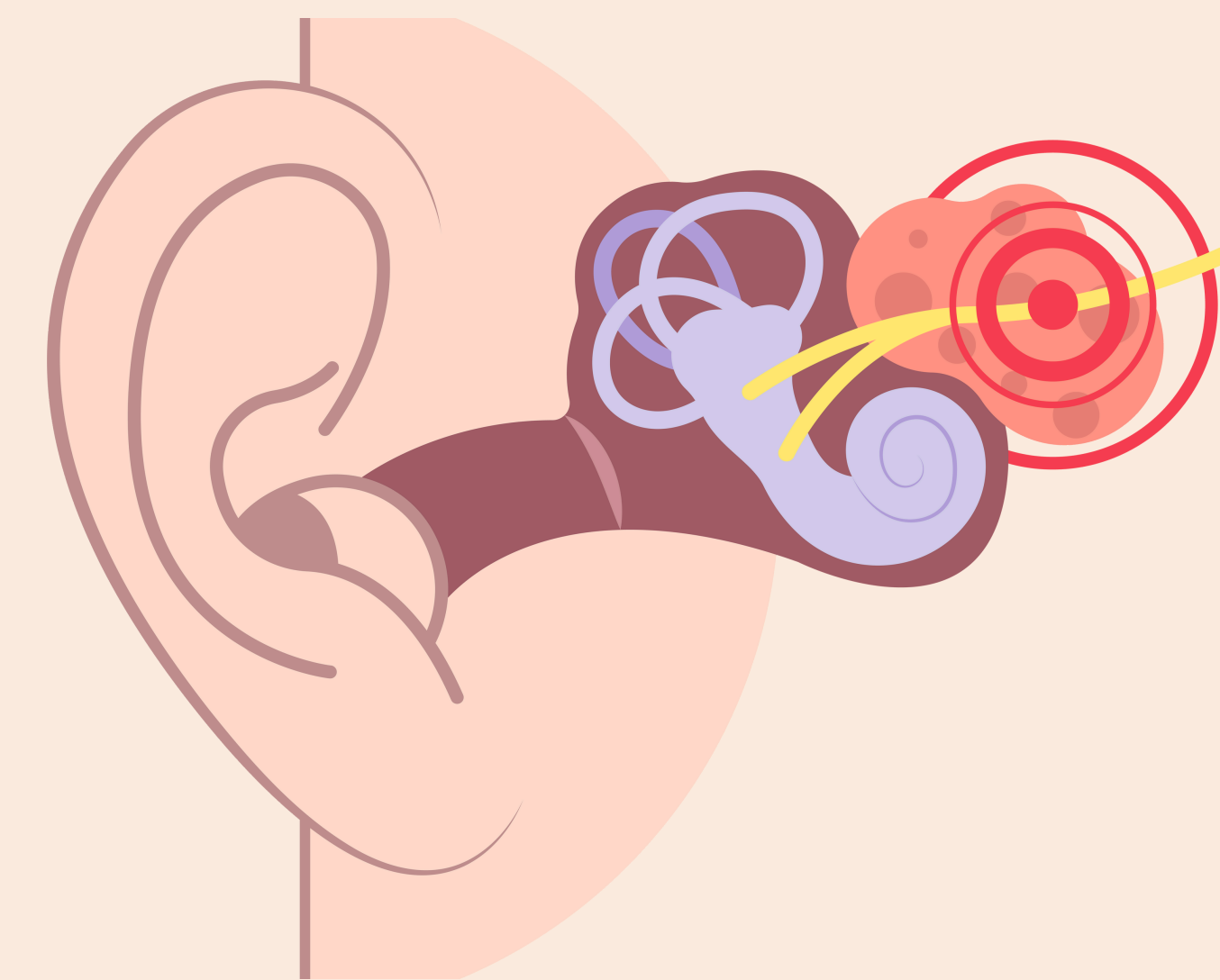


VESTIBULAR stimulation

vestibular system

The vestibular system is a key part of our inner ear that plays a crucial role in helping us maintain balance, posture, and coordinated movements. It's highly sensitive to motion and changes in position, allowing our brain to track our movements and orientation in the world around us. When the vestibular system isn't functioning properly, it can lead to feelings of dizziness, unsteadiness, and difficulty in keeping our balance.



Sometimes children may be hypersensitive to vestibular input, or seek additional stimulation.

Hypersensitive

Symptoms

- dizziness
- vertigo
- nausea
- tinnitus
- motion sickness
- light sensitivity
- sound sensitivity
- unsteady on feet
- anxious

Management strategies

- Establish and maintain a predictable routine
- Identify and where possible, avoid triggers, e.g., dizziness from merry-go-round
- Use headphones for noise sensitivity
- Practice mindfulness and deep breathing exercises to reduce anxiety which may trigger the vestibular system
- Make slower and more deliberate movements, e.g., stand up slowly from sitting

Sensory-seeking

Symptoms

- constant movement, e.g., spinning, jumping, somersaults, rolling
- challenges sitting still
- enjoy fast-paced activities, e.g., trampolines, roller-coasters
- sometimes children may bite, chew, or lick objects, and seek out different textures

Management Strategies

- Sensory activities, e.g., therapy ball, balance board, weighted blanket, sensory swing
- Incorporate a visual schedule so children know when it is and isn't appropriate to engage in sensory-seeking activities
- Structured physical activity
- Regular movement breaks
- Practice self-regulatory strategies, e.g., deep breathing, muscle relaxation, mindfulness