It is particularly important in the work of a sensory integration therapist to introduce a *sensory diet*. This is an individual sensory program that should be implemented at home. Depending on the needs of a small patient, silencing techniques that calm him down after an emotional day play a crucial role in the daily continuous therapy. Home usage of proprioceptive aids such as weighted blankets is a great idea. Parents may use them every day in cooperation with an SI therapist setting out the principles of a "sensory diet". Weighted blanket has a calming effect that allows to reduce sensory hyperreactivity, provide the right amount of proprioception or get used to the excess of sensations after a difficult day. Its application greatly improves the body map – and by doing so – enables a better organisation and confidence of one's body in space. My experience shows that children are not the only ones to like the blankets. Many adults also feel the need to have them. Sensory stimuli, including the proprioceptive ones, determine the child's development but are also often necessary for the proper functioning of the central nervous system of adults. Fortunately, weighted blankets may be made to measure ©

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The Polish Society of Sensory Integration Therapists (PSTIS) certificate of 2000

I certify the conformity of the above translation with a document in a digital format in the Polish language. Tomasz Ratajczyk, sworn translator of the English language, entered into the list of sworn translators kept by the Minister of Justice under the number TP/83/15.

Repertory number: 23/2019

Wrocław Poland, 23rd January 2019