

ROY ANDERSON

Author of FIRST STEPS



After gaining a BSc in Maths and Physics, three years employment in an industrial laboratory, and a Diploma in Education, I took a teaching post in a downtown secondary school working with remedial children. The school eventually closed and I moved

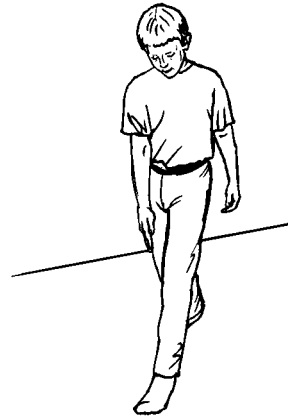
on to practise withdrawal teaching in a junior school. At this point I became interested in lectures by A.E. Tansley on the neurological basis of learning – lectures that referred to the ideas of Carl Delacato, ideas which interested me greatly.

The vital idea which Delacato proposed in his works in 1959 and 1963 is that, while the child grows, the sleeping, crawling and walking areas of the brain should develop. Ascending the brain stem, the successive areas should become strong and dominant in turn, forming a firm foundation for the development of the cortex. Language develops in one hemisphere, usually the left one, which should become dominant, while the other hemisphere becomes sub-dominant.

As I progressed to working in a remedial centre, I had the chance to develop these ideas. Crawling and walking were part of the work at the centre; sleeping work was introduced at the same time as the rate of switch-off reading errors was being studied. One consequence of the sleeping work we

noted was a reduction in the number of errors exhibited by the children.

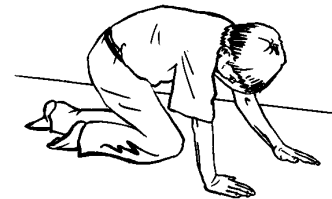
My work has necessarily been like a 'dumbbell' – a chunk of it taking place at the beginning of my career, another at the end of my career, with fragmentary work taking place 'in between', although it was my experience 'in-between' that revealed the specific benefits of individual exercises, examples of which are shown below.



The Training Walk



The Sitting Crawl



Crawling Forward