



USING THE NINE ESSENTIALS OF NEUROMOVEMENT® EVERY DAY

MOVEMENT WITH ATTENTION




Help your child notice and pay close attention to what they FEEL as they MOVE and their brain will start making new connections.

SLOW




Slow everything down - for you and your child. Moving, talking, eating, facial expressions. Help the brain notice the small things.

VARIATION




Do normal things in different ways - faster, slower, bigger, smaller, harder, softer, be serious, be silly. Have fun creating possibilities.

SUBTLETY




Reduce the force and effort used to do things. Glide and float and feel your way towards greater sensitivity and perception of differences.

ENTHUSIASM




Quiet, internal enthusiasm with validating words and touch are more effective at amplifying learning for your child than cheers and applause.

FLEXIBLE GOALS




Goals are great, but the process of reaching them is where the learning happens. Embrace every mis-step, stumble and detour along the way.

THE LEARNING SWITCH



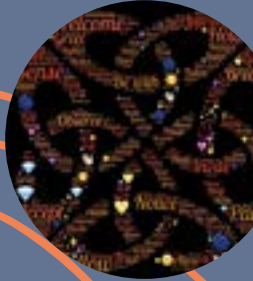
Expect to learn something new in all you do, think, hear or feel and help your child to do the same. The brain will respond and find the gold.

IMAGINATION & DREAMS



Imagine how things could be done and dream up possibilities. The brain can work backwards to create the steps required to get there.

AWARENESS



Be aware of what you think, feel, sense and experience at any point in time to heighten perception and upgrade brain function.