

Cuff Weights

ABOUT THIS ITEM: Helps to develop fine motor skills, hand-eye co-ordination. This pair of soft cuff weights can be used to provide comforting deep pressure to wrists or ankles all day long. Adding weight to various parts of the body can provide a sense of 'grounding' to help users assimilate their bodies with their surroundings which can be very calming. When worn on the wrists, weighted cuffs can also help with developing fine motor skills, such as handwriting, by sending sensory feedback to the brain from the location where fine movement is taking place. The proprioceptive stimulation can help to increase the child's awareness of the position of their wrist, arm and hand, as well as the amount of pressure needed for writing with a pen or pencil.

WHERE FROM & COST: www.specialneedstoys.com,
£13.50



SAFE USAGE:

- Use under supervision
- Do not use for extended periods of time as this can cause under alertness
- Always seek specialist advice when purchasing weighted equipment

SIMILAR ITEMS:

- www.tts-group.co.uk, Weighted Wristbands Black 2pk, £13.19
- www.sensorydirect.com, Hand and Wrist Weight, £16.75
- www.amazon.co.uk, Pair of Wrist and Ankle Weights for Sensory Integration, £25.95