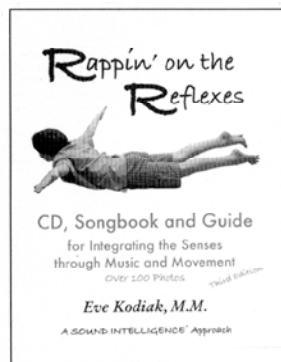

BOOK REVIEW: RAPPIN' ON THE REFLEXES: CD, SONGBOOK AND GUIDE

By Eve Kodiak, M.M.

SOUND INTELLIGENCE Productions, 2004

Ann Szaur, ND, M.Ed., RN



R*appin' on the Reflexes* choreographs infant reflex movements to simple songs and raps. Created by Eve Kodiak, who comes to Edu-K from a lifelong career in music, *Rappin'*'s combination of audio, photos, and text is accessible to every kind of learner.

A user-friendly spiral-bound guide supports the CD, and each chapter contains lyrics, photos, and practical information. Every song tells a story: the Automatic Gait

Reflex becomes "Robot Rap" and the Asymmetrical Tonic Neck Reflex becomes "Baseball Boogie."

As practitioners, teachers, and parents, we see widespread sensory confusion among today's youngsters. Trauma in the developing child can send a huge fight-or-flight signal to the central nervous system (CNS) to stay in sympathetic mode.

Reflex integration helps the CNS to move into autonomic mode, where the child can experience relaxed digestion, easier breathing, and all the unconscious miraculous rhythms that happen in every moment of life.

Rappin' on the Reflexes is the most effective integration tool I have encountered in my thirty years of working with children. Prior to *Rappin'*, I'd give some handouts with exercises to be done at home or in class. These were always eagerly received, but follow-through was usually poor. Now, parents and teachers return with gratitude—even tears—and fairly glow with success.

You can work straight through the CD as an evolutionary series (from breathing to cross-lateral rhythm patterns) or choose activities one at a time, as when you complete Brain Gym® movements. An index helps you choose which songs might be appropriate for more than thirty-four specific conditions.

Children love the songs and activities, and often repeat them on their own at slower and faster speeds. The adults feel empowered; they understand why the children are struggling, and now have a clearer outline of how to help. All of us, including the children, see a marked difference in schoolwork and increased completion of homework and chores.

Rappin' on the Reflexes is available on the Web at www.evekodiak.com. Bring your questions to Eve Kodiak at the 2005 Edu-K Gathering in Ventura, California! ▲

Editor's note: Regarding the activity called "Well, Well, Where's Your Turtle Shell?" on page 13 of this book, Eve Kodiak has asked us to mention to our readers that the activity was derived from Core Activation in the Educational Kinesiology In Depth Training Manual, and that this derivation will be acknowledged in the next edition.
