

Making Time For Mom?

Trials and Tribulations of a busy mother, experimenting with time saves and parenting.

Monday, February 25, 2013

CalmMe Weighted Blanket- My Daughter with Sleeping and Sensory Issues

My daughter, Iliana, is going to be 5 next month. Since she was about eighteen months old she began having problems sleeping. She would wake up crying every time she awoke. She was about three when she would start waking up in the middle of the night and scream bloody murder. We contacted her doctor and he thought she was having night terrors he said she may out grow it, or we could sedate her at night, which he knew was not an option for us, so we hoped for the first. Six months later she was still screaming uncontrollable in the middle of the night and now her behavior was changing. She was becoming increasingly defiant, unlike my other two children I had at the time. I knew something was different but could not pinpoint exactly what. We mentioned this to her doctor as well and he said that some children are just more challenging- I tried to go with this and move on.

More time passed, she was now four and even more defiant and becoming super frustrated with simple tasks and moments of helplessness began with simple tasks. You could tell by the first noise that came out of her mouth in the morning how the entire day was going to go. We could either have a decent day with controllable anger or a disastrous day with uncontrollable outbursts. I could no longer believe that she was just being more of a challenge so I called the Family center and asked for help. I needed to know if there was some other parenting skills I could use to help with these "challenges". A woman came to our home bi-weekly teaching my husband and I new parenting skills (most of which we were already doing).

Months passed with no change. There were moments she refused to get dressed, or brush her teeth or even eat without help. One time she refused to put on her seat belt with out help, and after 20 minutes of sitting in the parking lot she finally let her older sister buckle her since she realized I was not. Two minutes down the road she was still screaming so loudly and was so angry, she unbuckled herself, walked to the front of the car (she was seated in the third row) and slapped me. The woman from the family center referred us to a play therapist. The play therapist would come to the house once a week for "play." I really didn't find this doing really anything, I'm still not sure what it was supposed to do. She was still having outbursts and still waking up in the middle of the night crying or waking up and unable to get back to sleep for sometimes hours.

Me moved to a new home and during the move I found piles of ripped up papers in different places throughout her room- drawers, between the wall and the mattress, under the blankets, in her closet, etc. Iliana was ripping up papers, perhaps as a stress reliever? She was also starting to gain an aversion towards textures, clothing, seams, etc. The play therapist referred her to an occupational therapist.

The behavior was still an issue and she was becoming increasingly violent now- punching and kicking the walls, pushing and hitting her sisters, pulling my hair, and just flat out disobeying. We talked to our Dr. again, and he prescribed her a sleeping medication which helped put her to sleep but she woke up four hours later, unable to fall back asleep. After a week, my husband and I took her off the medication because it was pointless. We placed another call to the Doctor who then sent over a referral to a psychiatrist, who we have seen three times and is contemplating other medication related to behavior.

I've been reading through different material looking for other options other than medication for a child who isn't quite five years old. I stumbled upon a website called Fun and Function- Where Kids of All Abilities Learn Through Play. This particular website designs special needs toys and therapy products for a variety of needs for parents and professionals. I contacted this company with my story and have been given the opportunity to review their product called CalmMe Weighted Blanket.

Since I'm not sure if the behavior is a result of the sleeping issue or something separate, this is a perfect opportunity to find out. I gave my daughter this blanket and told her that it was magic and it was going to help her sleep and she could also use it when she was angry or frustrated she could wrap it around her and it would calm her down and relax her.

The blanket is designed to provide a cozy feeling that relaxes the senses resulting as a natural sleep aid and help calm many afflictions that cause pain and anxiety. She has been using it for about a week now and says that she hasn't been getting up at night (although she still gets up pretty early in the morning- when the sun comes up) and she goes to her blanket when she's mad to help calm her. I actually want one for myself! I can definitely see how one might have a sense of security when using the blanket. The only con is that she gets pretty warm under it so no need for flannel

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About Me

Andrea Byrne

Mother of 4 beautiful daughters who is working on managing her time to become the mother she desires to be... but who can find the time?!

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jammies! Either way, it brings her a sense of peace which in return gives me a sense of peace. I'm glad she's sleeping better for her sake and mine!

Check out their website at www.funandfunction.com they have a variety of items that may interest and even help you!

I would like to add after a comment i received- her behavior is not instantly changed do to this blanket. She does sleep better and this is a means/a place for her to find comfort in when she's upset to help her calm down.

Posted by **Andrea Byrne** at 9:21 PM 

Reactions: [\(funny 0\)](#) [\(interesting 0\)](#) [\(cool 0\)](#)

2 comments:



Morgan Hough February 25, 2013 at 10:19 PM

Very neat, I hope it helps!

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Andrea Byrne February 26, 2013 at 7:54 AM

thanks Morgan! It definitely helps with sleeping!

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