Our Details:

Children's Therapy

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Movement (Vestibular)

Hypersensitive / Avoiding

Preschool

Barnsley Children's Therapy Services

www.southwestyorkshire.nhs.uk

With **all of us** in mind.

What do we mean by vestibular hypersensitivity / avoiding?

Someone who doesn't like or looks for **less** movement experiences from everyday situations.

Does your child:
- Dislike playground activities?
- Dislike their head being upside down?
- Get uncomfortable on stairs / escalators / lifts?
- Become travel sick easily?
- Prefer quiet activities?

Avoiders often need their sensory input reduced.
Carefully construct events to introduce a wider range of sensory experiences so they can build their confidence slowly.

Prioritise challenging areas & focus on just one at a time.

If your child becomes overwhelmed, they may need to 'get away' and reset before returning to a task.

As a child grows, their vestibular system continues to develop and mature so things will change.
Some activities can appear daunting to children, they will need adult support to begin with to develop skills and confidence.

Use a graded approach (do one thing at a time, starting with the easy bits) to introduce different movement experiences.

Practice little and often and at a pace set by your child.

Ideas to Try:

Play
- Provide support and encouragement to participate in physical activities.
- Sit with feet on the floor (use a step if needed)
- Break complex activities down into small achievable chunks.

Outside:
- Acknowledge need to choose sedentary activities but encourage outdoor play.
- Build up distances in the car, with regular breaks during the journey

Movement which is linear (backwards and forwards, side to side) and steady is usually easier to tolerate than rotation (spinning) or unpredictable movement.

Activities to try:
- Play row, row, row your boat (slow and rhythmically initially)
- Graded play on swings
- Homemade obstacle courses (over, under, around, through)

Remember sensory processing is complex.

It's different for every child (and adult) because everyone is unique!

And more importantly, there is never a 'wrong' way to be!