Headbanging

For some children, head banging is a way to release tension and prepare for sleep. Some children headband for relief when they are teething, have an ear infection, swollen tonsils and/or adenoids or other ENT issues. Some children bang their heads out of frustration or anger, as in a temper tantrum.

Head-banging is also common for sensory seeking stimulation. On the other hand, a child with a to decrease the stimulation to his sensory system. exchange one sensory input for another more

Another way to look at it;

Imagine that neurons in your child's brain are North Contract i cos dons the long services incessantly. What seems like a whisper may sound like shouting to them. These kids are stimuli that they will bang their heads to help drown out the background noise. This is soothing for them and helps sensory minefield.

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Headbanging

Carefully watch what is happening before the

- Stress
- Boredom
- Undesired task
- Alone time
- Lack of attention
- Struggle to communicate

being touched, wearing particular clothing, etc.).

Then think about what they get from the behaviour;

- Attention
- Avoidance of the task
- Comfort
- Something else

You might realise that they really don't get input.

Strategies

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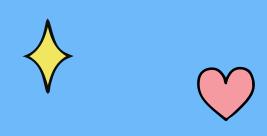
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- Gentle cranial compressions
- Help them do head-stands
- Forward rolls

the child's head while on hands and

Lycra tubes





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Headbanging

Headbanging also provide a lot of rhythmic vestibular input so find ways to provide this as well such as;

- Swinging (going on a swing)
- Jumping
- Frog umps
- Rocking
- Spinning (egg chair)
- Trampoline

If you notice triggers in the environment such as physical, social or sensory (e.g., bright light, loud noises, being touched, wearing particular clothing, etc.) try strategies such as;

- Cutting tags out of clothes
- Dimming lights
- Reducing noise







