



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 professions :-) ...

- Waltzer operator
- Sailor
- Crane 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

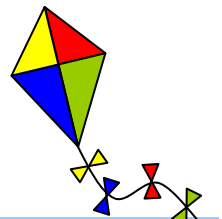
Telephone: 01226 644396

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

Vestibular



Hyposensitive/ Poor Registration (teenager)



What do we mean by Vestibular Hyposensitive/Poor registration?

Individuals 'miss more' information about their movements and body in space

Does your child....

- Have poor endurance/ tires easily
- Slump in their chair/ lean on surfaces
- Have weak muscles

Individuals who struggle to register information in their environment, need the task features and contextual cues (hints from the activity, that help you know what it is) enhancing. Try and make all experiences more concentrated with sensory information.

Provide opportunities to move in order to 'wake up' the sensory system

Do so regularly and in different ways

Increase tactile (touch & feel) & proprioceptive (resistive/ heavy work) components of tasks

Ideas to try.....

Learning/ Play/ Concentration

- Trial a move & sit cushion or gym ball when doing your work
- Movement breaks—every 20 minutes or so
- Trial heavier weight, vibration pens/ pencils etc.
- Change body position whilst completing desk based tasks
- Change tempo of movements (use music)

Dressing/ Feeding/ Grooming

- Trial heavier weight or wider handled cutlery if eating is challenging
- Change body positions when carrying out daily tasks

Play 'movement' games

- Wii
- Dance
- Martial arts



Try...

- The gym
- Running
- A sports teams, golf, or climbing
- Swimming

