**Use of a Weighted Lap Pad or Blanket in the classroom.**

Students who experience sensory processing disorders whose symptoms are mitigated by providing the body with deep proprioceptive sensory input can sometimes benefit from the provision of that sensory input through the use of a weighted blanket. They can also benefit from the provision of proprioceptive input in other ways.

The key is twofold:

1 – To determine if the student is seeking proprioception, and

2 - If the provision of proprioception provides a reduction in target behaviours

The student might actually be seeking other sensory input that would be better used to address the target behavior.

It does not take an Occupational Therapist to buy a weighted blanket but a student that you are considering buying one for should be assessed by an OT to determine if proprioception is the sensory input that the student is seeking and then whether or not the blanket is the best way to provide that input. Also, if a blanket is the best vehicle for providing proprioceptive input, how should it be administered? An OT evaluation will provide you with that support.

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