Understanding the Vestibular System

The vestibular system in the inner ear helps your child keep their balance, detect motion, and stay upright.

What does it do?



Three semicicuclar canals send information to the brain about where head is in space.

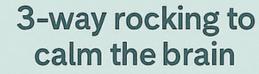
Sitting still is *not* the gold standard

Sitting requires advanced balance Many children can focus better during gentle motion or active learning breaks.



What is a vestibular upgrade?

Before your child learns to jump or hop, the brain needs a *balance upprade.* So they spin, roll, and climb to prepare for the next big skill.



Rocking stimulates each semicicutar canal in turn, which helps organise and calm the brain.



Side- Front to back Circular