradually and in small amounts. Do less, or allow time for integration if you see dysregulation happening with reflex integration.
- Have fun!
- It is helpful to do the PACE Brain Tune up and generate heart connection, prior to doing movement with children.

The Take Away: For some very sensitive individuals, going more slowly at the beginning will help integration advance more quickly because there is less discomfort and less resistance. Use the Go-Slow Guidelines for the best outcomes for sensitive individuals.