

# Preschool Special Education

Teacher Brianne's Newsletter

January 2026

## What We Worked on in December



## Coming up...

January 19 – Martin Luther King Jr. Day, No School/sessions

January 23– No school/sessions (non-instructional work day)

February 16-20 – Mid-winter break, no school/sessions

March 30-31 – Parent-teacher conferences, No school/Sessions

## Information Spotlight: Retained Primitive Reflexes

Primitive Reflexes are automatic body movements that infants are born with in response to certain conditions, such as a startled reaching out when falling backwards, turning the head and mouth toward a stroke on the cheek, sucking when something is placed in the mouth, etc. These reflexes are involuntary movements that arise from the brainstem which purpose is to help the infant survive and promote early development. Eventually, over the first year of life, as the brain matures, the reflexes integrate into voluntary control over their movements and the reflexes begin to disappear. However, some children retain these reflexes beyond the expected ages for integration due to certain experiences or environmental factors.

Some literature suggests that retained primitive reflexes accompany or may contribute to developmental difficulties such as motor/balance delays, attention, learning and emotional regulation difficulties, etc. Many practitioners offer insights on how to test for retained reflexes and exercises to help integrate them. Although there is a lack of scientific consensus on the treatment of reflex integration therapy, it may be interesting for families to investigate.