**Brain Connect Program**

**Pons Level Focus**

**Neurodevelopmental Movement Program**

**Week 1**

Homolateral

Tonic neck

|  |  |
| --- | --- |
| Week 1 | Monday - Friday |
| [Homolateral Pattern](https://youtu.be/zLlAQXqTpGo) | 20 reps- build up to 60 reps |
| [Tonic neck pattern](https://youtu.be/C0pdLtQZZLI) | 20 reps- build up to 60 reps |

**Week 2- Week10**

Homolateral

Tonic neck

Tummy crawling

Fear of paralysis

|  |  |
| --- | --- |
| Week 2 -10 | Monday - Friday |
| [Homolateral](https://youtu.be/zLlAQXqTpGo)  | 60 reps x 2 |
| [Tonic neck pattern](https://youtu.be/C0pdLtQZZLI) | 60 reps x 2 |
| [Tummy crawling](https://youtu.be/erK9mdudPW4) | Start with 30 seconds or whatever you feel is reasonable for your child (Work up to 5 mins) |
| [Fear of paralysis](https://youtu.be/WLOf9mdL2SQ) | ONLY DO ONCE A WEEK |

**Week 10**

Reassessment

**Week 10-18**

Homolateral

Tonic neck

Tummy crawling

Headlifts

Toe digs

\*\*\*do in order\*\*

|  |  |
| --- | --- |
| Week 10 -18 | Monday - Friday |
| [Tonic neck](https://youtu.be/C0pdLtQZZLI) | 120 reps or 5 mins |
| \*[Homolateral](https://youtu.be/zLlAQXqTpGo) | 120 reps or 5 mins |
| \*[Toe Digs](https://youtu.be/mty5g0S0Z58) |  30 reps |
| \*[Tummy crawling](https://youtu.be/erK9mdudPW4) | 5 mins  |
| [Head lifts](https://youtu.be/mSQYoGHk1GY) | Every 3 to 4 days increase the amount of reps1 rep2 reps3 reps4 reps5reps 6 reps- for 1 month then stop |

**Week 18**

Reassessment

**Week 18-26**

English 5

Cross Pattern

Tummy crawling

Vestibular

Creeping

|  |  |
| --- | --- |
| Week 18- 26 | Monday - Friday |
| [Jumping jacks](https://youtu.be/EvA9tjv6M90) | 15 seconds |
| [Cross pattern](https://youtu.be/th6dq2-Phvs) | 120 or 5 mins |
| [Spinning head straight](https://youtu.be/Qft1E02lk_U) | 15 seconds or less if dizzy |
| [Toe Digs](https://youtu.be/mty5g0S0Z58) | 30 reps- 15 on each foot  |
| [Tummy crawl](https://youtu.be/erK9mdudPW4) | 5 mins |
| [Log Rolls](https://youtu.be/M09-Di_s9Xw) | 15 seconds |
| [Creeping](https://youtu.be/m2qM5c87HrU) | 5 mins |
| [Spinning head looking down](https://youtu.be/pohNLo_sGsY) | 15 seconds |
| [Cross Pattern](https://youtu.be/th6dq2-Phvs) | 120 reps or 5 mins |
| [Twisting](https://youtu.be/hQWIcunBNb0) | 15 seconds |
| [The English 5](https://youtu.be/Mugdu_yuqxY) | Only do 1 round |

**Week 26**

Reassessment

**Week 26 -Week 34**

Tummy crawling

Creeping

Cross

Vestibulars

|  |  |
| --- | --- |
| Week 26- 34 | Monday - Friday |
| [Touch toes](https://youtu.be/KlRRkjeVg4o) | 15 seconds |
| [Cross pattern](https://youtu.be/th6dq2-Phvs) | 120 or 5 mins |
| [Spinning looking up](https://youtu.be/bG_HFxw6UyU) | 15 seconds |
| [Tummy crawling](https://youtu.be/erK9mdudPW4) | 5 mins |
| [Bouncing](https://youtu.be/aovN4EG4iFQ) | 15 seconds |
| [Creeping](https://youtu.be/m2qM5c87HrU) | 5 mins |
| [Jumping jacks](https://youtu.be/EvA9tjv6M90) | 15 seconds |
| Rest  | 5 mins |
| [Spinning head turned to the side](https://youtu.be/NqUjD0E_dDo) | 15 seconds |

**Week 34**

**Reassessment**

**\*\* Contact me for next steps after your reassessment to see if you are finished\*\***

**Email:** **info@alexandralily.com**

**Week 34**

Tummy crawling

Creeping

Cross

Vestibulars

**\*\*Switch up vestibular if you want: An PDF was sent you for other vestibular ideas.\*\***

|  |  |
| --- | --- |
| Week 34 | Monday - Friday |
| [Touch toes](https://youtu.be/KlRRkjeVg4o) | 15 seconds |
| [Cross pattern](https://youtu.be/th6dq2-Phvs) | 120 or 5 mins |
| [Spinning looking up](https://youtu.be/bG_HFxw6UyU) | 15 seconds |
| [Tummy crawling](https://youtu.be/erK9mdudPW4) | 5 mins |
| [Bouncing](https://youtu.be/aovN4EG4iFQ) | 15 seconds |
| [Creeping](https://youtu.be/m2qM5c87HrU) | 5 mins |
| [Jumping jacks](https://youtu.be/EvA9tjv6M90) | 15 seconds |
| Rest  | 5 mins |
| [Spinning head turned to the side](https://youtu.be/NqUjD0E_dDo) | 15 seconds |