



enabling every
child to learn



▶ OUR VISION IS TO ENABLE
EVERY CHILD TO LEARN TO
HIS OR HER FULL POTENTIAL

○ April

○ Missile

○ 2011



▶ OUR MISSION IS TO MAKE
THE *MOVE TO LEARN*
MOVEMENT SEQUENCES
AVAILABLE TO EVERY CHILD
IN EVERY CLASSROOM

Missile *e-mail*



News Flash!!

For those of you who have been thinking of becoming a Certified Move to Learn Practitioner, we have been working with lawyers and we've been able to develop a new contract!

Most importantly, we will now be able to offer certification globally!!!!

Previously, we were unable to offer full certification to those working in the USA and several other countries because of difficulties with insurance. That has now been resolved. Other areas concerning insurance are affected as well, so if you have been considering certification, take a look at the new information on the website, or contact me directly.

Our **next training and assessment seminar** is scheduled for **October** with **Julia Dive** in **BEGA!**

Details will be up on the website soon!





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New Research into ADHD

A new study printed in The Lancet, “Effects of a restricted elimination diet on the behavior of children with attention-deficit hyperactivity disorder (INCA study): a randomised controlled trial” ([http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(11\)60133-5/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(11)60133-5/fulltext)), has concluded that “a strictly supervised restricted elimination diet is a valuable instrument to assess whether ADHD is induced by food.”

According to the study, the symptoms of 64 percent of children with ADHD, could be attributed to a hypersensitivity reaction to food. An elimination diet was found to be helpful in determining which foods were a problem for an individual child.

Lead author, Dr. Lidy Pelsser of the ADHD Research Centre in the Netherlands, said in an interview with NPR, (<http://www.npr.org/2011/03/12/134456594/study-diet-may-help-adhd-kids-more-than-drugs>), that “Food is the main cause of ADHD,” and that, “After the diet, they were just normal children with normal behaviour. They were no longer more easily distracted, they were no more forgetful, there were no more temper-tantrums.”

While food related issues are not the only cause of ADHD, diet is a great place to start.

Read the research or listen to the interviews for further information.



I'm Too Old to Crawl!



Babies are designed for crawling. Their little kneecaps are cartilage and don't harden into bone until they are about three years old (girls) and five years old (boys). Clearly, this is the optimum time for crawling as crawling on bony knees can be quite painful!

But as we know, the benefits of crawling are not age limited. It helps with vertical eye tracking, visual convergence and detail perception. It encourages the arms & legs of each side to work together, strengthening back & shoulder muscles and helping to develop L/R brain processing and it helps to integrate the Palmer reflex, among other things. Crawling can be helpful at any age - but the associated pain levels of crawling at an older age can be a disincentive.

Knee pads can be helpful, and so can gym mats or a nice thick carpet. It's worth the effort to take the time to find creative solutions, because the benefits are certainly there.

One mum who crawls with her kids reported significantly reduced back pain, sleeping more restfully, more energy, feeling better organised, reacting better to stress and improvement in short term memory!

Give it a go!



Exciting testimony from Malaysia!

Joyce Moi, a contact in Kuala Lumpur who has established Starjump in Malaysia and has incorporated the Move to Learn program into her work with children there, sent us this testimony about 7 year old Stella recently. As Stella appeared to have developmental gaps, Joyce had Stella begin with the movement sequences outlined in 'Ten Gems for the Brain' and also with some of the play or game like exercises from the Move to Learn books and from the Starjump program. She then moved on to Starjump's 'Unlocking Literacy Program' and other Starjump strategies. Stella's excited mother had this to say:



"Stella is 7 years old this year. She is an adorable and active little girl. At the age of 10 months she was already walking and started talking at 1 years old. She never went through the stage of crawling or speaking in words. In my heart I used to think "Wah! I am sure this child will grow up and learn without any problem since she is better off than other kids of her age in speech and movement".

