

A mother, daughter and son with Autism ALL benefit from Brain Gym®

Category - Autism and personal development

December 2008

There are so many ways to share what *Cognitive or Brain fitness* is how it evolves the brain and the many transferable applications in the workplace, classroom and daily life. Here are some observations from a parent who took our Brain Gym® 101 Certification and put it to the test with herself, both of her children (son has Autism). We enriched this testimonial by linking corresponding Brain Gym® summaries of content.

"It is interesting watching for the little things that make a difference and Cognitive or Brain Fitness programs like Brain Gym® is helping us all in different ways. We have been doing PACE(a series of Brain Gym® movements) in the mornings and I have been telling my children that the Brain Gym® exercises helps them to wake up".

Every individual has a unique pace - optimal rhythm and timing for learning. When we connect with our own pace we can become self-initiating learners, able to recognize our own next appropriate learning step. PACE resets the mind, body system that only take 2 to 5 minutes.

"It's common practice that I help my son get dressed, because he is so sluggish in the morning and takes too long, and usually asks for help. It takes about 20 minutes to wake him up. He is 11 years old with Autism (very high functioning, but with many issues).

Yesterday, he had climbed into bed with us and when the alarm went off I immediately said that we should do PACE to wake up. He was dozing so I said we could do it lying down. My daughter came in and the 3 of us did PACE lying down. I started doing the movements with my son by holding his hands and doing it for him but he quickly woke up and took over on his own.

He suggested some alternatives to what we were doing and got right into it. When we were done, both kids jumped out of bed and ran to their rooms racing to get dressed. My son came back a few minutes later, totally dressed saying "look at me".

The next day, I was up early and went upstairs to help wake up my son. He had climbed into bed with my husband who was still asleep and I entered the room just in time to hear my son say "copy me papa" and he was doing the Cross Crawl (a Cognitive Fitness movement). Then my son said "this will help you wake up" and I joined in with them as my son lead my husband through the PACE exercises (it was not in the right order but that will come). He was so proud of himself for teaching his dad!"

The Cross Crawl is a midline movement, which focus on the skills necessary for easy two-sided (left-right) movement across the midline of the body. The vertical midline of the body is the necessary reference for all such bilateral skills. This area is where the left and right visual fields overlap, requiring the paired eyes and all of their reciprocating muscles to work so well as a team that the two eyes function as one. Development of bilateral movement skills for crawling, walking, or seeing depth is essential to the child's growing sense of autonomy. It is also a prerequisite for whole-body coordination and ease of learning in the near-visual area. The Midline movements help to integrate binocular vision, binaural hearing, and the left and right sides of the brain and body.

"We are doing our best to associate different movements, mostly the (Energy Exercises Brain, Space and Earth) buttons and more passive movements, to helping the kids get through a frustrating moment, redirect thoughts and give them energy. My hope is that eventually my son will be able to do these things on his own at school as a coping mechanism for different situations. And have a positive and quiet activity to do that he knows helps him at home. I am putting together a little visual for him on what he can do himself, 'when you feel like this... try this. I'll keep you posted."

"I am noticing things in my daughter as well. She tends to get very frustrated, especially if she is tired. When working on something, if she gets frustrated, we stop and she does Brain Gym®. The other day she went from "this is stupid, stupid, stupid I can't do it" while doing music homework to "I will do this how I think is right and if it's not, my teacher will tell me" after about having done 3 minutes of Cognitive or Brain Fitness exercises.

For myself, I am noticing my thoughts are much clearer, and they seem to be more organized. I am not as easily distracted and when I have so many thoughts at once, it seems to be easier to single out one to concentrate on at a time. When using Brain Gym, there is a better, more organized flow to thoughts. After doing the movements, I will get these great thoughts and ideas that just pop into my head that will be the solution to something I have been thinking about or trying to work through. It's like there are doors opening inside my head to let the thoughts flow better."

Jill Hewlett and Sharon Todd are both Licensed Brain Gym® Trainers and *Cognitive Fitness Experts!* Their company, Brain Works Global Inc., trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide [keynotes](#), [in house](#) and [community training](#) and personal and professional coaching services to a wide range of [organizations](#), [schools](#) and the [community](#). For more information go to <http://www.brainworksglobal.com> or call 905.830.6902.



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