SPARK: Simple Play Adaptations to Reference for Kids

Wipe Clean Weighted Lap Pad 3lb

Description:	Image:
The Wipe Clean Weighted Lap Pad (Small) is 13" x 8" and weighs 3 lbs. It is suitable for children weighing 30+ lbs and is made of 100% polyurethane. The lap pad is weighted by steel pellets contained in a separate 100% polyester lining. The pad is used to provide gentle weight on a child's lap to sooth the child and provide a gentle reminder to remain seated. Purchasing Information	

Who Might Benefit?

Those who…

- Have difficulty remaining seated for individual and group activities.
- Have difficulty sustaining attention to tasks/activities when seated.
- Feel anxious or struggle with behaviors during seated classroom activities.

Why Use?

Provides an opportunity to…

- Enhance body awareness for the purpose of supporting improved sitting tolerance.
- More effectively engage in self-regulatory behaviors.
- More effectively focus and attend during individual and group activities.

Instructions for Use:	Adaptation Ideas:
Environmental Considerations • Use in any environment including classroom, daycare, community, or home. It is easily transportable among environments. **Basic Play/Use** • Place on lap during table top activities to boost concentration. • Use during circle time to promote focus during group activities. • Incorporate at home into evening routine to increase calm before going to bed. • Use when going out to eat when the child needs to remain seated and calm.	**Optional Additional Materials/Supplies** • Dycem or Cabinet Liner **Stabilize It** • Dycem can be used under the lap pad, so it doesn't slip off of the child's lap if that becomes an issue. **Add Sensory Cues** • Texture cues can be added to the weighted lap pad using puffy stickers, various textured fabrics, etc. if needed. **Communication Supports** • Use picture support to encourage putting the lap pad on and off.

Positioning

- Used primarily in a seated position draped across the child's lap.



Extended Play/Use

- Play a game asking the child to place the weight on various body parts (head, leg, arm, foot, hand, back, elbow, etc.) to increase body awareness.
- Provide a social story about situations when the child might request use of the lap pad.
- Use a communication board with picture supports to identify feelings (e.g. anxious, happy, calm, angry, etc.) and to request the lap pad.

DIY Alternatives

- How to make your own weighted lap pad (Chicago Occupational Therapy)

Additional Considerations:

- User should be at least 3 years of age, unless age guidelines state otherwise. Follow the weight and/or age guidelines stated on the product insert.
- Weighted lap pads should be used for at most, 20 minute increments at a time.
- A child should be allowed to remove the lap pad at any point during use.
- Do not allow user to sleep with weighted lap pad.
- Never use to cover face or restrict child's movement.
- Use weighted products with guidance from a therapist.
- Item can be wiped clean but should not be submerged in water for cleaning.

Resources:

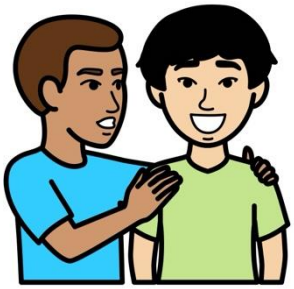
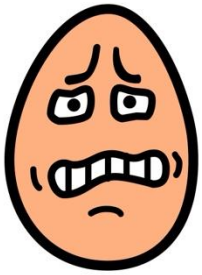
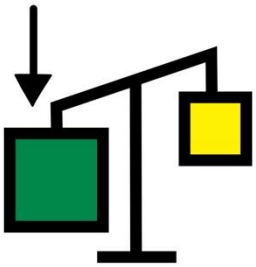
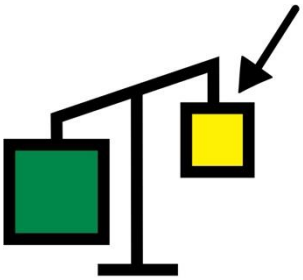
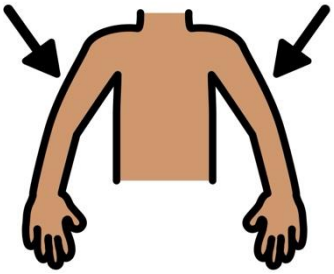
- Explore how breathing exercises can help an individual stay calm and self-regulated during times of stress or anxiety. Breathing exercises send a message to the brain that sends a message to the individual's body to calm down, relax, and get their body and mind under control. Breathing techniques can help a person learn how to focus and participate in controlled breathing. See Autism Center Grab and Go Resource Gallery of Interventions Breathing Cards

- See Health and Wellness Narratives from OCALI's Autism Center Grab and Go Resource Gallery of Interventions.
- For further information, visit the Social Narratives Autism Internet Module.
- Like Social Stories, Power Cards teach and reinforce academic, behavioral, organizational, and social skills. Power Cards are visual supports that include an individual's special interest. See Power Cards from OCALI's Autism Center Grab and Go Resource Gallery of Interventions.
- Reminder Cue Cards from OCALI's Autism Center Grab and Go Resource Gallery of Interventions help teach and remind individuals how to engage in positive behaviors. Reminder Cue Cards provide "what to do" suggestions when an individual is feeling anxious, stressed, or confused. They also support interactions with peers, and offer ways to self-regulate, and manage emotions.

Ohio Early Learning Standards:

- SE: Self-Regulation: Begins to manage emotions and reactions (2.a.)
- AL: Engagement and Persistence: Persists in completing a task with increasing concentration. (1.c.)

Words to Encourage Play/Use

On 	Off 	Calm 
Anxious 	Heavy 	Light 
Lap 	Help 	Arms 

*"Adaptations" adapted from: Haugen's Modes for Adapting Toys based on materials from the "Let's Play" Project at the University of Buffalo

PCS is a trademark of Tobii Dynavox, LLC. All rights reserved. Used with permission.