

Abilitations®

Deep Pressure Vest

Guide to Accompany Items:
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Introduction

The Deep Pressure Vest is designed to provide deep, even pressure to a child's torso to improve body awareness, calm and improve attention and focus, and decrease sensory seeking behaviors.

The breathable, latex-free material is perforated to help the wearer maintain a comfortable body temperature.

Note: We recommend periodically checking for over-heating.

Product Use

The Deep Pressure Vest has two side and two shoulder closures. Side closures are actually toward the back of the side to prevent unwanted removal or adjustment of the vest by the wearer.

Place vest on the child by separating the two side closures, putting the vest on over the child's head with the two shoulder closures connected. If the child will not tolerate putting their head through the opening between the shoulder parts, then open one side closure and corresponding shoulder closure, putting the vest on from the side.



Fasten all the closures and adjust the amount of overlap of side and shoulder closures controlling the amount of pressure the wearer will experience. Overlap more for a stronger "hug" or less for a smaller "hug". When adjusted properly, you should be able to pinch the fabric and pull it slightly away from the child's body (Don't pinch the child!). If that proves to be difficult, it may be adjusted too tightly.

If appropriate, ask the child if the "hug" feels just right. If you can pull the fabric away from the child's body easily, you may need to adjust the top a little tighter.

Care Instructions

Washing Options

- Machine wash in cold water on delicate cycle.
- Hand-wash by soaking and rinsing in cold water.
- **Note:** Make sure all hook-and-loop closures are securely fastened before washing.
- Turn inside out to dry.



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