



## **DIRECTIONS FOR USE (WEIGHTED VESTS, BLANKETS, AND CRITTERS)**

Weighted Vests: Place desired weights in pockets on the front and back of the vest. Close pockets with Velcro fastener on the top of the pocket. Place vest on child and close Velcro fasteners on the front of the vest.

Weighted Blankets: Place desired weights in the three designated pockets and close the Velcro fasteners. Wrap blanket around child/adult, or place over the lap.

Weighted Critters: Weights are included inside critter. Place on child's lap, shoulders, back.

## **WASHING INSTRUCTIONS (WEIGHTED VEST & BLANKET)**

1. Remove weights
2. To spot clean: Dampen a clean cloth with cool, soapy water. Make sure the soap is gentle and doesn't contain bleach. Wipe down the soiled area, making sure not to saturate the area. Remove excess moisture with a dry cloth and allow to air dry.
3. Hand washing is recommended. Hand wash in cool water with mild, gentle detergent. Rinse completely. Hang to dry.
4. Do not use bleach. Do not dry clean.
5. Dry completely before wearing.