

Deep pressure helps by providing clear, external feedback that can enhance interoceptive awareness. It can help children notice bodily signals (e.g., tension, rapid heartbeat) and regulate their response by shifting the autonomic nervous system (ANS) into a calmer state. This makes deep pressure a valuable strategy for kids who struggle with emotional and sensory regulation due to interoceptive differences.

### Tools and Activities

Weighted blankets

Weighted vests

Weighted lap pads

Compression vest

Compression clothing

Bean bag chairs

Cuddle Me Sensory Tunnel

Body socks

Cuddle swings

Pressure foam rollers

Weighted stuffed animals

Blanket burritos

Couch cushion squishes

Massage

Squeezes & bear hugs

Rolling therapy ball over body

### Who Benefits From Deep Pressure

Deep pressure is an effective way to help kids who feel overwhelmed, restless, or emotionally dysregulated. It provides sensory input that can enhance body awareness and regulation, making it especially helpful for children with autism, ADHD, anxiety, and sensory processing differences. Simple techniques like firm squeezes, bear hugs, or gentle hand pressure can offer quick relief—often within seconds—without the need for special tools!

These strategies can help children feel more regulated, safe, and secure, allowing them to engage better in their daily activities.