

from labelling to enabling



Jennifer Southgate is one of only two certified HANDLE® practitioners in South Africa who are affiliated to the HANDLE® institute. For more information on this organisation and to check her credentials, please visit www.mindstretch.co.za.

www.mindstretch.co.za

Organisations that recognise HANDLE® include

- Communicative And Supportive Teaching/ Learning Environment (CASTLE), London, England
- Department of Social and Health Services, Seattle, WA
- Early Childhood Education Assistance Programme (ECEAP), Whidbey Island, WA
- Federal Way Birth to Three Developmental Centre, Federal Way, WA
- Institute for NeuroPhysiological Psychology, Chester, England
- Keshev (early Childhood Intervention Programme), Hadera, Israel
- Neurotherapeutics, Oregon City, OR



For more information on how MindStretch can help your child, please contact

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“I recommend this programme to any child who has a learning challenge.”

*Ingrid Roberts
mother of teenage boy*

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What is MindStretch?

MindStretch is a multidisciplinary approach to help individuals overcome a variety of challenges. It incorporates the HANDLE® methodology and practises Gentle Enhancement®. HANDLE® is an acronym for Holistic Approach to Neuro Development and Learning Efficiency. This approach was pioneered in the USA.

MindStretch provides carefully designed movement activities which help to build neurological pathways in the brain. These pathways help to support learning and efficient functioning.

MindStretch addresses ADD, ADHD, autism, dyslexia and cerebral palsy, as well as general learning challenges.



The Introductory Session

The client is introduced to the MindStretch methodology, and areas of concern relating to the child's challenges are discussed.

The Assessment

The objective of the assessment is to identify the underlying causes of learning challenges rather than simply attaching a label to them. The child is observed performing a variety of tasks and a careful analysis of the child's processing modalities is done.

The Activity Programme

The family receives the results of the assessment in which an overview of neurological processing skills are discussed. Skilled guidance is given in the implementation of a customised programme of activities. The client is filmed while being guided through a tailor-made take-home movement programme and is given a DVD of the activity programme.

Monthly Review

Throughout the duration of the programme, the child will be seen by the practitioner on a monthly basis in order to record and track progress as well as update the exercises. Sustainable progress on the programme is directly related to doing the exercises on a daily basis. The suggested amount of time is between 20 and 30 minutes a day.

How MindStretch benefits children

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Our son had been diagnosed with Pervasive Developmental Disorder (PDD). After three weeks of working with MindStretch he showed tremendous improvement in his expressive language skills at school and now has an eagerness to learn. His behaviour has also improved remarkably. He continues to amaze us with his progress.

Reverend Deon and Bonita Faro

Our daughter was diagnosed with PDD-NOS, and received all the related therapies for a child with her condition. Since incorporating MindStretch, we have seen amazing results. She is now able to pedal and steer her bicycle, retrieve words more accurately and use language more appropriately, and has also become a calmer, more relaxed child.

Paul and Jazel Peterzell
Founders of Autism Action SA



Our son's Grade 2 teacher expressed a concern at his general inability to pay attention. Our son expressed his frustration at his inability to function competently at school. After being on the MindStretch programme his teacher noticed an improvement within the first six weeks. His school report reflected his improved ability to complete his written tasks. He is now a confident child and manages to complete his written tasks within the prescribed time limit.

Shayne Pittendrigh