

# Sensational Toddler/Preschooler OT Tip of the Month Movement Tools

## Do you know children that ...?

1. Are on the move, twirling and bouncing through their day?
2. Love to hang upside down?
3. Are fascinated by watching toys that spin or move?
4. Have a hard time sitting for a “too long” story or circle time?

These children might have a high need for vestibular input. The vestibular system has receptors in your inner ear to tell you about movement. Since the receptors are in your inner ear this system is stimulated by changes in head position such as spinning, swinging, hanging upside down. Your eyes can also give you a sense of movement (watching spinning object). Some sensory seekers are craving movement opportunities throughout their day. Behavior can deteriorate when there is limited motor activity.

## Sensational Ideas for Movement

1. Evaluate your playground/gross motor room for opportunities to swing, slide, hang upside down, or roll.
2. Take a dance break with actions that get the head moving or animal walks with stomping (elephant) and jumping (frog or kangaroo).
3. Provide a rocking chair, sit- n- spin/dizzy disc or “wobble seat” (inflated cushion).
4. Watch fish swim in a tank or explore toys that have moving parts such as tops and pinwheels.

For more information on the vestibular system, go to:

[http://www.zoemallox.com/uploads/1/6/0/8/16088620/vestibular\\_system\\_why\\_is\\_it\\_so\\_critical.pdf](http://www.zoemallox.com/uploads/1/6/0/8/16088620/vestibular_system_why_is_it_so_critical.pdf)

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