

Movement and Learning Connection

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How can I help my child who struggles to learn? A story...



Toby had a range of difficulties that affected him academically, emotionally and socially. His mother contacted me and booked a free initial consultation after filling out the pre-assessment questionnaire which determines if the work I do will be of help (found on my website). At the appointment Toby's parents and I chatted about the difficulties Toby was experiencing, he was 8 years old.

I told Toby's parents that we could treat these difficulties by addressing the Primitive Reflexes that were still retained from babyhood and give his brain a second chance at learning. I explained exactly what that means in detail at the appointment. It's quite simple really; Primitive Reflexes have a job to do in babyhood allowing the body to gain automatic control and naturally develop. However sometimes they are not used effectively and due to a variety of factors remain retained into childhood and beyond causing a variety of difficulties. Some children are reading well but have difficulties with writing; others are excellent at sports but can't read. Every child that I see presents with a unique combination of difficulties that are impacting their quality of life in some way.

After the assessment I wrote a report for Toby's family & the school, I then met with his teacher outlining how to assist Toby in class while the program is undertaken.

I worked with Toby for 13 months; he and his Mum came to see me every seven weeks for reviews. All the while they did an at home movement program specifically designed for his difficulties; it took them 10 minutes each day to complete. Across the regular reviews that were undertaken we saw steady and gradual changes. For Toby there were many, but most notably these included:



- Reading – year and a half improvement in 12 months
- Balance improved, he started dancing, he understood the music beat and remembered the words to songs
- Was better able to understand his peers and started to make genuine friendships
- Improvement in hand writing and he was able to express his ideas on paper, he could only do this verbally before.

As a team we worked together, championing him along and after the 13 months Toby was an engaged, able learner and he and his parents were very happy.

I love my work; I get to help parents help their children to be the best they can be. I meet with many families who are really worried about their children and their ability to learn. These children are bright individuals, independent thinkers, engaging in the world but they have many varied difficulties with their learning.

More than one parent has said “now I feel like I understand my child and why these things are so difficult for them”. One Mum said it changed her parenting, the frustration she felt toward her child became compassion when she understood why her 7 year old couldn't do up her buttons, write a story or ride her bike. She felt hope when she knew we could treat those difficulties and change her child's story.

Each week I really love hearing the stories from families of the little things that have changed:

- A teenager who now enjoys riding his bike, going mountain bike riding with his friends,
- Another teenager who insisted on his first visit, he wasn't sporty, within 5 months he had joined a football team, his skills improved each week and he discovered the joy of sports,
- The child who reads their first book, telling me all about the Harry Potter story they read themselves,
- The 5 year old who had to crawl up steps and after 8 weeks could walk up them using alternative feet &
- The 8 year old with an auditory processing difficulty after 8 weeks of sound therapy went up 5 reading levels. To name but a few.

It's exciting, it's rewarding and I love it. This is not a quick fix miracle cure, the families I work with do the work / exercises every day. It's a medicine free approach, which is non-invasive and uses movement to treat the core difficulties rather than treating the symptoms.

If you are concerned about your child's development and their ability to learn. Book a consult, my initial appointment is free so you can hear about the program and make a fully informed decision for your family. Find out more www.movelearnconnect.com

If you have a baby or child under 5 we have recently opened a Gymbaroo in Ballarat. This is so the Movement and Learning Connection can help prevent and improve learning under the one roof.

Yvette is a mother to two boys, has a degree in early childhood education and completed post-graduate studies at the Institute for Neuro-Physiological Psychology (INPP) in Chester, UK. Combining INPP programs with the Johansen Individualised Auditory Stimulation Programme (Sound Therapy), Yvette uses science to change the brain and make learning fun for children. Her journey started with a family member who struggled with reading and writing into their teens and saw the benefits of how similar programs treat the source of the problem rather than the symptoms. Today she is passionate about helping children, teens and adults who have difficulties with learning, behavior and balance. She has just opened a Gymbaroo in Ballarat which provides a developmental movement program from 6 weeks to 5 years, giving children the best start for later learning.

