



your insight
KINESIOLOGY

Behaviour and Learning - How Kinesiology can help your child

- Kinesiology effectively **organises the neural network** and allows your child's brain to regain its natural growth and learning potential. Memory function, attention, focus and cortical integration can be rebalanced for **optimum learning outcomes**.

When the brain does not know there is a behavior or learning problem, it struggles to resolve the issue. **Kinesiology helps de-stress these brain structures** and brings awareness to the neurological confusion that has taken place.

- Kinesiology can **enhance the functionality** of children managing with Attention Deficit Hyperactivity Disorder (ADHD), Sensory Processing Disorder, Autistic Spectrum Disorder and Post Traumatic Stress Disorder (PTSD).
- Kinesiology **improves behaviour and learning** through the **release of survival stresses, anxiety, associative memories, stuck emotions and neural confusion** in a gentle and non-invasive way.

Survival responses are the body's natural defense to keep us safe when faced with a threat situation, however, the brain can sometimes become confused due to a trauma on either an emotional or physical level, be it big or small. When this **Neurological confusion** occurs, **physiological responses such as flight, flight, freeze, fear, panic, anger, lack motivation** and so forth, will automatically occur when an associated scenario to the trauma is encountered.



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Kinesiology helps to bring awareness to such confusion, resolve the stress and allow the brain to reorganise and **initiate an appropriate survival response** to such stimuli going forward.

An example may be, when a child is faced with a challenge, be it schooling or sport, they may automatically interpret this scenario as a threat or unsafe to undertake. The Amygdala within the brain is engaged, yet, is confused by the sensory input and responds by telling the body that the school challenge is threatening and to retort with fear, anxiety, and the desire to escape. The child will automatically become stressed and is unable to overcome the situation. In this instance, the brain is unaware there is really no threat to the child's safety, yet, it still responds with the inappropriate survival response. Unless the brain is aware of the inappropriate interpretation of the problem, the child will continue to respond to such scenarios in the same way, causing undue stress and anxiety.

- Kinesiology also **regains optimum coordination, movement and self-regulation** to allow your **child to grow and evolve** towards their highest potential.

Certain brain structures are responsible for the regulation of movement and equilibrium. By bringing awareness to the blockages and de-stressing these structures, coordination and movement can be improved to aid in the child's functionality throughout life.

Complimentary Modalities:

- Kinesiology and Occupational Therapy used in conjunction with each other can have a profound effect on a child's health, wellbeing and learning potential. Both modalities are able to improve functionality and a child's ability to cope with life's changes and challenges.



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