

A Guide to Using a Deep Pressure Vest (Bear Hug Vest)



Size Guidelines

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| Extra Extra Small | 30.5L x 51cmW |
| Extra Small | 35.5L x 61cmW |
| Small | 43L x 76cmW |
| Medium | 51L x 91cmW |
| Large | 58L x 106.5cmW |
| X-large | 66L x 122cmW |

The bear hugs are also no longer available as we know them, they are now called deep pressure vests.

Why might my child/young person need it?

Some children find it particularly difficult to sit still and focus on activities for increased periods of time. This may be because:

- They have some reduced body awareness finding it difficult to know where their body is in space in relation to objects/people
- Your child/young person may become easily overwhelmed by too much sensory information and they may not be able to calm themselves to allow themselves to attend to daily activities.

How it Helps

- The Bear Hug vest is designed to be worn over the top of clothing.
- The goal for a child/young person wearing the Bear Hug is for them to find it easier to feel calm, focus and concentrate on tasks. The bear hug provides a firm 'hug' which enables these feelings.
- The vest should be used for approximately 20-30 minutes at a time, during times when the child needs to calm and focus their attention,
- At home or school, the vest could be used before mealtimes or before times the child becomes anxious or unsettled. The vest can be used to

prepare their body for the activity e.g. when the child/young person is required to sit and focus on an adult led activity e.g. doing homework or sitting for meal times or when going out shopping in the community.

How do you know if it is helping?

- Observe your child/young person's behaviour when wearing the vest to judge if they appear to find it easier to concentrate. Make a note each day after certain activities of their behaviour to help you judge if the bear hug is useful.
- Remove the vest if the child/young person becomes too lethargic or 'dreamy' to engage in activities or if your child/young person becomes distressed wearing it

If you have any questions regarding the item please contact the department on (024) 76961455.