



Helping Hand Developmental Center

Policy for the use of Weighted Blankets/Vests

Weighted blankets/vests may be used with children as a part of an Occupational Therapy plan of care for sensory calming.(blankets specifically at nap time.)

A weighted blanket should not be used if the child has any of the following:

- Breathing problems
- Cardiac Problems Epilepsy
- Serious hypertonia (differences with muscle tone)
- Skin problems including certain allergies
- Circulatory problems

A weighted blanket used at naptime is not to cover a child's head. It is not to be used as a restraint at any time. The child must always be able to remove the blanket independently. Supervision for children using a weighted blanket is a must, watching for breathing difficulties, nausea, behavioral or physical signs of discomfort or anxiety in the child. The weight of the blanket should not exceed 10% of the child's body weight.

The Occupational Therapist must approve the use of the weighted blanket/Vest along with the parents. Written consent from parents/guardian must be in child's file.

I have read and understand the weighted blanket/vest policy.

I give my permission for my child _____ to use a weighted blanket/vest for the 20____ school year.

Parent or Legal Guardian Signature

Date