



Reflex integration: The Moro Reflex

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The Moro reflex is known as the startle reflex. When retained, this reflex can be displayed by a heightened startle response and poor regulation of the automatic nervous system.

Sensory Sensitivity and Overload

Additionally, a retained Moro reflex has been associated with hypersensitivity to auditory, visual, and vestibular input, leading to sensory defensiveness. This explains difficulty tolerating noise, movement, or busy.

Emotional Regulation and Behavior

Because the Moro reflex is tied to survival responses, children with a retained reflex may demonstrate:

- Emotional reactivity
- Low frustration tolerance
- Difficulty calming themselves

Attention Difficulties

Children with retained primitive reflexes including the Moro reflex often have challenges with attention. These challenges lead to difficulty with focusing during lessons and completing school work.

Postural and Coordination Challenges

The Moro reflex can also interfere with the development of postural stability, balance and coordination, and visual tracking and eye teaming. This can impact how a child sits at a desk, handwriting and fine motor tasks, and copying from the board.

When the Moro reflex stays active, it can make school feel overwhelming. These activities help your child's body feel calmer and more in control, making it easier to learn, play, and participate in daily activities.

Up and Over Exercise



Starfish Exercise



Passive extension in supine



Moro Rocking

