



Reflex integration: The Moro, STNR, and ATNR Reflexes

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Primitive reflexes are automatic movement patterns that babies are born with to help support early development. As children grow, these reflexes should naturally fade so more mature movement, posture, and coordination can develop.

How Primitive Reflexes May Affect School Performance

A retained reflex may make it harder for a child to:

- Sit still and maintain good posture
- Focus and pay attention in the classroom
- Use both sides of the body together
- Read, write, and copy from the board
- Manage movement, balance, and coordination
- Stay calm and regulated in busy environments

Moro Reflex

The Moro reflex is the body's startle reflex.

If it remains active, a child may be:

- Easily startled
- Overwhelmed by noise or movement
- More emotional or sensitive
- Easily distracted

STNR Reflex

The STNR reflex helps with early crawling patterns.

If it remains active, a child may:

- Slouch or fidget in their chair
- Struggle with sitting upright
- Have difficulty with handwriting and desk work
- Move often to stay comfortable

ATNR Reflex

The ATNR reflex helps with early movement and coordination.

If it remains active, a child may:

- Have trouble crossing midline
- Struggle with handwriting
- Have difficulty reading or copying from the board
- Find using both hands together challenging

When these reflexes stay active, school can feel harder than it should. Activities that support reflex integration can help improve focus, coordination, posture, and regulation for better success in the classroom.

Check out this
QR code
for more
information!

