

# How to guide...Weighted Neck Pad (SD12635)



## What it is?

This resource is a soft plush collar with weighted areas in the chest and shoulder regions.

## What does it do?

This resource acts in much the same way as a weighted blanket but is more subtle.

Furthermore, it is more localised and has its weighted areas in the pressure points around the chest and shoulders.

## Who might benefit from this resource?

Children with sensory integration disorders, sensory processing issues, Autism, ADHD may benefit from this resource. It can help to reduce hyperactivity, encourage relaxation, or be used to regulate or de-escalate. However, it can be used by anybody who may benefit from its calming effects.



## Why use the resource?

The Weighted Neck Pad has a physically calming effect on children and young people and can help in reducing stress, overstimulation, fatigue, and hyperactivity.

## How to use it?

This resource will usually be placed around the neck in much the same as an open collar or scarf. It can be worn, in some cases for longer periods, but in others, as needed.



## Additional considerations:

The shoulder and neck pad works extremely well in conjunction with the fidgety feet. It can also be effective when placed on seated legs with the curved area resting under the stomach.

For more information, visit: <https://www.tts-group.co.uk/weighted-neck-pad/1011943.html>

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