



## Moro Reflex

### The Startle Reflex

**Integrates at: 2-4 months**

**When head is tipped back, the child's arms will straighten and try to catch self.**



## Daily Impact

### Gross Motor

- Lack of coordination
- Clumsy

### Behavioral

- Difficulty attention
- Easily startled
- Over-reactivity
- Difficulty with social skills
- Difficulty with making decisions
- Difficulty with self regulation

### Fine/Visual Motor

- Visual perceptual difficulties

### Sensory

- Sound sensitivity
- Excessive fear of falling and heights
- Motion sickness
- Touch sensitivity
- Increased fight or flight response
- Light sensitivity
- High carb diet

## A Message From Our Therapists

“Moro reflex is our flight or fight response. As a result, children can be overwhelmed and have difficulty feeling safe as they navigate their environment.”



Brad Murphy, OTR/L, CPRCS

## The Take Away

- Retained Moro reflex can affect many areas of function including increased fight or flight response, emotion regulation, balance, and sensory modulation in all ages.
- If your child is diagnosed with SPD, anxiety, and/or ADHD your therapist might test for Moro reflex retainment.
- Moro integration exercises can help but is not a “one size fits all” strategy. Underlying factors play a large role.
- Integration takes time and consistency.

## Our Favorite Home Exercises

- Popcorn pop
  - Have your child curl into a tight ball and then pop open into full body extension.
- Duck/Pigeon Walk
  - Have your child walk like a pigeon or duck while keeping their arms at their sides.