



Guidelines for Weighted Items

Prepared by the Child Care Wellness Team at Child Care Aware® of North Dakota

Common Weighted Items

- Blankets
- Shoulder pads
- Lap pads
- Vests
- Stuffed toys

Common Reasons People Use Weighted Items

Users feel that weighted items can:

- Decrease anxiety
- Increase feelings of calmness
- Improve focus
- Decrease fidgeting
- Assist with transitioning between activities

Child Care Safety Measures with Weighted Items

- Child must be able to remove independently
- Use with children three and older to decrease risk of choking on items used to weight the object
- Check for wear and tear routinely to insure weighted material inside are not exposed or leaking
- Use only under adult supervision in order to monitor any side effects including behavioral changes, comfort of use, or difficulty breathing
- Keep out of reach of children when not in use
- Do not use with a child who has respiratory dysfunction including heart or lung problems
- Use only draped over body, not on the head or neck
- Never roll a child up or wrap tightly inside
- It is not used as a restraint but as an option or choice for the child
- Insure all staff are aware of proper use of weighted items and safe use of them
- Insure weight of item is not more than 15% of the child's body weight