



# St. Nicholas Children's Therapies

## Primitive Reflex Checklist

### Check off areas you observe with your child

#### **MUSCLE TONE:**

- ☐ W sits
- ☐ Joints or limbs are very mobile
- ☐ Joints or limbs are very tight
- ☐ Needs to lean on something when lying on stomach (props hands on chin), sitting, or standing
- ☐ Slumps forward when sitting
- ☐ Lays body or head on table or desk frequently
- ☐ Remains stuck in a posture

#### **Fear Paralysis Reflex:**

- ☐ Easily startles or fearful to loud noises or noises (asks "what's that")
- ☐ Hears sounds that others do not
- ☐ Difficulty doing task when sounds or noises are close by
- ☐ Easily startles or fearful to visual stimuli
- ☐ Visually distracted
- ☐ Difficulty with visual cues in the environment
- ☐ Doesn't like when eyes are covered up
- ☐ Easily startles or fearful to touch stimuli
- ☐ Resistant to and hypersensitive to grooming and hygiene tasks: nail clipping, brushing teeth, hair washing, and haircuts, dentist, or history of
- ☐ Gags easily
- ☐ Shallow breathing or not coordinated
- ☐ Holds body stiffly
- ☐ Difficulty with ball skills
- ☐ Hyperactive
- ☐ Excessive anxiety or negativity
- ☐ Insecure of low self-esteem
- ☐ Depression, isolation, withdrawn (likes to keep to self)
- ☐ Constantly feels overwhelmed (homework, transitions, etc.)
- ☐ Extreme shyness, fear of groups
- ☐ Excessive fear of embarrassment
- ☐ Fear of separation from loved one, clinging
- ☐ Lack of trust
- ☐ Feeling stuck or "Deer in the headlights look"
- ☐ Withdrawn from touch
- ☐ Sleeping and eating difficulties
- ☐ Obsessive compulsive behaviors
- ☐ Oppositional or aggressive behaviors
- ☐ Temper tantrums

- ☐ Intense emotional reactions (quickly goes from calm to intense)

**Rooting Reflex:**

- ☐ Difficulty with food textures or picky eater
- ☐ Thumb sucking
- ☐ Speech and articulation problems
- ☐ Overeats
- ☐ Hypersensitive around mouth
- ☐ Dribbling or drooling

**Moro Reflex:**

- ☐ Seeks sedentary play and withdrawn
- ☐ Difficulty making friends
- ☐ Easily distracted
- ☐ Easily sensitive to light, sound, movement, smell, or touch
- ☐ Motion sickness
- ☐ Avoids movement or vestibular tasks
- ☐ Impulsive/aggressive or overreacts to small situations (yells, kicks, bites, tantrums, shuts-down)
- ☐ Avoidance behaviors (appears defiant)
- ☐ Easily triggered, reacts in anger or emotional outburst
- ☐ Becomes anxious easily
- ☐ Acts younger than actual age
- ☐ Poor balance and coordination
- ☐ Constantly seeks movement
- ☐ Becomes even more excited after movement
- ☐ Thrill seeker without regard for safety
- ☐ Cycles of hyperactivity and extreme fatigue
- ☐ Poor stamina
- ☐ Shallow breathing patterns or tends to hold breath
- ☐ Rarely yawns
- ☐ Yawns a lot
- ☐ Difficulty falling asleep, staying asleep, waking up, or wakes up tired
- ☐ Fearful or resistant to learning new information (avoids new learning at school)
- ☐ Doesn't like head tipped back (washing hair)
- ☐ Difficulty adapting to changes
- ☐ Difficulty making choices
- ☐ Food sensitivities, food allergies, or weakened immune system
- ☐ Vision/reading/writing difficulties

**Crossed Extension (legs) Reflex:**

- ☐ Early walker
- ☐ Difficulty riding a bicycle
- ☐ Hesitant going up or down stairs
- ☐ Poor posture (slumping)
- ☐ Hyperactive

