



**South West Yorkshire Partnership NHS Foundation Trust**  
**Barnsley Children's Therapy Services**

## Heavy Weights

**Name:**

**NHS Number:**

Using heavy weighted items creates deep pressure and calms, this can be done in variety ways. Below are some examples of weighted equipment that can used for calming.



**Lap pillow**



**Weighted Belt**



**Vest**



**Weighted backpacks**



**Wheat bags / toys**

Websites:

[www.amazon.co.uk](http://www.amazon.co.uk)

[www.sensorydirect.com](http://www.sensorydirect.com)

Other companies may supply the same or similar products therefore it is recommended that you research products yourself.

**Contact Childrens Therapy if further advice or information is required**  
**01226 644396**