

Helping Infants to Preschool Children with Special Needs

Having taught the Feldenkrais(R) and Anat Baniel(sm) Methods since 1995, I remain inspired by the amazing possibilities that neurologically based movement lessons can elicit in people of all ages. I am especially delighted by the changes that I have witnessed in very young children who are simply too young to believe in their diagnosis. The children that I have had the honor of knowing and teaching, completely floor me with their presence and joy in learning.

Clare - An 8 month old child with down's syndrome who was so atonal that she was always floppy, learned to sit up on her own using her low back and needing no props at all in just a few lessons over a two-month period.

Benedetta - An 18 month old, was first brought to me because she did not use her Left arm. After one lesson she began to use that arm. She had been in a lower body cast the first four months of life and did not bend her knees or use her feet, and learned to roll both directions in one series of lessons (a few days) and learned the rudiments of army crawling in a few months. She learned to use either hand for playing with objects.

Michael - A three year old missing his mid-brain learned to use his back to come to side sitting on his own and to army crawl fast through the house within a year of working with me.

Children's eyes often straighten during lessons. They make up new sounds. They get interested in themselves, cause and effect games, interacting with others.

Who can benefit from the Anat Baniel Method for Children?

Children benefitting from the work have had the following conditions as well as others:

Ataxia Autism Autism Spectrum Brachial Plexus Injury
Cerebellar Atrophy Cerebral Palsy Delayed Development
Down's Syndrome Failure to thrive Fragile X Syndrome Hydrocephaly
Hypertonia Hypotonia Macrocephaly Microcephaly Multiple Sclerosis
Muscular Atrophy Periventricular Leukomalacia Prader-Willi Syndrome
Premature Birth Rett Syndrome Sensory Integration Dysfunction
Shaken Baby Syndrome Spinal Muscular Atrophy Stroke

What changes are seen when children receive lessons from a practitioner trained in the Anat Baniel Method for Children?

This method provides children with experiences that give them an opportunity to upgrade their nervous systems. Anat Baniel Method for Children practitioners seek to wake up children's awareness of feeling what they are doing. Many parents report that the first changes they see include:

Improved mood
Better sleep
Greater comfort

Increased alertness and awareness of their surroundings

As children "wake up" to themselves their experiences in and outside of the lessons should provide a variety of information that their brain organizes. Functional changes that have been seen as children continue the work include:

More effortless movements
Better balance
Improved ability to move; crawl, walk, run, jump, reach
Greater problem solving skills
Improved speech

Extensive information about this work is available at www.AnatBanielMethod.com

Call or e-mail for your child's appointment:

Free Children's Clinic (hosted 3x year)
Saturday, March 6th, 2010
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