



The Belly Crawl: A “Double Click” on the Brain

Jasmine Pasch, Phew!!! Arts Center

- Stimulates horizontal eye tracking early head movement helps the skull to round out
- Stimulates the nerves that go to the muscles that pull the eyes into correct alignment (in the case of crossed eyes or over convergence)
- Helps with heel to coccyx alignment strengthens the arches in the feet
- Promotes cervical and lumbar spine stability, and neck strength, so helps the development of the mature s curve from the infant c curve.
- Makes the child aware of the genital area through ventral stimulation, and helps with on time toilet training
- Stabilizes the hip sockets
- Helps with the supination and pronation of the lower arm
- Helps the hands to open out from the grasp reflex to eventual cortical control
- Creates a feeling of vertical throughness which helps the child to feel grounded
- Is the first self determined movement
- Seems to be connected with brain stem development, and functions that ensure survival: accurate perception of pain, heat, cold and hunger
- Builds a sense of self, and is the basis for development of empathy and compassion

The implications of missing out on building these foundations are clear.

Source Bette Lamont Developmental Movement Center, Seattle

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