

# NeuroDevelopmental Movement

## Addressing Gaps in the Developmental Sequence

### What is it?

NeuroDevelopmental Movement (NDM) is a movement and sensory based, natural, drug-free approach to addressing behavioral, social, psychological, academic and physical challenges in children and teens. Techniques leverage the brain's neuroplasticity and for many, NDM is the missing piece to a complicated neurological puzzle.

### Why do it?

Children can have a wide range of highly challenging brain dysfunction. Some children have a patchy group of challenges that often stand out against a pattern of largely normal NeuroDevelopmental skills, such as poor social skills, behavioral challenges, impulsivity or inattention. They may have good intelligence, while behavior can be extreme and unmanageable. Some children have pervasive NeuroDevelopmental challenges that impact all areas of their functioning, and in more severe cases, children may be globally delayed or brain injured. By replicating the natural order of movements for healthy brain development, NDM prompts the brain to integrate functions that are currently unintegrated, resulting in improvements to social, behavioral, psychological, academic and physical challenges.

Many families have tried intervention strategies, such as behavior modification plans, medications, tutors and various therapies to address their child's struggles, only to find the progress ineffective or incomplete. Because NDM addresses these challenges at the foundational levels of brain function and development, it could be the missing piece that families have been searching for.

### How does it work?

NDM provides the client with one of the most comprehensive, effective and natural approaches to some of the most challenging academic and behavioral issues. NDM addresses these issues by evaluating skills at seven developmental levels, and considers reflexes, movement, and sensory development. If there are gaps at any level, work will target them to enhance functionality and help the brain complete the required developmental task. The brain literally constructs the missing circuitry to support new healthy functionality.

You will be given custom-designed movements and simple activities to practice daily in order to replicate and replace any missing stages. Individualized programs will include a combination of reflex, motor, and sensory activities. The program is done from home for 30-60 minutes each day in the context of good family dynamic and support.



### Your child is a candidate if they struggle with:

- Attention deficits
- Impulsivity
- Poor social skills
- Emotional dysregulation
- Behavioral struggles
- Sensory Sensitivities
- Academic difficulties
- Delayed motor skills
- Brain injury

### What does the program include?

- **3 hour Initial Assessment**
- **Individualized daily protocol**
- **Progress measured via periodic in person reassessments**
- **Ongoing supervision and support via phone, email or zoom for the duration of the program**
- **The average length of an NDM program is 18-24 months**

### How do I get started?

- **Email:**  
[sandy@cbfclinic.com](mailto:sandy@cbfclinic.com) or  
call 888-317-5605 x701