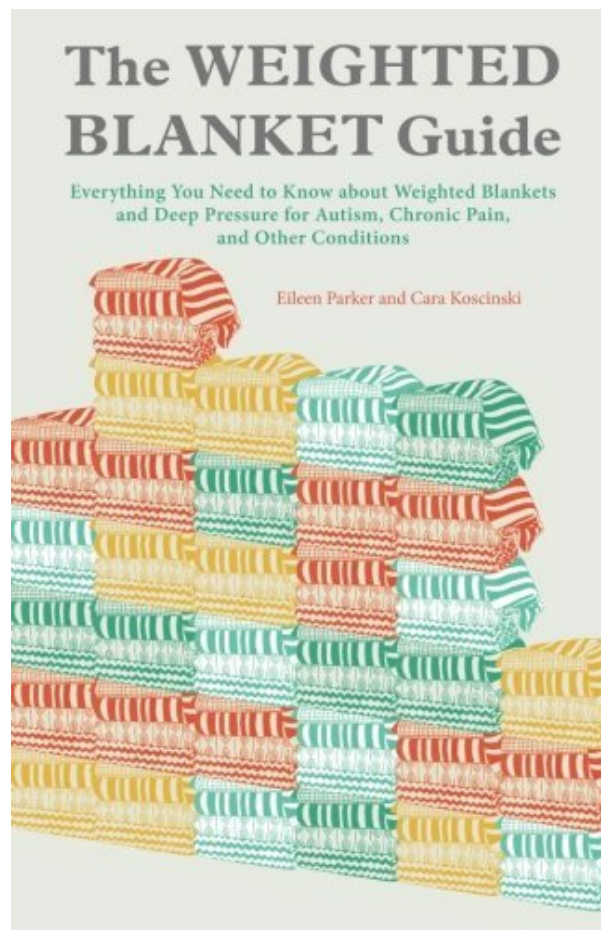


THE WEIGHTED BLANKET GUIDE: EVERYTHING YOU NEED TO KNOW ABOUT WEIGHTED BLANKETS AND DEEP PRESSURE FOR AUTISM, CHRONIC PAIN, AND OTHER CONDI



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The WEIGHTED BLANKET Guide

Everything You Need to Know about Weighted Blankets
and Deep Pressure for Autism, Chronic Pain,
and Other Conditions

Eileen Parker and Cara Koscinski



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Review

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Providing everything you need to know about the use of weighted blankets to help with sensory integration, improve sleep, ease chronic pain and more, this book includes:

- What a weighted blanket is and how it works
- An exploration of deep pressure and how weight on the body affects the mind
- Guidelines for using weighted blankets at home and in professional environments
- Studies into the effectiveness of weighted blankets
- Advice on how to select an appropriate weighted blanket or sew your own.

Based on the latest research, this book dispels the online myths surrounding weighted blankets. It delivers clear information for occupational therapists and anyone considering using a weighted blanket to help with sensory processing disorder, autism, sleep disorders, fibromyalgia, post-traumatic stress disorder, and more.

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- Number of items: 1
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Features

- Jessica Kingsley Publishers

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6 of 7 people found the following review helpful.

Everything you need to know about weighted blankets!

By Lindsey Biel, OTR/L, Coauthor, *Raising a Sensory Smart Child* & Author, *Sensory Processing Challenges*

This is a much-needed guide to using weighted blankets to help with sensory processing, chronic pain, sleep problems and more. The authors provide terrific insights, practical advice, and how-to information that make this an invaluable resource.

6 of 6 people found the following review helpful.

Cara knocks it out of the park again!!

By Cuddles

I have been a follower of Cara Koscinski's books since her first release. She is, in my life and practice, the leading authority on children with Autism. This book is no exception. It is packed full of tips, educational guidance, and resources on using a weighted blanket and the practice of OT in general. Can't say enough about her and her published material....I also am a routine participant on her educational webinars. This is a must-read for practitioners as well as parents with children with special needs.

5 of 6 people found the following review helpful.

All you need to know about weighted blankets

By Paul Mastin

If you have autism, or have a child who is autistic or who has sensory issues, you know the importance of deep pressure. Eileen Parker, an adult living with autism and sensory processing disorder (SPD), and Cara Kosinski, an occupational therapist who specializes in autism and SPD, have written *The Weighted Blanket Guide: Everything You Need to Know about Weighted Blankets and Deep Pressure for Autism, Chronic Pain, and Other Conditions*.

This is a very practical guide for someone considering using a weighted blanket. While they are proponents of the use of weighted blankets, they acknowledge that their use is supported by anecdote and preference, not scientific evidence. "There is no scientific proof that weighted blankets work. But a great deal of anecdotal evidence supports that they do work." The authors provide a great deal of anecdotal evidence, as well as guidelines for the use of a weighted blanket.

Ms. Parker has owned a company that sold weighted blankets. She provides guidelines for buying and selecting an appropriate blanket. They also give detailed instructions for making a blanket, should the reader have some sewing skills (and some time). I was convinced to consider trying a weighted blanket with my son who has SPD, and tempted to try it myself. They say "many patients who used the blankets feel calmer, more

grounded, safe and secure, with improved concentration and decreased stress and anxiety, as well as having improved sleep." How's that for an endorsement!

Thanks to Net Galley and the publisher for the complimentary electronic review copy!

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