

Neural Organisation Technique N.O.T

A gentle, whole body approach to supporting your child's development

Not helps to support the body to reset and organise itself

Suitable for children and adults

Helps build stronger foundations for development

Gentle techniques are used to support the body in releasing stress and improving communication pathways

Beneficial for children who may experience:

- Emotional regulation difficulties
- Attention and focus challenges
- Sensory processing differences
- Coordination and motor skills difficulties
- Developmental delay
- Sleep challenges
- Speech and communication delays
- Tension in the body
- Trauma
- Frequent fatigue

Supports the nervous system to feel safe, organised and balanced

Looks at how the brain and body communicate with each other

It works by identifying areas where the body may be "stuck" and gently support these areas to function more smoothly

Supports the body to shift out of survival mode

Gentle and safe

Supports the nervous system- children often become calmer and more regulated, more focused and engaged, better able to process sensory information and more confident in their bodies

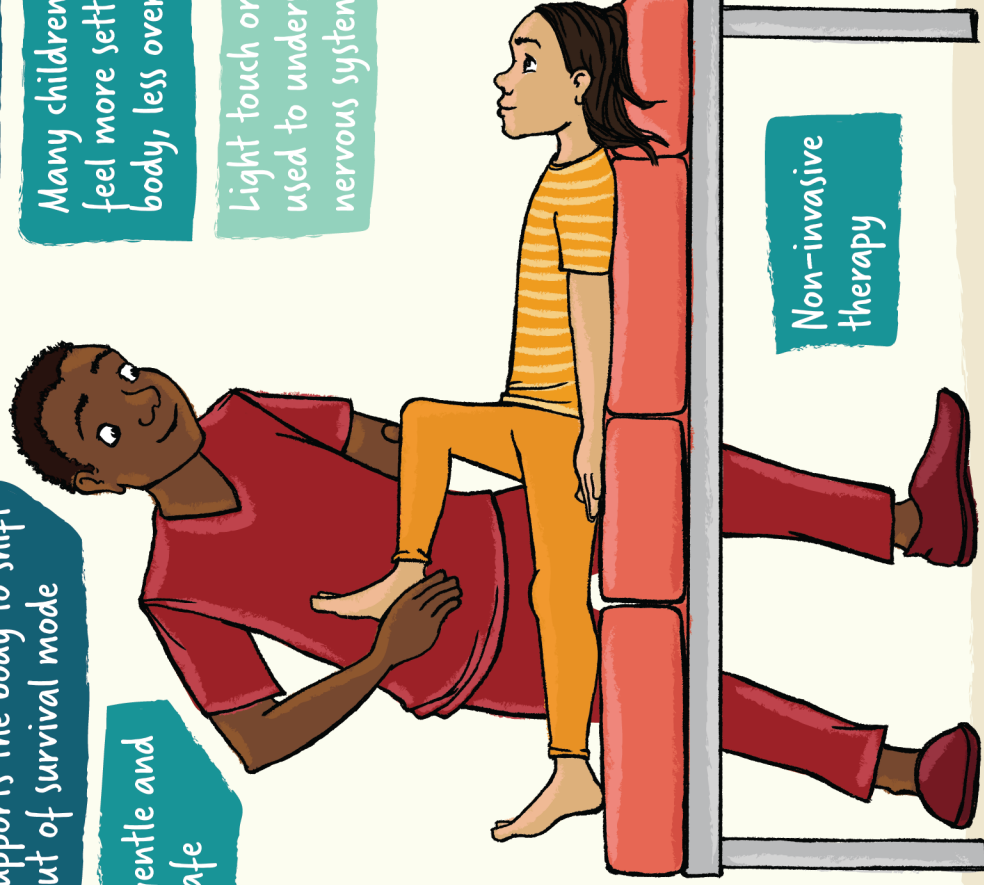
Many children enjoy the session and may feel more settled and connected to their body, less overwhelmed

Light touch or simple muscle testing is used to understand how the child's nervous system is functioning

Helps children feel calm, connected and confident in their world

Helps children to have a greater ability to learn and engage

Every session is tailored to the child



Non-invasive therapy