



CHECKLIST FOR THE MORO REFLEX



Signs & symptoms	Yes	No
An anxious baby or child that startles easily for no apparent reason		
Panic or anxiety attacks		
Eyes being wide open or just starring off afar, almost as if the child is 'hanging'		
Breath-holding of a child when he is startled		
The sudden outburst of tears or anger (biting, pinching due to anger or anxiety)		
A child being uncertain about their own reactions, or that is fearful of positional change		
A child having poor balance & coordination		
A child disliking playing, tumbling and amusement parks		
A child finding it difficult to manage rapidly approaching stimuli such as when catching a ball		
A child using only one arm at a time when executing gross motor activities such as catching, or fine motor activities such as cutting		
Poor sensory integration		
Poor oculomotor or eye-muscle control		
Difficulty copying from the blackboard		
Difficulty ignoring irrelevant visual input		
Difficulty focusing on visual details		
Short attention span		
Can't sit still due to too much adrenaline & cortisol		
Poor memory		
Allergies and getting sick easily		
Chronic fatigue		
Snacking and/or craving sweets		
Headaches		