



D.I.Y. WEIGHTED LAP BELT

This is a weighted lap belt. It is perfect for kids who seem to be in constant motion. You know, the child who has ants in their pants?

Supplies Needed:

- Clean Sock – like a knee-high tube sock; one with a fuzzy texture.
- Rice – approx.8 cups. The amount you will use depends on the size of your sock.
- Needle and thread.
- Essential oils (optional) - We suggest using an oil blend that is calming to your child.



Instructions:

1. Fill the sock with the rice. We poured our rice into a large mason jar, then pulled the sock over the edge – no spills!
2. Darn (sew) the top of the sock closed. You may want to sew it one more time to make sure that it is fidget proof.
3. Add drops of essential oils onto the lap belt. Try drops of lavender or other relaxing blends.



WHY WEIGHTED SENSORY AIDS WORK:

When your child has a weight on their legs, the constant pressure/kinetic stimulation helps them be able to focus on their other senses – like their vision for example, so they can read for longer periods of time.

Perk: The sock can also double as a heating pad. Just put it in the microwave for 20 seconds at a time until it is the temperature you desire. It feels marvelous around your neck if you have tension.

