

Test your child at home to determine whether Neurolinks can help

(Please note – this test is not a substitute for a professional diagnosis.)

Test 1: Focus to Focus

* YOU WILL NEED TWO PENCILS WITH ERASERS.



1. With the erasers at eye level, hold the pencils 1 foot apart from each other and about 1.5 feet away from your child's face.
2. Set a timer for 10 seconds.
3. Ask your child to focus their eyes on one eraser and move smoothly to look at the other eraser, moving their eyes quickly back and forth from one eraser to the other.

A child under 11-years-old should be able to complete 18 – 19 clean, rhythmic movements in 10 seconds. A child over the age of 11 should be able to master 22 – 23 movements in that timeframe.

If your child was not able to perform this exercise adequately, they may be suffering from tracking issues. Did you notice eye dropping, under shooting, slight hesitations or stopping before your child reached their target?

Test 2: Cross Pattern March



1. Ask your child to raise their right arm and their left leg and then lower them simultaneously. Then swap and raise their opposite arm and leg in a basic march.
2. Once they have mastered the basic march, ask them to pause for 2-seconds between steps.
3. Once they have mastered the pause, ask them to count aloud, saying each number as their foot touches the floor.

Regardless of age, all children over the age of 6 should be able to master the Cross Pattern March.

Test 3: Nonsense Letter Quiz



1. Show your child Nonsense Letter Strip A.
2. Ask them to count from 1 – 12 while looking at the letter strip.
3. Put down the letter strip and have your child write down what they saw on the strip. Repeat these steps for each of the four letter strips.

Children ages 6 - 8 should be able to master Nonsense Letter Strip A & B; children ages 9 – 11 should be able to master Nonsense Strip A, B & C; and children ages 12+ should be able to master all Nonsense Letter Strips.

A: B3Z

B: 4HY9

C: TK718

D: 2L9BNU