

Vestibular Input

Vestibular Input

The vestibular system arises in the inner ear and is responsible for processing movement, changes in head position, and direction and speed of movement. This system has a direct impact on a person's level of arousal. Providing organizing input 2-3 times per day, usually in the morning, afternoon, and evening can help a child maintain a level of arousal needed to attend to perform daily tasks. Remember, 15 minutes of vestibular input can last up to 12 hours. Below are some activities to help:

Organizing Activities

- Swinging- Swinging provides some of the most intensive vestibular input.
- Riding a bicycle or taking a walk
- Swaying in a hammock
- Rock in rocking chair or rocking horse
- Rhythmic bouncing or rolling on large therapy ball
- Wagon rides
- Lying on couch with head down looking at ceiling
- Pulling child on a blanket
- Swinging in a blanket

Provide movement throughout the day is important to meet your child's movement needs.

These activities may hype your child up so make sure they are not done prior to activities that require prolonged attention (i.e. meals, homework, etc.)

- Jumping on trampoline or in bounce house
- Log rolling- roll back and forth to retrieve objects like clothes or shoes
- Sit and spin or spinning in office chair
- Scooter boards
- Bouncing on large ball
- Dancing, marching, twirling
- Jumping rope
- Imitating head positions
- Slides and climbing on playground equipment
- Shake and stretch body
- Pass ball over head and through legs
- Somersaults
- Create an obstacle course to crawl under, over, through chairs, cushions, pillows, etc.