

## Vestibular Input

The vestibular system arises in the inner ear and is responsible for processing movement, changes in head position, and direction and speed of movement. This system has a direct impact on a person's level of arousal. Providing organizing input 2-3 times per day, usually in the morning, afternoon, and evening can help a child maintain a level of arousal needed to attend to perform daily tasks. Remember, 15 minutes of vestibular input can last up to 12 hours depending on your child.

Below are some activities to help:

### Organizing Activities

- Swinging- if you do not currently have a swing set, it may be something you should look into buying. Swinging provides some of the most intensive vestibular input.
- Riding a bicycle or taking a walk
- Swaying in a hammock
- Rock in rocking chair or glider chair
- Lie on couch with head down looking at ceiling
- Rhythmic bouncing or rolling on large therapy ball
- Lying on couch with head down looking at ceiling
- Swinging in a blanket

- Create an obstacle course to crawl under, over, through chairs, cushions, pillows, etc.
- Jump on a mini trampoline
- Spin in an office chair with a gradual slowing down of the spin
- Dancing