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ASD Tips

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Vestibular and Proprioception (Movement and Balance issues)

If you have a child who needs to keep their body moving or who bumps into

people and objects while they are moving, they may have some proprioception or vestibular issues. This just means that they may have difficulty in knowing where their centre of gravity is or where their bodies fit in the space around them.

Sometimes these children will hold onto walls or touch furniture while they are moving around the room.



Lots of movement is the key for these children. Playing lots of games that require touching different parts of the body (such as heads and shoulders knees and toes) and also games that require lots of side to side or front to back movement is great.



For example: piggy back rides, swinging on a swing, blanket sleds for young children, wrestling with others on the ground, Tae Kwon Do is great for any age as it requires a lot of discipline for holding certain positions. Tai Chi is also great for all age groups.



I also find that using a trampoline or using a rebounder on a regular basis is very helpful for both proprioception and vestibular movement.

You can find more information at:

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