

VESTIBULAR

The vestibular system is centered in the inner ear and is our sense of balance and movement. It is our sense of where our bodies are (spacial awareness) and it works closely with other senses to support safe, coordinated movement.

When a vestibular system is not functioning correctly, we may become under responsive or over responsive to movement. As the vestibular system works closely with other sensory systems, an unhealthy vestibular system can cause challenges with vision and hearing too.

Signs of under responsive vestibular system:

Always moving (rocking, swaying, spinning, etc.).
Has difficulty sitting still for long periods.
Takes risks when jumping, climbing, balancing, etc.
Enjoys hanging upside down.
Loves rollercoasters.
'Thrill-seeker' or 'adrenaline junkie'.

Signs of over responsive vestibular system:

Often unbalanced and/or uncoordinated.
Fearful of stairs, escalators, elevators, etc.
Dislikes being upside down.
Doesn't enjoy swings, spinning, fairground rides or rollercoasters.
Often dislikes movement activities such as dancing.

Activities that support vestibular development:

- Swings
- Slides
- Spinners
- Hanging upside down
- Bike riding
- Running
- Swimming
- Jumping (trampoline)
- Dancing
- Balancing
- Rocking