

DOES YOUR CHILD NEED TO MOVE TO FEEL CALM?

VESTIBULAR SENSORY NEEDS

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WHAT ARE VESTIBULAR SENSORY NEEDS?

The vestibular system helps with balance and movement.

It tells the brain:

- where the body is
- how fast it is moving
- whether the body feels steady

Some children need more movement to feel settled and ready to focus. Others may find movement too much.



WHAT IT CAN LOOK LIKE

A child may:

- move or fidget often
- struggle to sit still
- enjoy spinning, swinging or climbing
- seek active or rough play
- bump into things
- seem always "on the go"
- find it hard to settle or focus



WHAT IT IS NOT

Vestibular needs are not

- naughty behaviour
- poor discipline
- "just high energy"

Movement is often how the child regulates their body.



WHY IT HAPPENS

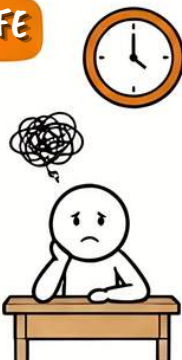
Some children need more movement input to feel balanced and alert.

Without it, they may feel restless or unsettled.



HOW IT CAN AFFECT DAILY LIFE

- sitting still can be difficult
- transitions may be harder
- the child may seem distracted
- behaviour may become more unsettled when movement is limited



WHAT HELPS

- regular movement breaks
- activities like jumping, running, climbing or swinging
- small movements during tasks (stretching, standing)
- outdoor time
- "heavy work" (pushing, pulling, carrying)
- shorter periods of sitting still
- preparing for transitions
- noticing what helps your child settle



WHEN TO SEEK SUPPORT

If your child needs constant movement or struggles to regulate, speak to an occupational therapist.

KEY MESSAGE

Some children need movement to feel calm and ready. Supporting this helps them settle and learn.



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