**Spinal Galant Reflex:**

- ☐ Hyperactive and restless, especially if clothes or chair brush against their back
- ☐ Fidgety or wiggly “ants in the pants”
- ☐ Poor concentration
- ☐ Poor attention
- ☐ Difficulty with short term memory especially when sitting in chair to learn
- ☐ Bedwetting long after toilet trained
- ☐ Difficulty with control of bowel or bladder (doesn't make it to the bathroom in time)
- ☐ Tends to adjust body or fall out of chair
- ☐ Lower back pain or scoliosis
- ☐ Hip rotated to one side
- ☐ Posture problems
- ☐ Tension in the legs
- ☐ Abnormal gait (walking) or lower body clumsiness, hip rotated to one side
- ☐ Poor gross motor coordination
- ☐ Low endurance
- ☐ Chronic digestion problems

**Spinal Perez Reflex:**

- ☐ Leans on others or objects for balance and stability
- ☐ Low back stuck arched position (bottom sticks out)
- ☐ Hips and spine move together (they don't differentiate)
- ☐ Stiff posture
- ☐ Spinal deformities
- ☐ Unable to assume Superman position while on belly
- ☐ Delayed crawling
- ☐ Delayed walking (walked after 16 months)
- ☐ Abnormal or atypical walking, running, or movement pattern
- ☐ Lacks reciprocal arm swinging patterns in walking or running
- ☐ Waddles
- ☐ Leans forward (in standing or while sitting at table)
- ☐ Bedwetting or bladder issues or toilet training issues or history of
- ☐ Stomach pain
- ☐ Breath holding or shallow breathing with new learning
- ☐ Picky eater
- ☐ Overly sensitive to touch or noise
- ☐ Plays roughly with people or objects
- ☐ Short and long term memory difficulties

**Asymmetrical Tonic Neck Reflex (ATNR):**

- ☐ Poor hand-eye coordination
- ☐ Difficulty catching a ball
- ☐ Difficulty in sports
- ☐ Awkward walk of gait (walking or running)
- ☐ Poor balance
- ☐ Tension or problems in the shoulders, neck, back, and hips

- ☐ Difficulty with task that require crossing the midline of the body (marching in reciprocal pattern or touching right hand to left knee and left hand to right knee)
- ☐ Difficulty turning, rotating, or twisting
- ☐ Easily distracted
- ☐ Difficulty in school
- ☐ Math and reading issues
- ☐ Skipping parts of the line or words when reading
- ☐ Skipping lines when reading
- ☐ Difficulty copying from the board
- ☐ Poor depth perception
- ☐ Imbalance between focus and peripheral vision; doesn't get the big picture; focus tied to arm's length
- ☐ Doesn't like working puzzles
- ☐ Letter and number reversals
- ☐ Preferred hand is undetermined
- ☐ Immature or messy handwriting
- ☐ Poor pencil grip
- ☐ Disorganized approach with task (getting dressed, brushing teeth, toileting, preparing simple foods, school work)
- ☐ Slowed responses to auditory information
- ☐ Not consistently responding to name
- ☐ Difficulty following directions
- ☐ Frequently ask for directions to be repeated (says, "What" a lot)
- ☐ Frequently misunderstands
- ☐ Difficulty with attention, focus, and memory
- ☐ Difficulty sequencing

**Palmar Reflex:**

- ☐ Poor fine motor control or dexterity
- ☐ Poor pencil grip
- ☐ Poor handwriting
- ☐ Messy handwriting
- ☐ Light pressure with handwriting (hard to read due to coloring/writing too light)
- ☐ Excessive pressure with handwriting (crayons and pencils break with coloring/writing)
- ☐ Says hands fatigue with coloring or writing
- ☐ Switches hands during coloring/writing or other tasks
- ☐ Sticks out tongue when writing
- ☐ Poor spelling
- ☐ Slouching at desk or computer or head forward
- ☐ Difficulty processing ideas
- ☐ Difficulty writing ideas onto paper or computer
- ☐ Difficulty with verbal expression of ideas or thoughts
- ☐ Difficulty with articulation
- ☐ Difficulty with cutting or gluing tasks
- ☐ Difficulty using eating utensils (spoon/fork)
- ☐ Prefers to eat with fingers

