Certified translation from the Polish language

OPINION

I started to use weighted blankets, rugs, collars and vests 10 years ago. They are a very helpful tool

both in the sensory integration therapy and as a continuation of therapeutic recommendations at

home, school and kindergarten.

Each blanket is individually selected for a child or adult. Its proper adjustment is important for the

therapy and enables to obtain the desired effects which are truly outstanding. During the use of the

blanket and other weighted accessories children quickly calm down and the symptoms of over-

stimulation become less intense. It has a soothing and calming down influence and also improves the

concentration and attention. The blanket helps to build one's body image. If a child is hyperactive, the

deep pressure will mitigate the excessively intense reaction to stimuli. On the other hand, when a child

is sleepy, apathetic and indifferent, it will help in achieving the opposite - the stimulation to take

actions.

Magda Bonowicz

SI Therapist

The Polish Society of Sensory Integration

Therapists (PSTiS)

Certificate no. 1082

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.

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