

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 Avider

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 of 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

