

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 semicircular 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 upgrade.* So they spin, roll, and climb to prepare for the next big skill.



3-way rocking to calm the brain

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



Side-

Front to back

Circular