



Deep Pressure

What Is It?

Deep pressure is a type of touch used to provide calming information to the body and help children with FASD relax when they feel "over-excited" due to too much stimulation from their environment. It is often seen as providing consistent, firm touch to the body or by using stretchy materials or moldable materials to imitate deep pressure sensations. Many researchers on children with FASD indicate that sensory input, such as deep pressure and firm but gentle touch, are beneficial towards calming the sensory system. The sensations provide an overall calming sensation to the body and the brain, which positively affects the way children interact with themselves and others. Ask your occupational therapist if this is a good fit for your child.

When Would Your Child Benefit from Deep Pressure?

- When your child is anxious (e.g. new situations, new experiences)
- When your child is overstimulated or over-excited (e.g. when your child is running around and unable to focus at school or at the mall)
- When your child seems disorganized or less grounded.

Warnings and Precautions

- Providing deep pressure should always be monitored by a responsible adult.
- There is a risk of airway constriction when using deep pressure materials. Ensure the nose and mouth are free and clear for breathing and pressure to the body does not restrict respiration.
- Deep pressure tools **MUST NOT** be used to restrict movements.



Firm Hugs



Deep Pressure Vest



Body Sock

Ask Your Occupational Therapist About Deep Pressure. It Works!

TIPS FOR USE

Special equipment may be purchased to help your child with deep pressure. Ask your occupational therapist about equipment that would be best suited for your child. Examples of deep pressure equipment are illustrated on the side panel of this sheet.

Here are some simple, fun and safe activities you can do with your child at home that involve deep pressure!

1. Give your child lots of big bear hugs!
 2. You can play squishing games with your child that use constant firm pressure (make sure to avoid restricting airflow!).
- *The Hot Dog Game:* Get your child to lie down on the floor and place a body pillow on top of them,

pretending it's the bun. Use your arms to smother and squish on the ketchup and other condiments. Make sure you apply pressure on your child from shoulder to toe! Do not cover the nose and mouth at any time.

- For older children, an exercise ball may work better. While the child lies on the soft ground on their stomach, slowly and firmly roll the ball up and down the body from shoulder to toe. You can also count slowly "1... 2... 3..." or use the word "Steeeam... Rolleeerrr..."
- Use a bean bag chair or an overfilled armchair to provide a space where they can receive all-over deep pressure.



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