

Retained Reflexes Checklist 1

ROOTING & SUCKING

- ☐ Poor speech articulation
- ☐ Tongue thrust
- ☐ Drooling
- ☐ Thumb sucking
- ☐ Mouthing objects
- ☐ Food textural sensitivities
- ☐ Trouble chewing or swallowing
- ☐ Sensitive to teeth brushing
- ☐ Prefers soft foods
- ☐ Face is sensitive to touch

PALMAR (HAND) GRASP

- ☐ Poor handwriting
- ☐ Immature pencil grasp
- ☐ Trouble with self-feeding
- ☐ Difficulty with zippers, buttons
- ☐ Keeps hands closed at rest
- ☐ Cannot hang from hands
- ☐ Motor dysgraphia
- ☐ Poor hand/eye coordination
- ☐ Palm is sensitive to touch

BABINSKI

- ☐ Foot or feet pronates
- ☐ Walks on the outside of feet
- ☐ Pigeon-toed
- ☐ Poor balance or coordination
- ☐ Flat feet or very high arches
- ☐ Big toe stays up
- ☐ Dislikes wearing shoes and/or socks
- ☐ Has cramping in the feet
- ☐ Toe Walking

PLANTAR (FOOT) GRASP

- ☐ Toe Walking
- ☐ Dislikes wearing shoes and/or socks
- ☐ Toes are often curled
- ☐ Feet are sensitive to touch/ticklish
- ☐ Poor balance or coordination
- ☐ May avoid walking or running
- ☐ Delayed walking
- ☐ Fear of falling or falls often

These reflexes are all involved in feeling safe and secure and are often retained when children have trouble with emotional regulation. They are also called the “sensory reflexes” and are the basis of the sensory processing system.

SPINAL GALANT

- ☐ Constant fidgeting when sitting
- ☐ Sensitive to clothing textures
- ☐ Frequently takes shirt off
- ☐ Sensitive to clothes at the waistline
- ☐ Tilts to one side when walking
- ☐ Trouble bending side to side
- ☐ Poor posture
- ☐ Scoliosis
- ☐ Poor working memory/concentration
- ☐ Bedwetting
- ☐ Trouble rolling

ATNR

- ☐ Trouble with writing
- ☐ Doesn't have established hand dominance
- ☐ Can't use both hands at the same time
- ☐ Poor hand-eye coordination
- ☐ Eyes may skip/jump midline
- ☐ Has difficulty crossing midline
- ☐ Shoulder/neck pain
- ☐ Poor posture
- ☐ One leg looks shorter
- ☐ Uncoordinated gait
- ☐ Reading difficulties
- ☐ Poor auditory processing
- ☐ Only rolled to one side

TLR

- ☐ Poor balance
- ☐ Toe walks
- ☐ Head is tilted back when lying down
- ☐ Feet are pointed when lying down
- ☐ Rounded shoulders
- ☐ Poor posture
- ☐ Weak core/hypotonia
- ☐ Fear of climbing up or down
- ☐ Difficulty with stairs
- ☐ Motion Sickness
- ☐ Walks with head down
- ☐ Poor spatial awareness
- ☐ Tires easily

STNR

- ☐ Trouble staying seated
- ☐ W-sits
- ☐ Low core strength/hypotonia
- ☐ Poor upper body strength
- ☐ Curved back when sitting
- ☐ Reading difficulties
- ☐ Poor visual convergence
- ☐ Trouble copying from the board
- ☐ Tires quickly with exercise
- ☐ Skipped crawling or abnormal crawl
- ☐ No movement in arms when walking
- ☐ Avoids team sports

