

Weighted Lap Pads and Shoulder Wraps



The core idea behind all weighted products is that weight offers proprioceptive feedback which can have a calming effect, helping to improve a child's attention span and reducing excessive fidgeting. It can also help to reduce stress and anxiety. Weighted lap pads and shoulder wraps apply calming deep pressure whilst the user is sitting down.

Please remember that everyone is unique so while some children will find these strategies calming, for others it may not work.

When can they be used?

- To help reduce fidgeting and support self-regulation during carpet time and assembly.
- When needing to focus for a period of time when sitting at the classroom table, during reading time or at the dinner table.
- Not recommended for night time use.

How should they be used?

- Lap pads and shoulder weights can be used for short periods of time throughout the day when the child is expected to sit still.
- Over time the child is likely to get used to the sensation and therefore it will become less effective. Therefore, they should be used for short, focussed periods and not all day.
- It is important that the child has control over when the lap pad is used. A child should never be forced to use the lap pad or shoulder wrap if they do not want to.
- The child should be able to remove the lap pad or shoulder weight by themselves.
- Users should always ensure they follow the manufacturer's safety guidelines when using a weighted product.

There are a number of online suppliers including:

- <https://www.sensorydirect.com/deep-pressure/lap-shoulder-weights.html>
- <https://www.amazon.co.uk/Lap-Weight-for-sensory-integration/dp/B00GSWT7D0>
- Alternatively, wheat bags can be used

Weighted Blankets- Please note that this advice sheet is not referring to the use of weight blankets. If you wish to know more about the safe use of weighted blankets please refer to the Royal College of Occupational Therapy Briefing - the safe use of weighted blankets (2011) which is available online.

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