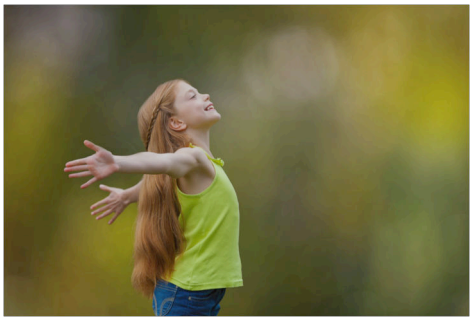
Core Learning Skills Training (CLS)



What is Core Learning Skills Training?

Core Learning Skills training involves a series of exercises that are done daily to help make neurological connections in the brain that are critical to comfortable learning and functioning. CLS exercises help integrate primitive survival reflexes and improve interpretation of sensory input, body and attention awareness and control, visual and motor skills, physical and mental organization, and learning efficiency.

How Retained Reflexes Impact Behavior and Learning

A big snowstorm in one part of the country can cause thousands of airline flights to be cancelled or diverted. While people get to their destinations eventually, this kind of delay can cause a great deal of anxiety and disruption to people's lives.

Just as air travel is dependent upon an organized system of flight patterns, our nervous system is organized around a system of reflexes. Primitive reflexes support survival and development in infants, to be replaced with higher-level reflexes as the brain and muscles mature. Reflexes need to be working properly in order for us to move through life with ease and flow.

When reflexes are not integrated, or working properly, they are like cancelled flights and closed airports, causing disruption, disorganization, and distress to the person's functioning, attention, and learning, and family.

Did you know that:

A student with **memory** and **reading problems** may have a retain STNR (Symmetrical Tonic Neck Reflex)?

A students who speaks well but **can't get his thoughts on paper** may have a retained ATNR reflex?



A student with **poor organizational skills** may have an unintegrated Landau Reflex?

Bedwetting beyond the age of 5 and **sleep problems** may be related to a retained Spinal Perez reflex?

A child who **hates to wear shoes** may have a retained Babinski reflex?

The child who continually **drops or knocks things over when he turns his head**, may have a retained ATNR (Asymmetrical Tonic Neck Reflex)?

An **aggressive**, **defiant** child prone to **temper tantrums** may have a retained Fear Paralysis Reflex?

A child who **craves sweets** and tends to **snack rather than eat whole meals** may have a retained Moro Reflex?

The list goes on and on. It is fascinating to see how everything is connected. Frustrating or difficult behaviors and challenges with learning are related to something. They are **not** about not caring, being unmotivated, bad parenting, or being "bad kids." They are related to reflexes and underlying skills that are not supporting the person well enough.

Eliminating the Interference

Core Learning Skills training helps eliminate the interference caused by primitive reflexes and under-developed visual and motor skills. It is a series of physical balance and movement activities that improve visual skills, internal organization, coordination, self-awareness, self-control, and attention. Core Learning Skills Training uses sound therapy and rhythm activities to improve auditory processing and help the student gain a sense of reference point and an understanding of space and time, which are so critical for developing attention, self-control, and organization skills.

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Developer:

Jill Stowell, M.S.
Learning Disabilities Specialist
Dyslexia Remediation Specialist
Author: At Wit's End *A Parent's Guide to Ending the Struggle, Tears, and Turmoil of Learning Disabilities*