

# LOOK BENEATH THE SKILL

## *The Foundations of Neurodevelopment*

What we see at the top is built upon everything developing underneath. What develops becomes part of the pattern the nervous system uses to predict, adapt, and respond to what comes next.

### 8 COGNITION



Learning • Comprehension • Reading • Writing • Math • Focus • Problem-Solving

### 7 SOCIAL BRAIN



Self-Control • Emotional Regulation • Social Skills • Behavior • Empathy • Activities of Daily Living

### 6 COMMUNICATION



Language • Speech • Body Language • Auditory/Visual Memory • Phonemic Awareness

### 5 PERCEPTION



Attention • Sensory Integration with Movement • Vestibular Maturity • Listening • Hand-Eye Coordination • Sequencing • Filtering Input

### 4 SENSORY-MOTOR



Posture • Balance • Coordination • Body Awareness • Motor Planning • Core Strength • Gross Motor → Fine Motor Control • Developmental Milestones

### 3 SENSORY PROCESSING



Auditory • Visual • Tactile • Vestibular • Proprioception • Interoception • Sensory Mapping

### 2 CENTRAL NERVOUS SYSTEM



Primitive Reflexes • Muscle Tone • Regulation Physiology • Attachment & Co-Regulation • Ventral Vagal/Social Engagement • Cranial Nerve Function

### 1 FOUNDATION



Prenatal & Birth • Imprints / Implicit Memory • Epigenetics • Nutrition • Sleep • Breath • Gut & Immune Health • Environmental Influences • Toxicity • Ancestral Trauma • Structure • Subtle Body Energy