However, I was so dead wrong. After 2 years in Kindergarten, she could not write her ABCs correctly, messed up her big and small letters, couldn't count from 1-10 or even make out the days of the week. Every time I brought this matter up to my husband, he would say "She is still young, only 3 years old. Your expectation is too high. Is it Stella or you who have a problem?"

OK, so I waited another 1 more year to see what happens. By 4 years old, Stella was still the same so I told myself that I just couldn't wait any longer as I am pretty sure that Stella does have a problem!

I started taking Stella to see many 'specialists'. After spending a lot of money, the end result was always the same - Stella is 'dyslexic'. While I now know her problem, I was not able to find a solution that worked for her (I asked my friends, searched the internet, attended classes, sent her for special courses but nothing seemed to work. All in all, the money I had spent on courses and on Stella cost me a fortune - my 1 month expenses was equivalent to what I would have to pay Starjump for 3 years!).

Being so, you can guess how disappointed and sad I was. I felt depressed and often wonder what I have done wrong in my life to get this punishment. Stella herself did not have an easy time either. In school she had problem with Spelling, Ejaan, dictation etc. Every time she was tested, she scored '0'. Over time, her friends began to laugh at her and this was when she started losing confidence in herself. She found that she was a failure and use to come home crying asking me why all her classmates need only be taught once or twice and they could remember whereas in her case she wouldn't remember even after being taught 20-30 times the same thing.

Stella was then still not 7 years old yet.

In August 2010, I followed a tour to Vietnam and met up with a couple (Mr & Mrs Ti). We started talking about our children and this was when I couldn't help but start weeping. I told them about Stella. Mr Ti then said "I know a person who can definitely help you. Her name is Joyce".

Mr Ti then immediately took up his mobile and texted Joyce.

Thus was my introduction to Joyce and Starjump and the Move to Learn program. Joyce taught me a lot of simple steps that I could do together with Stella like a game for only 30 minutes a day. Never did it occur in my mind that with this little play Stella would begin to show signs of improvement!

She was able to write her ABCs correctly both in sequence and in big and small letters effortlessly and clearly just after 2 weeks. In the next 2 weeks, she learnt what days, months

and years meant. Then she understood what 15 minutes or 30 minutes meant. Now that she knew how to read the clock and see the time interval, it is impossible to get her to do even 5 minutes of extra work as she would tell me that Joyce said that she only need to work on her exercises for 30 minutes a day. Her memory also started to improve. She will now every now and then come and tell me "Mummy, how is it that in the past I find it so difficult to learn these words but now everything seems so easy? Why is this so?"

It is now 6 months since I started the Starjump Program in September 2010. I continue to see improvements in Stella on a daily basis. Her self-confidence has also gone up. I also find myself more relaxed so why should I not be thankful to Starjump? Now, whenever people tell me that Stella have changed, I would straightaway tell them "It's Starjump!". Starjump taught both me and Stella and together we learn. Today, I whole-heartedly share my daughter's experience in Starjump with all of you. I also take this opportunity to thank Starjump and thank the person who introduced Joyce to me (Mr Ti). Without Starjump, Stella will not have today's results. In my heart, Starjump is the BEST!"



Joyce has now teamed up with **Mary Mountstephen** from the UK to see if they can bring together their practices, and take their combined knowledge of Move to Learn into the schools in Malaysia!

Final Titbit!

We had a fabulous time at the **SPD conference** in Manly, NSW and Adelaide, SA. More on that later, but for now, an energy boost tip from **Alex Doman**, creator of **The Listening Program** and Founder and CEO of **Advanced Brain Technologies** :

"Sit in a chair for 5-10 minutes, feet flat on the floor and hands on your knees, and HUM. In just 5mins, you'll give yourself an incredible amount of energy."

Until next month, keep on rolling!

**From The Move to Learn Team
Barbara, Jini, Rick & Nikki & Manny**



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