



Remember sensory processing is complex.

Its different for every child (& adult) because everyone is unique!

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

**Specific Advice:**

**Potential profession :-)..**

- Life model
- Living statue street performer
- Call centre operator

Name:

**If you have any queries please contact your therapist.**

Our details:

Therapist name:

**Children's Therapy**  
Oaks Building  
Kendray Hospital  
Doncaster Road  
Barnsley  
S70 3RD

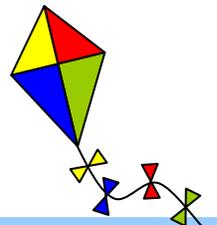
Telephone: 01226 644396

**These activities should be carried out in a safe environment and supervised by a responsible adult.**

# Vestibular



## Hypersensitive/ Avoiding



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
- Prefers quiet activities

Avoiders often need their sensory input reduced.

Carefully construct events to introduce a wider range of sensory experiences so they can habituate (get used to) them

Take one embedded ritual and expand it in one way at a time.

But remember they may need to 'get away' & regroup if they become 'overwhelmed'

Use a 'graded' approach to introduce different movement experiences. Practice little & often and at a pace set by your child

**Ideas to try.....**

### **Play/ school work**

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

### **Self care**

- May need to be seated for dressing, showering etc.

### **Outside**

- Acknowledge need to choose sedentary activities but encourage outdoor play
- Build up distances in the car, with movement breaks before & after

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

Activities to try...

- Play row– row –row your boat (slow & rhythmically initially)



- 'Graded' play on swings (see advice sheet)



- Yoga, dance, martial arts (at a steady pace)
- Home made obstacle courses (over, under, around, through)

