



Parenting Booklet (ii)

Deep Pressure

Weighted Blanket

A weighted blanket provides deep pressure stimulation, which can help calm the nervous system, reduce anxiety, and improve sleep. Just drape it over your body while resting or sleeping—it should feel snug but never restrictive.

Here are some simple ways to use a weighted blanket for sensory support:

- During sleep – Lay the blanket over the child while they sleep to help with calming and settling at bedtime.
- Quiet time or reading – Use it while the child is sitting or lying down during calm activities like reading, watching TV, or listening to music.
- On the lap – A smaller weighted blanket or lap pad can be placed over the legs during tasks like homework or seated play to support focus.
- Tummy time – When lying on their front, drape the blanket across their back to provide grounding pressure.
- In a sensory corner – Add it to a chill-out area where the child can wrap themselves up when they need a sensory break.

Always supervise, especially with younger children, and make sure the blanket isn't too heavy—usually around 10% of their body weight.

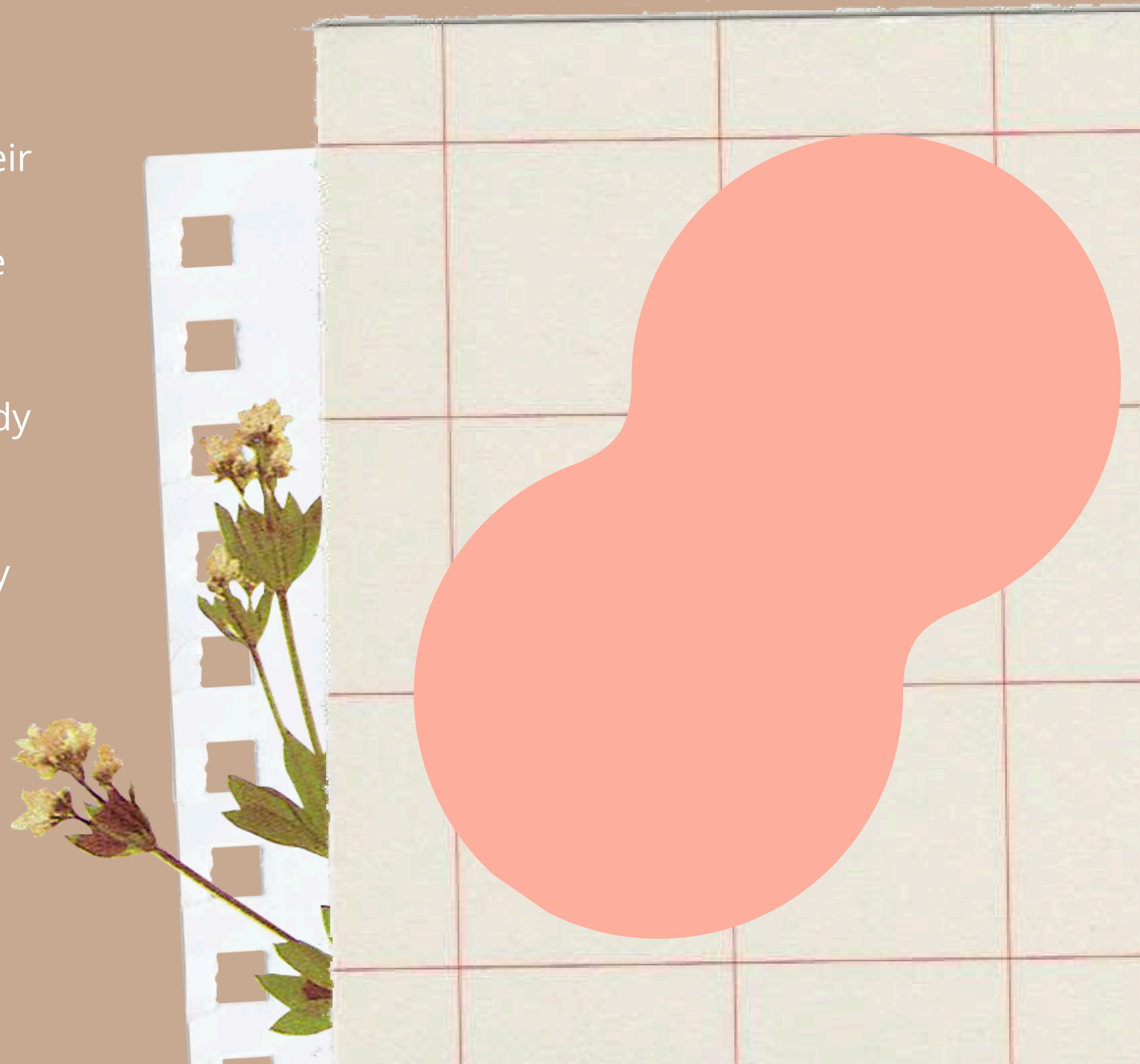




Peanut or Yoga Ball

With a peanut or yoga ball, a child can get deep pressure in a few different ways:

- Lying on their stomach over the ball: The weight of their body pressing down provides gentle, sustained pressure across the front of their body, which can be very calming.
- Rolling back and forth on the ball (with help or supervision): This rhythmic motion combined with body weight creates that deep pressure effect, especially across joints and muscles.
- Squishing activities: Some children enjoy being gently “squashed” between the ball and the floor or a wall (always safely and with care), which gives them that firm input they crave.
- Using the ball for resistance exercises: Pushing or pulling it, or even bouncing while holding posture, engages muscles and joints in ways that also deliver proprioceptive feedback, which often has a calming effect similar to deep pressure.





