



5 Compression Swing Activities That Target Primitive Reflexes

YOUTUBE FREEBIE

Primitive reflex integration can be fun and motivating!
Using the Harkla Compression Swing to promote primitive reflex integration is a great way to go!

1 SNOW ANGLES & POPCORN POPPING

Have your child lay supine in the compression swing (supine = laying on back). Be sure their arms and legs are in the swing.

- Snow angels: slowly practice the snow angel movements with arms and legs, staying inside the swing.
- Popcorn popping: curl up into a ball by flexing arms, legs, and neck. Then quickly "pop" open with arms, legs, and neck extended.

These activities specifically target the Spinal Galant Reflex and the Moro Reflex.

2 PRONE TOY PICKUP

Place your child's toys or puzzle pieces on the floor under the swing, all spread out but within arm's reach. Be sure the swing is low enough that your child can touch the ground with both hands while laying prone in the swing (prone = laying on stomach).

While prone, have your child grab toys from the floor, using their arms to propel themselves in different directions by pushing off the floor. Have your child place or toss the toys into a target.

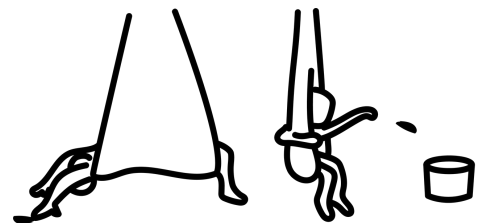
This activity specifically targets the Tonic Labyrinthine and Landau Reflexes.

3 SUPINE TOY PICKUP

Place your child's toys or puzzle pieces on the floor under the swing, all spread out but within arm's reach. Be sure the swing is low enough that your child can touch the ground with both hands while laying supine in the swing (supine = laying on back).

While supine in the swing, have your child lean their head out of the swing, so they are upside down, and grab toys from the floor. Then they will sit upright in the swing, and place or toss the toys into a target.

This activity specifically targets the Moro and Tonic Labyrinthine Reflexes.



4**CLOTHESPIN REACHING**

Place clothespins near the top of the swing, within arm's reach distance while your child is seated in the swing. Have your child reach up to grasp a pin, pinch it to open and unclip it, then bend forward (staying seated in the swing) and clip the clothespin to something on the floor in front of them (a cup works well!). Switch hands and complete with the other hand.

This activity specifically targets the Moro, Palmar Grasp, and Symmetrical Tonic Neck Reflexes.

5**PRONE CHART READING**

Place two visual charts near the swing, one to the left and one to the right. Have your child lay prone in the swing (prone = laying on stomach) and alternate looking to the left and the right, reading an item from each chart with each head turn. Have your child stabilize their body by placing both hands on the floor while turning their head. Adjust the visual charts so that they are at eye level during head turns.

This activity specifically targets the Asymmetrical Tonic Neck Reflex.

BONUS!

1 SCREEN PRIMITIVE REFLEXES

Watch this YouTube video to learn more about primitive reflexes and learn how to quickly screen for potentially retained primitive reflexes.

<https://youtu.be/ZkGDm3t2hb8>

2 PRIMITIVE REFLEXES IN THE CLASSROOM

Learn more about how retained primitive reflexes affect learning and behavior in the classroom.

<https://youtu.be/sbaxlX7WhbA>

3 WHAT ARE PRIMITIVE REFLEXES?

Your go-to guide for all things primitive reflexes!

<https://harkla.co/pages/primitive-reflexes>

Want more help?!

CHECK OUT OUR PRIMITIVE REFLEX DIGITAL COURSE!

All the things you need to help your child / clients thrive!

- Learn about the effects of retained primitive reflexes
- Learn how to test for retained primitive reflexes
- Learn how to integrate primitive reflexes
- Bonus PDFs, videos, and MORE!

<https://harkla.co/products/primitive-reflexes-course>