Activities for Home for your Kid's Sense of Head Movement

Vestibular

Sensory Processing



How we feel and experience the world around us, there are three types of sensory processing:

- Avoiding: this child typically "avoids" certain head movements and things that are overwhelming to them
- Seeking: this child can't get enough stimulation and "seeks" out movement that excites them
- Under-responsive: this child doesn't seem to notice much around them
- Vestibular Processing: ability to understand information through head movement and gravity to maintain balance, equilibrium and move through space. Vestibular processing can impact a child's ability to run, jump, spin, and have their feet off of the ground

Sensory Treatment

- Modulation: using preferred input before, during, and after activities to make the child feel "just right"
- Remediation: gradually introducing non preferred stimuli over time
- · Adaptation: adapt the activity to help the child be successful





Vestibular Avoider

Your child might be very sensitive and grow upset with head movement

- Be mindful if your child easily gets dizzy with head movement (may need professional evaluation)
- First encourage movement with their feet on the ground then move to movement with their feet off the ground
- Start with gentle and enjoyable movement back and forth like a swing or rocking chair
- Have your child sit on a yoga ball and they can rock back and forth
- Play games like catch, tennis, ping pong, or air hockey
- Animal walks can help your child get used to different movement patterns in a fun way



Vestibular Seeker

Your child is constantly seeking extreme movement that can be unsafe

- Allow your child to get plenty of play time before structured activities and take "activity breaks" when needed
- Try new moves with animal yoga, wheelbarrow walks, and twister
- Explore toys at home or at a park/indoor playground (swings, spooner board, trampoline, scooter board)
- Use a small indoor trampoline or bounce house





Under-responsive to Vestibular

Your child doesn't seem to notice movement and might bump into people and objects

- Ensure safety by teaching your child to scan their surroundings
- Allow your child to explore movement safely (sit-n-spin, swurfer, swings)
- Create an obstacle course with crawling, walking, jumping, and hopping sections
- Engage in fun tabletop games while seated on a yoga ball
- Use a rocking chair or rocking horse
- Gentle swinging on a hammock or swing





Considerations

- All activities should be done with adult supervision for safety
- Be patient with your child, they are struggling to understand the world around them
- These activities are not a substitute for medical care, please seek the advice of your child's medical team before implementing any of the strategies discussed here

Therapist Notes

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