

Blazepods – Information Sheet

Supporting Children Through Functional Neurology and Movement-Based Therapy

At Children's Therapy Services, we use evidence-informed functional neurology and movement-based tools to support children's motor development, sensory processing, attention, and self-regulation. One of these tools is Blazepods, an interactive light-based reaction system designed to activate neural pathways through fast visual-motor engagement.

What Are Blazepods?

Blazepods are small, wireless, touch-responsive light pods used to enhance visual processing, motor coordination, reaction time, and cognitive engagement. They light up in various colours and patterns, prompting children to respond through movement, decision-making, and problem solving.

Blazepods combine light stimulation, timing, and motor activity to strengthen the communication between the visual, sensory, and motor systems. They are widely used in neurological rehabilitation, occupational therapy, sports training, and developmental therapy.

Why Do We Use Blazepods in Our Clinic?

Children with developmental, sensory, motor, or behavioural challenges often show differences in how efficiently their brain processes information between the eyes, body, and movement systems.

Functional neurology uses targeted sensory-motor input to strengthen these connections and improve whole-brain communication.

Blazepods allow therapists to:

- Strengthen visual-motor integration
- Enhance reaction time and processing speed
- Support attention, sequencing, and planning
- Build coordination and body awareness
- Develop bilateral integration (using both sides of the body together)
- Regulate arousal and support self-control
- Prepare the nervous system for learning and therapy tasks

By adjusting the pod placement, colour, timing, and activity, we can customise the challenge to match your child's developmental profile.

Understanding How Blazepods Support Brain Development

Blazepods engage multiple neurological systems at once, including:

1. Visual Pathways

Blazepods strengthen visual tracking, scanning, and peripheral vision—all important for learning, reading, coordination, and safety.

2. Motor Planning and Execution

Children practise initiating movement, timing responses, and coordinating limbs in sequence.

3. Sensory Processing

Movement combined with visual stimulus helps improve sensory modulation, attention to input, and body organisation.

4. Executive Functioning

Blazepod tasks target:

- Attention
- Working memory
- Impulse control
- Task switching
- Problem solving

5. Left and Right Hemisphere Integration

Different pod placements and activities activate each hemisphere to improve whole-brain communication, balance, and learning readiness.

How Blazepods Help Children

For ADHD Children

Blazepods support attention networks by:

- Improving sustained attention and focus
- Strengthening impulse control
- Building processing speed
- Providing motivating, movement-based tasks
- Supporting transitions and regulation

For Autistic Children

Blazepods can help with:

- Visual attention and joint engagement
- Body awareness and coordination
- Strengthening sensory integration
- Supporting flexible thinking and problem solving
- Regulating arousal through predictable routines paired with movement

For Sensory Processing Differences

Blazepods help by:

- Improving sensory registration and timing
- Supporting multisensory integration
- Strengthening postural control
- Providing structured sensory-motor challenges
- Building tolerance for visual input

For Motor Delays or Coordination Difficulties

Blazepods support:

- Gross motor coordination
- Bilateral (two-sided) integration
- Balance and spatial awareness
- Hand-eye coordination
- Motor sequencing and timing

For Learning and Executive Functioning Challenges

Blazepods help:

- Strengthen left/right brain communication
- Build working memory
- Support sequencing and planning
- Enhance readiness for reading, writing, and academic tasks

How Are Blazepods Used During a Session?

Your therapist will:

1. Assess your child's neurological and motor profile, including coordination, balance, reflexes, visual processing, and executive functioning skills.
2. Choose Blazepod activities based on your child's needs—this may include reaction games, sequencing tasks, balance challenges, or dual-task exercises.
3. Integrate Blazepods into therapeutic activities, such as:
 - Balance and vestibular exercises
 - Bilateral integration tasks
 - Obstacle courses or movement circuits
 - Visual-motor drills
 - Executive function challenges (stop/go, memory, sequencing)
 - Reflex integration and postural activities
4. Monitor changes in movement, behaviour, attention, and arousal throughout the session.

The difficulty can be increased or decreased by changing the height, spacing, timing, or cognitive demands.

What Are the Benefits?

Blazepods may support:

- ✓ Faster reaction time and processing speed
- ✓ Improved attention and focus
- ✓ Better sensory integration
- ✓ Stronger motor coordination
- ✓ Increased body awareness
- ✓ Improved bilateral integration
- ✓ Enhanced problem solving and cognitive flexibility
- ✓ Greater engagement and motivation in therapy
- ✓ Better eye-tracking and scanning skills
- ✓ Stronger left/right brain communication

Are BlazePods Safe?

Yes. BlazePods use soft LED lights and low-impact, movement-based activities. They can be adapted for all ability levels.

Our Approach at Children's Therapy Services

We use BlazePods as part of an integrated therapy model that may also include:

- Functional neurology assessments
- Occupational Therapy
- Reflex integration
- Sensory modulation programs
- Visual-motor development
- Balance and coordination training
- Behavioural and emotional regulation support
- Neurodevelopmental movement programs

Every child's therapy plan is fully personalised to their neurological profile, developmental needs, and goals.