

## OPINION ON THE BLANKET

I have come across a weighted blanket over 4 years ago. That was before I became a therapist. While talking to parents of the children undergoing SI therapy, I have found out that the blankets have been recommended by the therapists. I had been interested in the topic and after my child's diagnosis I have ordered a suitable size of the blanket as recommended. My child could choose the fabric and pattern which encouraged him to use the blanket during the day, when he needed to calm down. My child suffers from an excessive motor activity, problems with coordination and a hypertonia. It results in difficulties with concentration on a given task, eating meals and even having a basic conversation when he has to stand still. He has had major problems with the processing of sensory stimuli flowing from the body due to a limited sensitivity and - as a result - he was facing nervous system regulation issues. I have noticed that my child, thanks to the therapy and the regular use of the blanket during the deep sleep, started to behave differently. It was easier for him to adjust his reactions to a situation. He has become less emotional and he does not need to jump around during the conversation any more. He is able to eat his meal without getting up every now and then to run around the table.

I have used the blanket during the deep sleep, sometimes while doing homework when my child could put it on his knees. It helped him to concentrate longer on the homework. Sometimes he asked me to cover him during watching a movie. Now, when I am child therapist myself, I often recommend that the parents of children suffering from Semantic-Pragmatic Disorder used a weighted blanket at home as an additional form of stimulation of the proprioceptive system that is responsible for the

