

Safety instructions and Guidelines for Stitch Body Sock

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

What is a 'Stitch Body Sock' ?

The see-through lycra/spandex "Stitch body sock" 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 in 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 Body Sock'?

Because the 'Stitch Body Sock' are see-through (and breathable by the way), you can have the child do several things. First, place the child in front of a full-length mirror with the body sock on. Have them stretch it 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.

Second, you can turn the lights off, shine a torch (or bigger light) on them, and use the Body Sock to make crazy looking shadows on the wall. Just as you would with your hands, challenge them to use their whole body to create as many shadow animals, shapes, objects, or letters as possible (standing, sitting, or laying down). It is a wonderful creative activity that also benefits the sensory system and body awareness. Another idea... have relay races with the kids in them, giving them different directions on how to move (i.e. crawl, walk like a penguin, giant steps, baby steps, slither like a snake, commando crawl, hop, jump, etc.).

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.

Body Sock 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.

The last critically therapeutic activity the "body sock" provides is heavy work/deep pressure input that is both calming and organising. Through all of these movement activities in the lycra "stitch body sock", they will have comfortable, resistive material to push against and have pushing against them. This will benefit both children (or adults) with tactile defensiveness as well as the sensory seeking kids (you know them...the movers, shakers, crashers, endless "energiser bunnies"!).

NOTE: The "Stitch Body Sock" can also be used for sensory overloaded kids or children with Autism, PDD, Aspergers, or ADD/ADHD for a calming, sensory escape! Just let them crawl into it and sit in a quiet room, or in a play tent, tunnel, or play hut, or have them sit on an exercise ball and listen to calming music or watch a favourite movie that relaxes them.

The unique proprioceptive and tactile input children (or adults) experience with the Body Sock is unparalleled! Any one with sensory processing disorders / sensory integration dysfunction can benefit!

PTO for Safety Information

Please retain these instructions in a safe place

Safety

Ensure the item is the correct size for the user. The item should never be longer than the user is tall.

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.

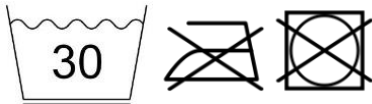
Keep away from stairs

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 therapy products we have supplied.

Any queries please contact mandy@astitchdifferent.co.uk