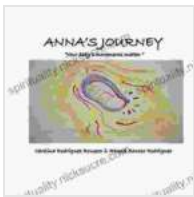


# Your Baby Movements Matter: Primitive Reflexes, Development, and Signs of Concern

Your baby's movements are not just cute and cuddly. They're also essential for their development and can provide insights into their neurological health.



## ANNA'S JOURNEY: Your baby's movements matter (Primitive Reflexes Book 1) by Stacey Marie Kerr

★★★★★ 5 out of 5

Language : English

File size : 2025 KB

Screen Reader : Supported

Print length : 124 pages

Lending : Enabled



**\*\*Primitive reflexes\*\*** are automatic, involuntary movements that are present in all newborns. These reflexes help babies to survive and thrive in the early months of life. As your baby develops, these reflexes will gradually disappear or become integrated into more voluntary movements.

## Types of Primitive Reflexes

There are many different types of primitive reflexes, including:

- **\*\*Moro reflex (startle reflex)\*\***: This reflex is triggered when your baby is startled by a loud noise or sudden movement. Your baby will extend

their arms and legs out and then bring them back together in a hugging motion.

- **Rooting reflex:** This reflex is triggered when your baby's cheek is stroked. Your baby will turn their head towards the side that was stroked and open their mouth in search of food.
- **Sucking reflex:** This reflex is triggered when something is placed in your baby's mouth. Your baby will begin to suck on the object.
- **Tonic neck reflex:** This reflex is triggered when your baby's head is turned to one side. Your baby will extend the arm and leg on the side that their head is turned towards and flex the arm and leg on the opposite side.
- **Asymmetric tonic neck reflex (ATNR):** This reflex is triggered when your baby's head is tilted to one side. Your baby will extend the arm and leg on the side that their head is tilted towards and flex the arm and leg on the opposite side.
- **Palmar grasp reflex:** This reflex is triggered when something is placed in your baby's palm. Your baby will grasp the object tightly.
- **Plantar grasp reflex:** This reflex is triggered when something is placed on the sole of your baby's foot. Your baby will curl their toes downward and grasp the object.

## **Development of Primitive Reflexes**

Primitive reflexes develop in a predictable sequence during the first few months of life. The following table shows the typical age range for the development and integration of each reflex:

<b>Reflex</b>	<b>Development</b>	<b>Integration</b>
Moro reflex	Birth to 6 months	6 to 12 months
Rooting reflex	Birth to 4 months	4 to 6 months
Sucking reflex	Birth to 6 months	6 to 12 months
Tonic neck reflex	Birth to 4 months	4 to 6 months
Asymmetric tonic neck reflex (ATNR)	Birth to 6 months	6 to 12 months
Palmar grasp reflex	Birth to 6 months	6 to 12 months
Plantar grasp reflex	Birth to 12 months	12 to 18 months

## **Signs of Concern**

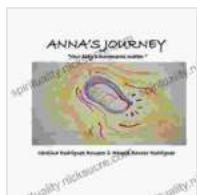
While primitive reflexes are normal in newborns, there are some signs that may indicate a problem. These include:

- A reflex that is absent or weak
- A reflex that persists beyond the typical age range for integration
- A reflex that is asymmetrical (one side of the body is stronger than the other)
- A reflex that is triggered by something other than the usual stimulus

If you are concerned about your baby's movements, talk to your doctor.

They can assess your baby's reflexes and determine if there is a problem.

Your baby's movements are a window into their development and neurological health. By understanding primitive reflexes and their typical development, you can help to ensure that your baby is on track and thriving.



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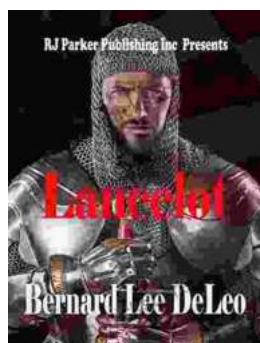
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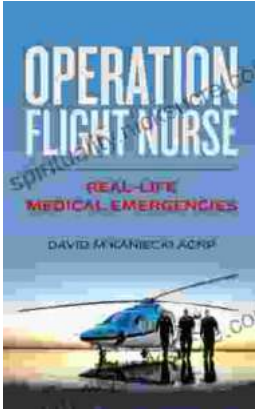
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