

THE OTHER TWO SENSES


A 2 part series

VESTIBULAR SENSE

What your child is really doing
When they're spinning around like a top

Plot spoiler: **It isn't misbehaving**

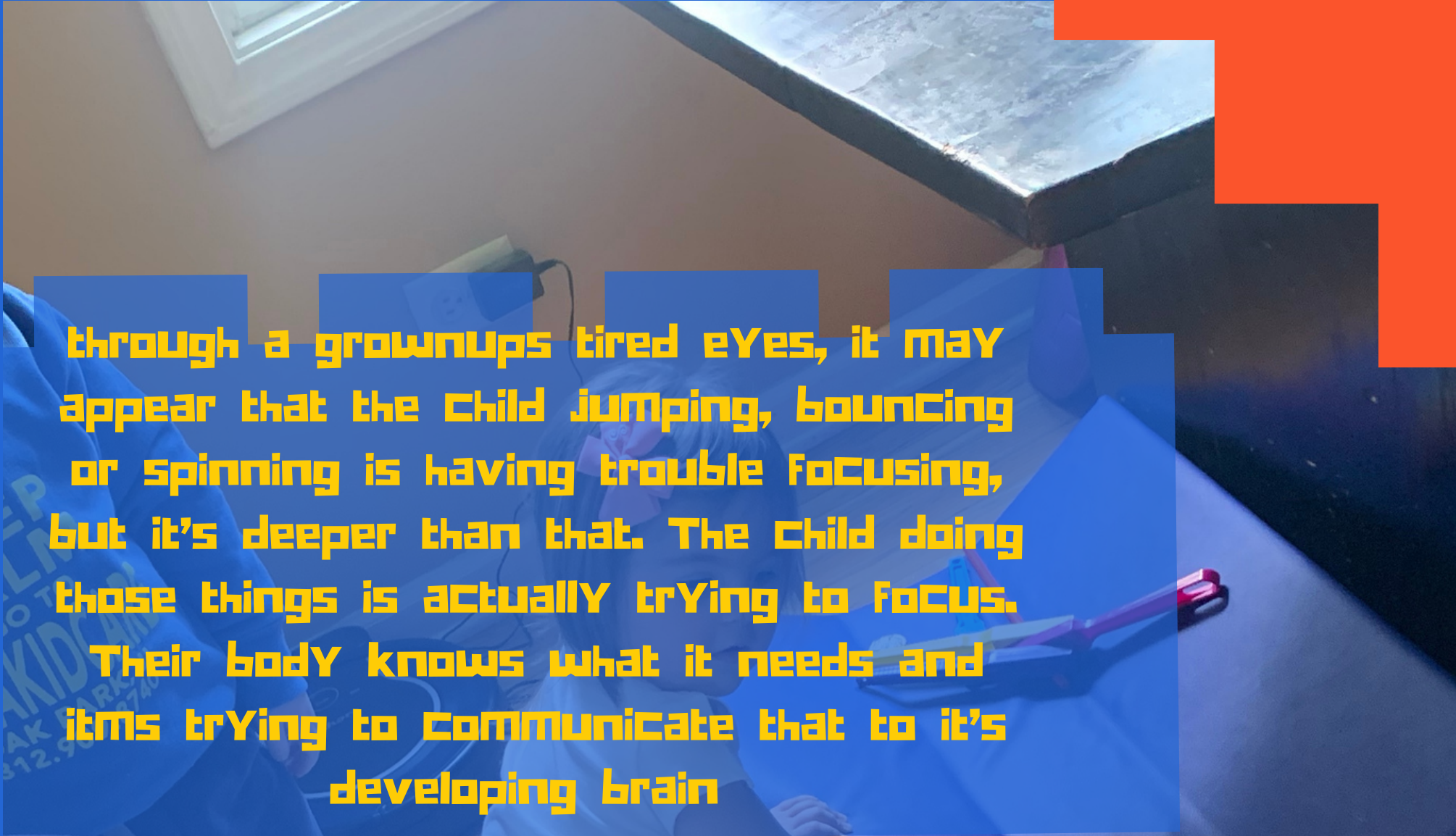


A child is sitting on a patterned rug, holding a blue and white patterned bag. The background shows a table with various items and a blue jacket hanging on a chair. A blue text box is overlaid on the right side of the image.

Located in the inner ear,
the vestibular system helps
us process sound and use
our eyes proficiently in our
environment

Impacting:

- Learning skills
- Emotional development
- Physical



through a grownups tired eyes, it may appear that the child jumping, bouncing or spinning is having trouble focusing, but it's deeper than that. The child doing those things is actually trying to focus.

Their body knows what it needs and it's trying to communicate that to it's developing brain



vestibular stimulation

**UPSIDE
DOWN**

vestibular stimulation
BALANCING



Signs of the vestibular sense hard at work:
good balance, sharpened visual tracking,
and dexterity.



CRITICAL IN CHILD DEVELOPMENT

It helps a child feel secure in their own body as the movement sends information to the brain about where they are in space.



Calming vestibular activity **ROCKING**

Other vestibular stimulating activities

include:

Spinning

Crashing

Jumping

Swinging

Lying/sitting with head still



Vestibular stimulation

Sliding

It is impossible to educate the mind without involving the body.

learning is thinking and movement integrated.

Unknown.