



Dedicated parents + Mind Moves = Body control + Self-confidence

Tania Hartz

Bianca* (6yo) was referred for Mind Moves after she failed the school readiness test at a local private school. Her parents were initially shocked about the results but came to terms with them and acknowledged that she needed to develop her listening skills, following of instructions, temper control, body control, balance, emotionality as well as speech. She lives with both parents and 2 high school siblings in a multi-lingual house (English, French and Oshiwambo). At this point they decided it would be best to work on her development during 2017 and send her to school in 2018.

The initial Mind Moves assessment revealed a Withdrawal reflex of 4 on the left and 3 on the right. The Moro reflex was 3. Two of the three attachment reflexes were strongly present. At this time she would also draw herself as a 2cm high floating figure with elaborate attention to her hair but without arms, fingers, feet, toes, nose, body, neck (See drawing attached).

Her parents mentioned that she throws tantrums, she sometimes bullies other children, falls over easily, cannot balance on one leg, can be very emotional and opposes instructions given to her.



The parents followed the Mind Moves home programme of Antennae Adjuster, Mind Moves Massage and Rise and Shine diligently 3x twice a day and came back for all 3 follow-up assessments/ consultations in a period of 11 weeks. Bianca also attended speech therapy weekly. Over the three follow up sessions, it was explained to the parents how awareness of the body, parental consistency and structured play are essential to Bianca's total muscle control development. They were also asked to let her follow the "sucking rule", meaning she has to drink all liquids from a straw (preferably thin or curled) to help calm down her system. They were asked to allow her to attach, as her system still demands this (presence of attachment/ grasping reflexes) – to cuddle her, allow her physical closeness and to assist/ support her with tasks that she struggles with. She needs to feel totally able to "latch on to" her mother, in order to eventually detach and become an independent and 'big' girl. Fun activities like trampoline, obstacle course, and firm towel dry after bath while talking about body parts were suggested.

They were also asked to take her to a play therapist to identify any emotional issues possibly blocking her maturity. This was based on the elaborate presence of multiple doors on all her drawings. We are still awaiting the outcome of this. It was also explained how her wearing of flip-flop shoes (without band around heel) could contribute to her not feeling safe and not following instructions. It was suggested that she becomes part of running the household by involving her in household chores like preparing meals, gardening and cleaning on a daily and routine basis. The parents were taking all information in very eagerly at every session and applied it all diligently.

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By the 4th session 11 weeks later, the Withdrawal tested 2 on the left and 3 on the right, while the attachment reflexes and Moro are unchanged. At this stage she drew herself as a 9cm high figure, still floating, but she included a nose with two nostrils, eye brows, moderate amount of hair, hands with fingers and feet with toes. The amount of doors surrounding her also decreased from 7 to 2. See attached drawing.

Her parents mentioned that she is maturing. She is more in control of her emotions (less outbursts), she listens better, makes more consistent, spontaneous eye contact, is not spilling her drink or dropping the glass anymore, not falling over when walking or standing at all anymore Her number concept is improving and she now uses sentences instead of words to communicate. She now also exhibits the self-confidence to make verbal jokes with beautiful humour and has eye contact during the session.

As I reach out my hand to greet my clients when they depart, I express my gratitude to them. And to all mothers and fathers – and children – for they make my day when THEY MAKE MIND MOVES WORK with their trust, efforts, diligence and dedication...

... so next time when I show the Mind Moves Massage to a parent and I bend down behind their child, tracing the child's outlines and finally holding the ankles to ground the child, I bend my head, close my eyes and become still in awareness and gratitude; I am kneeling in front of the Creator of all that is pure, simple, useful, far reaching and beyond comprehension...

[Tania Hartz](#)

Advanced Mind Moves Instructor

Windhoek