- ☐ Difficulty using knife to spread toppings
- ☐ Difficulty picking up small items
- ☐ Difficulty with dressing and fasteners (buttons, zippers, snaps)
- ☐ Difficulty tying shoes

**Tonic Labyrinthine Reflex (TLR):**

- ☐ Did not crawl as an infant
- ☐ Difficulty sitting upright
- ☐ Slouched posture or head forward or to side
- ☐ Seeks head banging
- ☐ Balance and coordination difficulties, especially when looking up or down
- ☐ Easily fatigues
- ☐ Low muscle tone (loose in joints and muscles) or muscle weakness
- ☐ Locks legs in standing to maintain posture (stands with knees locked)
- ☐ High muscle tone
- ☐ Stiff jerky movements with tense muscles down the back of body
- ☐ Toe walking
- ☐ Difficulty with stairs
- ☐ Difficulty climbing on things
- ☐ Poor spatial awareness of people and objects around them (bumps into people/objects)
- ☐ Tends to cross eyes
- ☐ Difficulty reading
- ☐ Poor sense of rhythm
- ☐ Avoids sports
- ☐ Difficulty throwing or catching a ball
- ☐ Difficulty paying attention, especially when head is down (at desk or reading)
- ☐ Difficulty concentrating
- ☐ Tends to slide out of chair and under table/desk at school or home
- ☐ Poor sequencing skills (organizing and doing task in correct sequences)
- ☐ Poor cause and effect awareness
- ☐ Speech difficulties

**Symmetrical Tonic Neck Reflex (STNR):**

- ☐ Poor posture in standing
- ☐ Sits with slouched posture
- ☐ Low muscle tone
- ☐ Difficulty moving hands, arms, head separately; tends to move as one unit
- ☐ Ape-like walk
- ☐ Reactive between head/neck and arm muscles
- ☐ Usually skips crawling as an infant
- ☐ W sitting
- ☐ Rotated pelvis
- ☐ Poor eye hand coordination
- ☐ Visual issues and poor eye contact
- ☐ Visual tracking difficulties
- ☐ Keeps eyes close to paper

- ☐ Difficulty locating items in busy background
- ☐ Difficulty reading
- ☐ Difficulty looking from near to far (copying from the board)
- ☐ Difficulty learning to swim
- ☐ Messy eater
- ☐ Hyper active or fidgety
- ☐ Puts head down excessively when drawing, writing, or reading
- ☐ Prefers to stand during hand activities
- ☐ Poor balance, spatial or temporal awareness
- ☐ Prefers sedentary play
- ☐ Avoids athletics or new physical challenges
- ☐ Wraps feet around front of chair
- ☐ Avoids social situations or easily frustrated in social situations
- ☐ ADHD or behaviors of
- ☐ ADD or behaviors of

**Landau Reflex:**

- ☐ Weak upper body
- ☐ Low muscle tone (loose in joints and muscle)
- ☐ Poor or slouched posture or head forward
- ☐ Tension in the back of legs (stands with knees locked)
- ☐ Walks on toes or history of
- ☐ Struggles with summersaults (knees buckle when head turns under)
- ☐ Difficulty coordinating body movements that use the upper and lower part of the body together (jumping jacks, snow angels, or marching)
- ☐ Clumsy in movements
- ☐ Short term memory difficulty
- ☐ Difficulty concentrating
- ☐ Difficulty understanding new information

**Did your child skip crawling, crawled for short time before walking, or dislikes being on their stomach?**

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**Cognitive Functioning (for grade school age and above):**

Does your child struggle with impulse control, shifting attention, initiation, remembering, planning, and organizing and/or with self-monitoring. This is often seen with difficulties in starting, planning and carrying out multi-step activities. Areas often affected are: time management, budgeting, academics, focusing, transitions between tasks, following directions, motivation, navigation, and independence. Please explain as applicable:

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