

Vestibular Processing



➤ *What is the Vestibular system?*

- The vestibular system is our sense of movement through space
- our sensors for vestibular input are in our inner ear
- the vestibular system works with auditory, visual, and tactile systems to affect emotional regulation as well as attention
- The vestibular system is a major source of organization for other sensory inputs and experiences

➤ *Signs your child might have difficulty with vestibular processing:*

- Constantly in motion
- Can spin for long periods of time without getting sick
- Fearful of activities above ground level
- Unsteady or unbalanced on the ground
- fearful, anxious, or uncomfortable when upside down or head inverted

➤ *Activities to try at home:*

- swinging - spinning, side to side, back and forth, or around the world
- riding down a slide
- rocking chair
- jump on trampoline, bounce on exercise ball
- dancing
- running (extra input if uphill!)
- ride bicycle

For more information and guidance, consult your child's occupational therapist or schedule an evaluation with us