

# INPP Consultation Process



## STEP 01



### Screening Questionnaire

Complete the questionnaire (online or emailed to you) to see if this is the right developmental movement programme for you/your child.

## STEP 02



### Developmental History Consultation

If STEP 1 indicates this is the right programme, then we talk with you about your/ your child's early development to get a more detailed picture of their neurodevelopmental sequence.

## STEP 03



### INPP Assessment

We arrange & conduct a 2-hour assessment to identify your/ your child's neuromotor & sensory profile. (Parents/ caregivers are in attendance during the assessment.)

## STEP 04



### Report & Programme Development

We prepare an INPP Educational Report, develop the programme, explain our findings & issue the first exercises.

## STEP 05

### Exercises



You complete daily, home-based, developmental movement activities (about 8 minutes a day).



## STEP 06



### Review Assessments

Every 6 - 8 weeks, we monitor the progress & maturity of the neuromotor & sensory systems; and, we adjust the movement programme to suit the new stages.

## STEP 07

### Duration



We repeat steps 5 & 6 for up to 12 months of developmental movement therapy.



# Neuroplasticity & the INPP approach requires:



NUMBER  
**01**

## Regularity



Daily practice and application of the movement pattern.

NUMBER  
**02**

## Consistency



The **same exercise movement** needs to be completed over a minimum of 6 - 8 weeks to address the underlying neuromotor and sensory issues identified.

NUMBER  
**03**

## Slow movement



Slow movement has been shown to be more effective than fast movements in this programme.

NUMBER  
**04**

## Quiet



While the space does not need to be silent, quiet places for the exercises help reduce the overload of sensory information and input into the body system.

NUMBER  
**05**

## Patience & Communication



This is not a "quick fix" solution, & progress may not be obvious to you because you see your child daily. The INPP Practitioner will help you identify progress. Sometimes regression can occur. Sometimes there is more to functional challenges than this element of neurodevelopment. Your practitioner will discuss this aspect of therapy with you. Talk with your practitioner about any concerns.



NUMBER  
**06**

## Individualised programmes

The INPP programme is customised for the individual client. Exercises should **NOT** be undertaken without a complete prior assessment from an INPP Practitioner.



Please contact your INPP Practitioner if you have ANY concerns or questions