

## AbiliBlanket In Your Pocket™ Designs

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### Introduction

Turn off, tune out and help your child calm and relax with the In Your Pocket™ Designs by Abilitations® AbiliBlanket. The AbiliBlanket is designed with vertical and horizontal tunnels that can place firm weight on the middle of the body while still providing firm weight on the body's torso, legs and sides. The unique design of our Wafer Weights keeps the weight stationary and the different weight combinations allow for easy adjustment of the Abiliblanket to get that "just right" feeling and fit for each child. Great for sleeping, calming, transitions and even deep pressure play, the Abiliblanket is a must for home, classroom and clinic!

### Product Use

Deep pressure (proprioceptive) input is calming and organizing to the sensory system. Many children with Sensory Processing Disorders (SPD) need extra proprioceptive input as part of a good sensory diet and the Abiliblanket is the perfect solution. Here are some great ideas for putting your Abiliblanket to use:

Tackling troublesome transition from one activity to another can cause feelings of physical discomfort and pain. Examples of these transitions include changing one project at home or school to another project, moving from one location to another, leaving the house to go to the grocery store. The AbiliBlanket can be wrapped around the shoulders or folded and place on the child's lap 5-10 minutes before the change and especially before the verbal time warning is given. The AbiliBlanket can also go with the child to the transition spot to continue the comfort along the way.

Many children with SPD are overly sensitive to sounds. This auditory defensiveness can make unexpected noises frightening and overwhelming. If the care provider knows the noise is coming (fire drill at school, turning on the dishwasher, barking dog, or children clapping etc), be proactive and surround the child with the AbiliBlanket or make sure to have it ready.

Uh-Oh someone just walked in through the front door and now my space has been invaded! Since children with sensory issues don't always realize proper body parameters, any room or place they are in is theirs. Now is a good time to provide the blanket and retreat to a quiet place to decrease that intrusive domain situation and preserve self dignity. Slowly and without forcing ask the child to return to the situation and have the AbiliBlanket ready to drape around or over the child's body.

Is your child having a meltdown? If your therapist or health care provider has given you techniques start with those first. Next try the AbiliBlanket. Just gently place the blanket over the child in the position they are in. The deep pressure input from the weight may help melt away the meltdown!

“My child won’t sleep!”..... and now you are walking around exhausted! There are many techniques to try and many books written about this topic. First, always have a consistent, calming bedtime ritual. Maybe start with a warm bath, play quietly, then climb into bed to read a bedtime story or play soft music. Next, lower the lights and place the AbiliBlanket over your child up to the shoulders. Gently compress the blanket around your child. Our wafer weights allow for this. Then depending on the temperature and amount of pressure needed, place a sheet or another blanket on top of the AbiliBlanket. The blanket is designed so that if the child prefers to sleep on their side the weight will still be evenly distributed. If need be place the blanket on the child before moving to the bed.

## Modifications

Deep Pressure input can also include play activities with the Abiliblanket

Play hide and seek by putting an object under the blanket and having the child crawl through to find the object.

Roll up the child as if in a cocoon, then slowly unroll and become a butterfly. If possible, have the child carry the blanket over their shoulders as butterfly and walk around the room.

Play London Bridge is falling down with two adults and capture the child and have them lie on the floor with the blanket on top of them.

Snuggle up with the child, wrap the blanket around them or cover both of you up and gently rock in a rocking chair.

## Care & Safety

The Abiliblanket is measures 30” x 34” (76.2 x 86.3 cm) and is made of cotton fleece and polyester. The Elastomer weights included are twelve 1/2 lbs. (6 lbs. total) and six 1/4 lbs. (1-1/2 lbs. total) increments.

### To weight the blanket:

Determine the amount of weight desired. Generally 5-10% of the child’s body weight is recommended. Slide the weights inside the baffles of the blankets and adhere the Velcro closing.

### To clean the blanket:

Remove the weights from the baffles. You can wipe down the surface of the weights with a damp cloth or germicidal wipe as needed. Once the weights are removed from the blanket you can machine wash the blanket on the gently cycle and tumble dry on low and/or hang dry.

## Recommended Products

If you like the Abiliblanket, check out these other great Abilitations creations:

**RibbitWear:** A tapestry of our beanbag frogs sewn together to make a weighted blanket or wrap:

- RibbitWear Small Blanket: 021445
- RibbitWear Shawl: 021447
- RibbitWear Large Blanket: 021448



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