



Where Kids of All Abilities Learn Through Play!

CALMING BENEFITS OF WEIGHT AND COMPRESSION

We are often asked how is it that weight can help an individual (or adult) focus. Well, for some of us, the engagement between our bodies and our minds is less than clear. Add on to that the stress of being in school and what we often see is an individual who is “out of sync.” The additional weight provided by a vest, lap pad or blanket can act as a filter to help engage the mind toward more important matters, such as reading and writing. Try a vest during focus times such as test taking, working at a desk, doing homework or when listening is required. We recommend using a vest with weights up to 5% of the individual’s body weight and for increments of 20 minutes to maximize the effects of weighing in.

Please speak with your child's therapist or doctor to determine the appropriate weight for your child.