

## Safety instructions and Guidelines for Stitch Sensory Tube

Thank you for purchasing a therapy product from A Stitch Different.

### What is a 'Stitch Sensory Tube'

The breathable lycra/spandex "Stitch Sensory Tube' is a movement, proprioceptive, tactile, and deep pressure experience like no other. Perhaps you are wondering what to do with this "odd" looking thing. Oh, that's easy...just climb inside and watch your body make shapes you never thought possible (among other uses which will be suggested below)

### What can we do with a 'Stitch Sensory Tube'?

Because the 'Stitch Sensory Tube' is extremely stretchy & tactile, you can have the user do several things. First, climb inside & 'commando crawl' your way through. Have them stretch inside into as many shapes as possible using every part of their body, and watch the silly looks they can create. Have them hold each pose for 10 or 15 seconds to increase body awareness, balance, and or proprioception. To build up social skills try using with a partner holding each end & rolling a ball back & forth, it takes a bit of balance & coordination! or just snuggle up inside with your favorite blanket.

Use a gym. or therapy ball (up to 70cm not included) pushing it through or punching the ball through the tube- see our video for other ideas.

Do not leave unattended & do not use for more than 15 minutes at a time or long-term effectiveness may be compromised. NEVER use as a restraint.

Why on earth would they do these things, you ask? Most importantly, because it's FUN! Second, because it sparks creativity and imagination. Third, because it is quite therapeutic, and it feels good.

'Sensory Tube' will help children with sensory processing disorders to work on "position in space" skills. They must kinesthetically feel what their bodies are doing and how they are coordinating their body movements. Watching themselves in a mirror, or creating shadows, will help them develop this proprioceptive sense, which is often dysfunctional in children with sensory integration dysfunction / sensory processing disorders.

Another therapeutic activity the "Sensory Tube" provides is heavy work/deep pressure input that is both calming and organizing. Through all of these movement activities in the lycra "stitch sensory tube", they will have comfortable, resistive material to push against and have pushing against them. This will benefit children with tactile defensiveness as well as the sensory seeking kids (you know them...the movers, shakers, crashers, endless "energizer bunnies"!)

NOTE: The "Stitch Sensory Tube" can also be used for sensory overloaded kids or children with Autism, PDD, Asperger's, or ADD/ADHD for a calming, sensory escape! Just let them play with it in a quiet place.

The unique proprioceptive and tactile input children experience with the Sensory Tube is unparalleled! Anyone with sensory processing disorders / sensory integration dysfunction can benefit!

Please retain these instructions in a safe place

## Safety

Not suitable for under 3 Years

**Use of this therapy product must be supervised at all times.**

Do NOT use the item for restraint. Users must be able to remove the item themselves.

Keep away from stairs & ensure area clear of obstructions

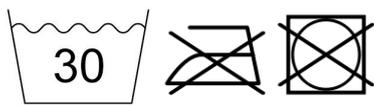
Do not use for sleeping in.

Therapy products should only be used on the advice of a healthcare professional, eg a doctor, occupational therapist or health visitor.

If there are any signs of damage or wear to a therapy product (for example, holes, loose threads etc) please stop using immediately.

## Care instructions:

Machine washable at 30 degrees. Do not tumble dry or use fabric conditioner, Do not Iron



Do not place on a heat source eg, radiator.

## **Keep Away from Fire**

A Stitch Different accepts no responsibility for misuse of weighted or sensory therapy products we have supplied.

Any queries please contact [mandy@astitchdifferent.co.uk](mailto:mandy@astitchdifferent.co.uk)



