

## **Kids, teens and adults**

Often families arrive at NatureKids with one kid not managing school, home or both. Even young kids have a huge chip on the shoulders from not coping. Parents feel they have a child who is different and therefore they may be at fault. Everyone has been trying to 'fix' what is 'wrong' with their child, and this is soul-destroying for everyone.

I don't think I have ever come across a parent who has been given a chance to explore the other end of the seesaw – their child's talents and gifts. First little ones show me what is going on in them, their angst and challenges, but then as they settle they start to show their gifts and talents – and this is always a WOW! moment for me.

Older children then start to explain, what I now know to be gifts and talents: the degree of awareness with which they experience our world.

Teens and young people then do the research online and find links to neuroscience, and often the names for their differences, talents and gifts, like Mirror Touch Synaesthesia, Eidetic Vision and Misophonia.

When these aspects of their lives are understood – I call it a Divided Brain - we can support what's tricky and develop gifts and talents. For example, Dame Evelyn Glennie is profoundly deaf, yet she is a professional percussionist – she feels the vibration of the music. I bet no-one had that in mind for her when she was little – or maybe she knew from childhood – some kids do. So a child with Misophonia (unable to 'turn off background noise like the hum of a heater or someone breathing) may hear aspects of music unavailable to the normal ear. A kid with ADHD may become a dancer and choreographer. Those who struggle with 2D reading often have 3D gifts with making anything from puppets to bridges. A young person with Eidetic Vision may become a TV or film producer, or 'see' different ways of surgery, or philosophy.

A toddler or Teen with Mirror Touch Synaesthesia may be seen as unable to cope with most aspects of life, but they may be brilliant at summing people up (ideal for if they want to employ someone), and building very, very deep connections when they find likeminded people – this is such a wonderful gift that can really benefit mankind in our world today.

So really value the different aspect of your child, and encourage this rather than focus what is not working. When a child or young person gets in touch with their gifts, they have the freedom to be themselves, and then any tricky aspects of life, like not being able to read, or socialise, can easily be supported with natural therapies and the right environment.

These young people have such huge gifts to share in our world, it great when they can flourish and use them.

So the following checklist are to understand the negatives, that these are neurological and not character faults, laziness or stupidity – even if other professionals have told you so.

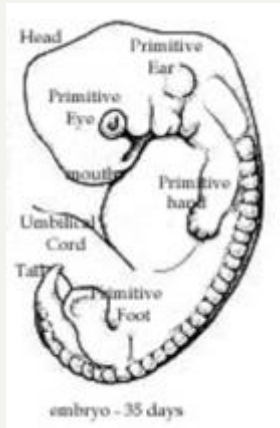
It's part of the brain being delayed or different, so that these gifts can fully develop, like for Dame Evelyn Glennie. So enjoy your child, and who they are, so they can build confidence in themselves.

They will have inherited these gifts, a little or massively, from their parents, so allow them to help aspects of you, buried in childhood or by work, to emerge and be a pleasure!

# Fear paralysis reflex checklist from:

<http://www.rhythmicmovement.com/index.php/en/primitive-reflexes/fear-paralysis-reflex-fpr>

## Fear Paralysis Reflex (FPR)



The FPR is a withdrawal reflexes that emerges in the embryonic stage. During this stage the embryo reacts to stress and stimulation by withdrawing and freezing. As the foetus' tactile awareness develops, withdrawal upon contact gradually lessens. It is thought that this reflex is the first step in learning to cope with stress. Ideally, the FPR merges into the Moro reflex and has become inactive before birth. If the FPR is not fully integrated at birth it may contribute to life-long challenges related to fear. People with the FPR active may often be very anxious and tend to veer towards negativity which can prevent them from easily moving forward to living a meaningful, interactive life. An active FPR often goes hand-in-hand with an un-integrated Moro reflex.

### Some possible long term effects of an unintegrated FPR are:

- Shallow, difficult breathing
- Underlying anxiety or negativity
- Insecure, low self-esteem
- Depression/isolation/withdrawal
- Constant feelings of overwhelm
- Extreme shyness, fear in groups
- Excessive fear of embarrassment
- Fear of separation from a loved one, clinging
- Sleep & eating disorders
- Feeling stuck
- Elective mutism
- Withdrawal from touch
- Extreme fear of failure, perfectionism
- Phobias
- Aggressive or controlling behaviour, craves attention
- Low tolerance to stress