

Primitive Reflex Observation Sheet

For Parents and Therapists

Moro Reflex (Startle Reflex)

What it is: A protective reflex triggered by sudden changes in movement, noise, or position. Present from birth; should integrate by ~4–6 months.

Signs of Retention:

- Overreacts to sound or movement
- Easily startled or anxious
- Emotional outbursts or poor adaptation to change

Parent Observation:

•	out, flinches, or cries during sudden movements (e.g.,
when swinging, jumping, or hearing	ng a loud sound).
Therapist Notes:	

ATNR (Asymmetrical Tonic Neck Reflex)

What it is: When the head turns to one side, the arm and leg on that side extend, and the opposite limbs bend. Should integrate by ~6 months.

Signs of Retention:

- Difficulty crossing midline
- Poor hand-eye coordination
- Trouble turning head without body shifting

Parent Observation:

While your	child is watching	something or	turning their	head, do	they drop	items,	lose
posture, or	seem to "freeze"	one arm?					

Therapist Notes:			



STNR (Symmetrical Tonic Neck Reflex)

What it is: Head up = arms extend, legs bend; head down = arms bend, legs extend. Appears \sim 6–9 months, integrates by \sim 11 months.

Signs of Retention:

- W-sitting
- Poor posture or slouching at the table
- · Falls easily when transitioning to stand

Parent Observation:

they slouch quickly when seated?	_	
Therapist Notes:		

Watch during crawling or climbing—do head movements change how their limbs work? Do

TLR (Tonic Labyrinthine Reflex)

What it is: Head position influences body tone—head tilts forward = body flexes; head tilts back = body extends. Should integrate by ~4 months.

Signs of Retention:

- Poor balance
- Difficulty sitting upright
- Tends to lean or flop backward

Parent Observation:

During movement or sitting,	does your	child fall	back e	asily, s	seem (off-balance,	or	struggle
with tummy time or looking o	?nwok							

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Spinal Galant Reflex

What it is: Stroking the lower back causes the hips to wiggle. Should integrate by ~6 months.

Signs of Retention:

- Constant fidgeting
- Bedwetting (if retained past toddlerhood)
- Sensitive to waistbands or tags

Parent Observation:
Does your child wriggle constantly when seated? Do they complain about tight clothes or
tags on their back?
Therapist Notes:
Palmar Grasp Reflex
What it is: Touching the palm causes automatic finger flexion. Present at birth; integrates by
~4–6 months.
Signs of Retention:
Difficulty with pencil grip
Overuse of whole hand to grasp
Trouble releasing objects smoothly
Parent Observation:
Watch during drawing or using toys—does your child hold things tightly or struggle to let
go?
Therapist Notes:

