

## Mind Moves® Reflexes + Mind Dynamix® Profiling + School Readiness = Successful Home Schooling

Nicolette van den Heever

A very shy and extremely quiet Home Schooling Annabelle\* joined my Mind Moves Practice and Mental Math class in April, at the same time that I started my journey with Mind Moves. From day one I saw that this very clever left-handed little girl had the potential to become a star student. Despite her potential, however, I noticed some important warning signals:

- Excessive tongue and lip twisting while concentrating
- Starting from right to left on a page or any other task
- Reversals of sounds and numbers
- Lots of tears, performance anxiety and power battles with mom while struggling through their Home School program.

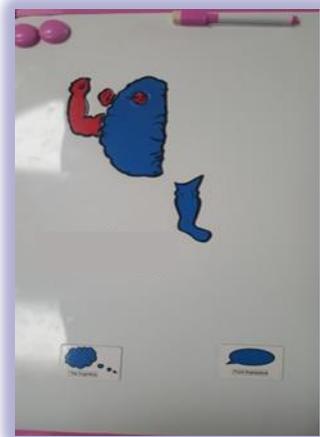
I invited Annabelle and her mom to become one of my case studies for my Mind Moves Advanced Instructor's qualification. Her reflex assessment showed an active Rooting and Sucking reflex and an active TLR reflex. Her ASB test (School readiness) showed poor co-ordination and her Mind Dynamix Profile (MDP) was self-explanatory in light of the above warning signals.



*Mind Moves at my Mind Moves Practice. Doing the Mind Moves Massage (left) and the Antennae adjuster (right). The children also had to use tweezers to transfer small cotton balls to another bowl, crossing their midline and developing fine motor skills and proprioception.*

The extremely stubborn Rooting and Sucking reflex vanished in August, and by the end of September Annabelle had no balance or co-ordination issues at all. She also had no problem knowing where she was in space indicating that the TLR has kindly gone to rest. The most amazing, self-confident, chatty and learning hungry little girl emerged. Her twisting tongue and lips have changed into a very determined and focused grin and there are no more melt downs at home or at the Mind Moves Practice. She has recently made new friends without any motivation or encouragement from her parents and has stopped complaining at the practice that the other children will not play with her.

Her MDP explained her reluctance to perform their Home School tasks. The program included loads of reading long passages, lots of repetition and hardly any kinaesthetic learning. They were also Home Schooling in her second language. I explained to mom and dad that their Home School program and language of teaching and learning, simply did not fit their little girl's MDP profile. Her left eye dominance preferred pictures and facts and could come to a conclusion in very little time, so she became frustrated with too many words and repetitions. I felt that she would ask if she did not know. It explained her reversals and tendency to want to write and read from right to left. This problem actually disappeared with her active reflexes and when a new Home School program, better suited to her MDP and mother-tongue learning and teaching, was introduced. After stimulating her right eye with Mind Moves Annabelle has since taught herself to read and she is writing sentences and her own stories in grade R.



Annabelle's mother says that although she could not see any real change in August, the development that has taken place in the last two months have left them amazed. They agree that together with the ASB test, reflex inhibiting Mind Moves, understanding their daughter after the MDP and changing their Home School program and language their daughter has become self-efficient, positive, goal orientated and a focussed learner.



Intense  
concentration



No more tears!  
Ready for Home  
School with  
Mom!



Nicolette van den Heever  
Advanced Mind Moves Instructor  
Loxton

\*Pseudonym