



Retained Reflexes Checklist

Child's Name: _____ *Date:* _____

**Please check each area that you are seeing in your child consistently.*

Fear Paralysis Reflex

- ___ Seems to have high anxiety overall
- ___ Poor self-esteem
- ___ Sleep or eating disorders/issues
- ___ Above necessary aggression
- ___ Fear of failure or embarrassment
- ___ Unexplained phobias

Moro Reflex

- ___ Carsickness, poor balance, and poor coordination
- ___ Poor stamina
- ___ Does not maintain eye contact
- ___ Sensitive to light
- ___ Sensitive to sound
- ___ Allergies
- ___ Adverse reaction to drugs
- ___ Hypoglycemic
- ___ Strongly dislikes change
- ___ Anxiety or nervousness
- ___ Mood swings
- ___ Poor math sense

Babkin Reflex

- ___ Tendency to clutch fists when unnecessary
- ___ Hyper-mobility in the fingers
- ___ Sensitivities in the palms of the hands
- ___ Difficulties with overall fine-motor skills/handwriting/fasteners
- ___ Moves tongue, lips, or mouth involuntarily when using hands such as in handwriting
- ___ Articulation issues
- ___ Under developed facial expressions
- ___ Tension in jaw and tooth grinding
- ___ Regularly chews pencils, fingernails, etc.

___ Has trouble using eating utensils

Rooting Reflex

___ Picky eater

___ Continues to suck thumb at an older age

___ Often drool dribbles from his/her mouth

___ Speech and articulation issues

Palmar Reflex

___ Poor fine motor skills

___ Poor manual dexterity/in-hand manipulation of objects

___ Poor handwriting

Tonic Labyrinthine Reflex

___ Poor posture

___ Weak muscles

___ Poor balance

___ Unable to cross eyes easily or it hurts to do so

___ Spatial issues ie: bumps into walls or furniture or stands too close

___ Poor sequencing ie: telling stories, counting, or organizing

___ Poor sense of time, unable to tell time even though he/she should

Spinal Galant

___ Fidgeting

___ Bedwetting

___ Poor concentration or attention

___ Poor memory

___ Very sensitive in several of his/her senses

___ Difficulty reading

Asymmetrical Tonic Neck Reflex

___ Unable to cross eyes or it hurts to do so

___ Eyes jump over words or parts of words, lines, or repeats lines when reading

___ Poor balance

___ Right and left confusion

___ Mixes up d's and b's or other letters or numbers

___ Difficulty skipping or marching

___ Poor handwriting

___ Poor expression of ideas on paper

___ Has not developed hand dominance

Stepping Reflex

- ___ Toe walks or runs
- ___ Tight calf muscles
- ___ Poor balance and muscle control
- ___ Feet and ankle problems with pain and dysfunction

Heel Reflex

- ___ Heavy heel walking-walks like a baby elephant through the house
- ___ Complaints of heel pain
- ___ Achilles tendonitis-inflammation or complains about Achilles tendon pain
- ___ Complaints of shin splints
- ___ Poor core strength/stability
- ___ Balance problems

Symmetrical Tonic Neck Reflex

- ___ Poor posture
- ___ Ape like walk (hunched posture)
- ___ Poor eye hand coordination
- ___ Messy eater
- ___ Unable to cross the eyes or it hurts to do so
- ___ Slow with copying tasks
- ___ Poor attention skills

Plantar Reflex

- ___ Had difficulty learning to walk
- ___ Runs awkwardly
- ___ Poor balance
- ___ Problems playing sports coordinately
- ___ Has trouble walking in the dark

Thank you!