



The Brain Bloom Room

How it works

RESTORING THE BLUEPRINT OF BRAIN DESIGN

A bit about the Rewire Programme

[Rewire](#) is a holistic, non-medical, drug-free approach offering individually assessed specific programmes that identify and get to the 'root' of issues our clients have with behaviour and learning. The programme's address retained [Primitive Reflexes](#) and [Hemispheric Integration](#).

Research now strongly links brain-based learning disorders such as [Asperger's](#), [Hemispheric Imbalances](#), [Hyperactive and Speech Disorders](#), [Dyslexia](#), [Dysgraphia](#), [Dyscalculia](#), [ADD](#), [ADHD](#), [ASD](#), [SPD](#) and also [Immune Problems](#) to the retention of [Primitive Reflexes](#). Typically, [Primitive Reflexes](#) naturally inhibit themselves in sequential order, and they are replaced by postural reflexes. These are more mature [voluntary](#) patterns of response that control balance, coordination, and sensory-motor development.

Movement through sensory experience, both in utero and post-delivery, prompts neurons to make new connections ([neuroplasticity](#)) essential for brain development

and **motor control**. The sequential in-built **Primitive Reflex** movements need to be stimulated sufficiently so that they integrate at the correct time, one after the other. This advances the child gradually from one milestone to the next. If there is an interruption to the sequence the central nervous system doesn't develop as it should and the **Primitive Reflexes** can then become **retained**. When this happens the child often misses, or even advances through the milestones too quickly and the child's brain doesn't progress and develop as it should causing an imbalance of skills, "a maturation imbalance of the hemispheres of the brain" (Melillo).

The two hemispheres of the brain process information very differently and we need to be able to use the data from both sides of the brain to see the whole picture and know the whole story. The two hemispheres communicate with each other through a connective band of nerve fibres, the **Corpus Callosum**. Many of the **Primitive Reflexes** are homolateral, meaning one-sided, so if retained they do very little to develop the **Corpus Callosum** and the communication between the two hemispheres. When this happens, one hemisphere can take over the other, becoming more **dominant** and an imbalance of skills becomes apparent. Learning and behaviour difficulties can then manifest. This does not mean that the brain is damaged, the hemispheres have simply matured at different rates.

"There are almost no disorders of the human brain that are not linked to brain asymmetries," Güntürkün, Institute of Cognitive Neuroscience at Ruhr-University Bochum, Germany

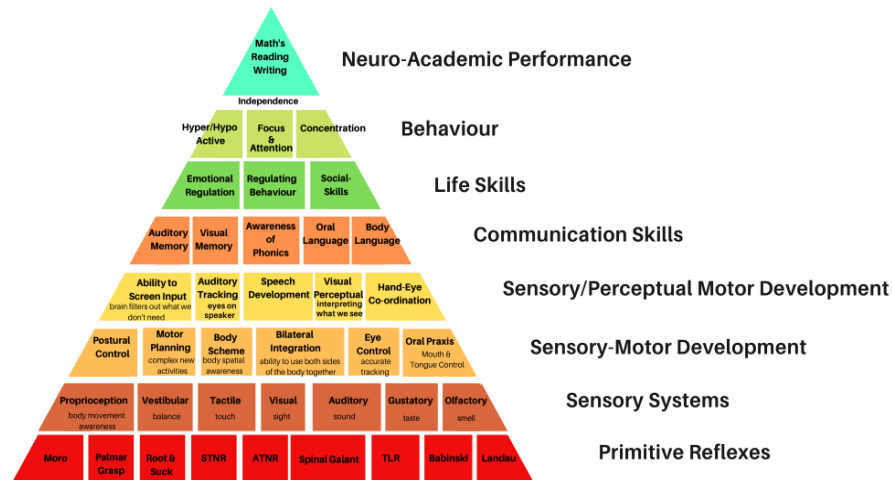
There can be multiple reasons why **Primitive Reflexes** don't fully integrate and these can include; older parents giving birth for the first time, premature birth, caesarean birth, breech presentation, low birth weight, foetal distress, prolonged labour, umbilical cord complications, change of diet, genetically modified foods, alcohol, drugs, pesticides, food with little nutrition and increasing stress levels. All these factors can have an impact on the mother, baby and the natural birthing process.

How can the Rewire programme help?

Below, the Pyramid of Development and Learning shows how the brain develops from the bottom up. Sequential Integration of functions begins with the inhibiting of Primitive Reflexes. Every part of the brain relies on the integration of the functions below to sequentially develop. A weakness in one function will affect development in the other layers and this then affects synchronisation at the very top of the pyramid.

Pyramid of Development and Learning

Adapted from the Pyramid of Learning (Williams & Shellenberger, 1-4), & maximumpotential.org.uk



Weakness in functions varies from child to child so a 'one plan fits all' approach will not work. Each child has gaps in different places on the pyramid.

Neurons are interconnected so, when neurological weaknesses occur, it affects many of the systems of the body from the muscles and organs to sensory, motor, memory, and behaviour. This causes Learning Disabilities, Behavioural Disorders, ADHD, ADD, Sensory Disorders, Autism Spectrum Disorders, and many more. In addition, the child often has Asthma, Autoimmune Diseases, food intolerances, and stomach problems.

This is where [Rewire](#) can help. Each child is individually assessed to identify where the areas of weakness are and to establish a developmental level. A progressive personalised plan then addresses the weak areas, allowing new neural connections to grow and the hemispheres of the brain to synchronise. By doing simple exercises [Primitive Reflexes](#) can be suppressed and this, in turn, helps children improve significantly.

With an integrative approach, the [Rewire](#) programme activates many regions of the brain together through sensory engagement, physical activity, and cognition.

Initially, I meet with Parent(s)/Caregiver(s) for a [free consultation](#) to discuss any characteristics and traits of the child that are causing concern. Together, we build up a profile, identifying areas that may need strengthening. Following this, I meet with the child (either in person or on Zoom) and perform a series of assessments which include the testing for any retained [Primitive Reflexes](#).

Next, sequential personalised programmes are created to get your child [back on track](#). Before starting the programme, I meet with Parent(s)/Caregiver(s) and the child to discuss the plan and go through the programme which include a series of exercises to do at home. The exercises are fun and will take up to 30 minutes per day to complete. Frequency is the key to success as repetition enables the brain to reorganise and rewire itself forming new neural connections. Think about learning to ride a bike or play a musical instrument, it takes time and practice, right? The good news is that once new strong neurological cognitive connections are formed; they are there for the long haul.

I would love to walk this journey with your family so please get in touch if you would like to learn more.

Michelle

Your Neuro Development Partner

*Rewire does not need a diagnosis nor do we diagnose medical conditions. We identify and treat the symptoms in a non-medical drug-free and purposeful way. Our movement-based programmes require at-home exercises. Commitment to the programme requirements is necessary for greater success and therefore results may vary from individual to individual.

Please always consult your physician before starting any exercise or therapeutic programme with yourself or your child.