

# PRIMITIVE REFLEXES AND Sensory Needs

A simple guide for whānau Takiwātanga

## SENSORY OVERLOAD

Startles easily, reacts strongly to noise, light or sudden touch



## BODY AWARENESS

Difficulty sitting still, coordinating movement or knowing where the body is.



## EMOTIONAL REGULATION

Fatigue, big emotions, slow calming.



## MOVEMENT / POSTURE

Affects crawling, balance, sitting posture or handwriting.



## SIMPLE STRATEGIES TO SUPPORT DEVELOPMENT

1. Movement crossing the midline- reaching games, poi, windmill arms
2. Heavy work- pushing laundry baskets, carrying items, playdough, animal walks
3. Slow rhythmic movement- rocking, yoga ball rolling, waiata ā-ringā
4. Core/posture play- crawling tunnels, planks, tummy time
5. Calm sensory input- weighted blanket, deep hugs, warm baths, quiet time or spaces