

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
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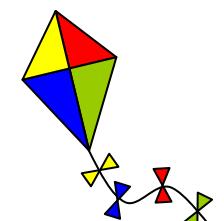


Vestibular



Hypersensitive/ Avoiding

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



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)