Deep Pressure Massage's

Massage can be a calming and supportive activity for children with sensory needs, especially those who benefit from deep pressure input. It helps to regulate the nervous system, reduce anxiety, and improve body awareness. Regular massage can also support focus, emotional regulation, and sleep, making it a valuable part of a sensory diet. It's important to follow the child's lead, use firm, slow strokes, and always ensure they feel safe and comfortable.

Massage ideas that could help

Here are some simple massage ideas for children who benefit from deep pressure, along with how and where to do them:

- Shoulder squeezes – Gently but firmly squeeze along the tops of the shoulders using both hands. Do this while the child is seated or lying down, keeping pressure steady and even.
- Back strokes – Using flat hands, apply slow, downward strokes from the shoulders to the lower back. Great when the child is lying on their tummy.
- Hand and foot massage – Use your thumbs to press in slow circles on the palms and soles, then gently squeeze each finger and toe.
- Leg and arm squeezes – Gently squeeze down the length of arms and legs, like “wringing out a towel” with even, calming pressure.
- Head massage – Use your fingertips to gently massage the scalp in small circles. Keep it slow and check in to make sure it feels good.

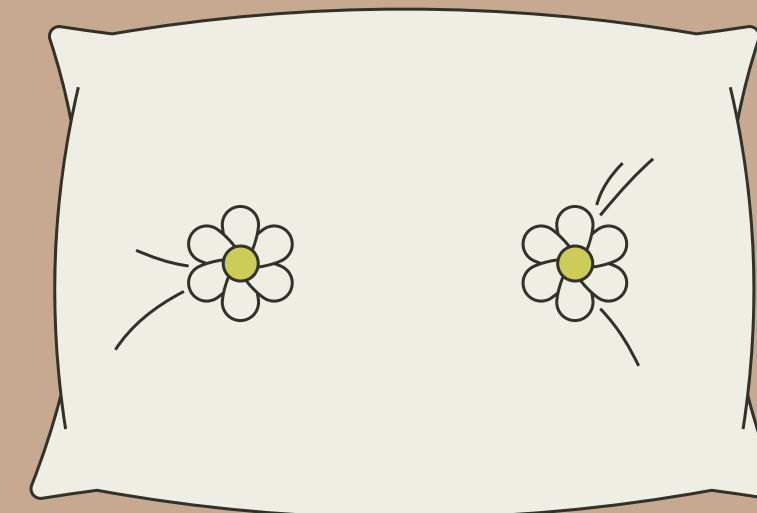


Pillow Sandwich

What is a Pillow Sandwich?

A pillow sandwich is exactly what it sounds like – your child tucked snugly between two (or more!) soft pillows, like the filling in a sandwich. It's a playful but powerful way to provide deep pressure input – which can be really soothing for kids who struggle with sensory processing, anxiety, or regulation.

Think of it like a big hug that lasts a little longer and covers more of the body. It can help your child feel grounded, safe, and calm when they're feeling overwhelmed or full of energy.



Body Sock

A body sock is a stretchy, lycra-style sack that a child can climb into, a bit like a big, soft envelope. It gives gentle resistance when they push or move inside it, wrapping their whole body in calming pressure – kind of like a full-body hug.

When your child stretches, curls, or pushes against the fabric, the body sock provides deep pressure input. This pressure can help calm the nervous system, reduce sensory overload, and improve focus. Some children find it helpful during transitions, before bed, or when they're feeling overwhelmed.

How to Use a Body Sock

- Let your child explore it at their own pace – no pressure.
- Encourage stretching, rolling, pushing, or pretending to be different animals inside it.
- Use it during quiet time, movement breaks, or as part of a sensory circuit.
- Always supervise – especially if your child is younger or new to it.

You can purchase Body Socks from places like **Amazon, Sensory Direct or ROMPA.**



Deep pressure activities – like big hugs, weighted blankets, or rolling in a gym mat – can be incredibly calming for children with special educational needs (SEN). These activities work by gently pressing on the body, which sends signals to the brain that help kids feel more settled, safe, and in control.

For many SEN children, the world can feel loud, fast, or unpredictable.

Deep pressure gives their nervous system a break – helping reduce anxiety, improve focus, and support emotional regulation. It can also help with body awareness, making movement feel more manageable and less clumsy.

Whether it's a pillow squish, a body sock session, or squeezing a stress ball, deep pressure can be a simple but powerful tool in helping kids feel more comfortable in their own skin.





Any Questions?

**Please email us on
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Thank You!