



# Body Socks

## Sensory Organizing Tool

### What Are They?

Body socks are stretchy, breathable fabric bags made of a lycra/spandex material. They can fit over a child's body or be worn with the child's head outside. The stretchy material provides movement resistance as well as firm, gentle pressure during play.

### When Would Your Child Benefit from a Body Sock?

Children with FASD are often easily overwhelmed by environmental sensory input. They may become overly alert and appear anxious, overly-excited, confused, disorganized, hyperactive or out of control. Use a body sock when your child is showing signs of restlessness and overexcitement. It is also a good time to use a body sock when you want your child to calm down for a task.

### Why Are They Useful?

- They provide calming and reorganizing information through resistance and deep pressure input.
- They provide increased feedback and awareness of movements.
- They may provide a visual break when used to cover the head as well.
- They help children learn how to coordinate their bodies and feel them moving.

## TIPS FOR USE

- Your child can either climb completely into a sock or leave their head outside.
- Have your child stand in front of a mirror and stretch to make as many different shapes as possible, using different parts of their body.
- Hold each pose for 10-15 seconds to increase body awareness, balance, and awareness of the relationship of one body part to another.
- Have your child pretend to be different animals, such as a:
  - Caterpillar – crawling along the ground
  - Butterfly – flapping it's wings
  - Fish – swimming through an ocean
  - Monkey – swinging through trees



### Warning and Precautions

- Ensure adult supervision when using body socks.
- Body socks should not be used as a restriction in any way.
- Body socks also pose falling and tripping hazards. Be careful when using on smooth surfaces to avoid injury.

### Purchasing Information

School Specialty

Phone: 1-866-519-2816

[www.schoolspecialty.ca](http://www.schoolspecialty.ca)

TFH Special Needs Toys Canada Inc

Phone: 1-877-509-7524

[www.specialneedstoys.com/can](http://www.specialneedstoys.com/can)

Southpaw Enterprises Inc.

Phone: 1-800-228-1698

[www.southpawenterprises.com](http://www.southpawenterprises.com)

FDMT

Phone: 1-866-465-0559

<http://www.fdmnt.ca>

**Ask Your Occupational Therapist if This is a Good Match For Your Child or if You Have Any Questions!**



FOR MORE INFORMATION:

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