

# The Spinners and Swingers – Understanding Vestibular Seeking

## What This Article Is About

The vestibular system (inner ear) senses movement and balance. Kids who spin, rock, swing, or pace are tuning their brains for alertness or calm. Fast, unpredictable input can energize; slow, rhythmic input can soothe.

## What You Might Notice

- Spinning endlessly without dizziness
- Rocking in chairs or rolling across the floor
- Loving swings, scooters, or bikes
- Pacing or bouncing before/after challenging tasks

## Quick Strategies

- **Alerting Input:** Fast swings, spinning, tumbling for wake-up energy.
- **Calming Input:** Rocking chairs, hammocks, gentle back-and-forth swings.
- **Age-Appropriate Activities:** Toddlers → rocking horses; early school age → scooters, playground swings; older kids → martial arts, gymnastics, skateboarding.

## Parent Takeaway

Movement through space primes the brain for learning and regulation. By offering safe, child-led vestibular input, you help your child organize attention and emotions.