

Henderson Hall EFMP Resource Lending Library & Loan Locker									
List of Available Resources									
Main Topic	Sub Topic	Title	Author/Editor/Producer	Year	Media Type	Qty	Checked out	Note	
Anxiety	Children	Anxiety Relief for Kids: On-the-Spot Strategies to Help Your Child Overcome Worry, Panic, & Avoidance	Walker, Bridget	2017	Book	3		New to the Library	
Asthma		Guide to Taking Control of Asthma: A Comprehensive Prevention and Treatment Plan for You and Your Family	Fanta, Christopher; Cristiano, Lynda; haver, Kenan	2003	Book	1			
Asthma	Allergy	The Asthma and Allergy Action Plan for Kids	Dozor, Allen J. & Kelly, Kate	2004	Book	1			
Attention Defecit Disorder		Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder From Childhood Through Adulthood	Hallowell , Edward M.; Ratey, John J.	2011	Book	2			
Attention Defecit Disorder	Parenting	Superparenting for ADD: An Innovative Approach to Raising Your Distracted Child	Hallowell, Edward M.	2008	Book	2			
Attention Defecit Disorder	Parenting	The Special Needs Collection: Teenagers with ADD: A Parent's Guide	Zeigler Dendy, Chris A.	1995	Book	1			
Autism Spectrum Disorder		1001 Great Ideas for Teaching and Raising Children with Autism Spectrum Disorders	Notbohm, Ellen; Zysk, Veronica	2004	Book	1			
Autism Spectrum Disorder	Transition	Autism & the Transition to Adulthood: Success Beyond the Classroom	Paul Wehman, Marcia Datlow Smith, & Carol Schall	2009	Book	1			
Autism Spectrum Disorder		Autism Information and Resources for Parents, Families, and Professionals	Simpson, Richard; Zions, Paul	1992	Book	1			
Autism Spectrum Disorder	Law Enforcement	Autism, Advocates, and Law Enforcement Professionals: Recognizing and Reducing Risk Situations for People with Autism Spectrum Disorders	Debbaudt, Dennis	2002	Book				
Autism Spectrum Disorder	Nutrition	Eating for Autism	Strickland, Elizabeth	2009	Book	1			
Autism Spectrum Disorder	Floortime Approach	Engaging Autism: Using the Floortime Approach to Help Children Relate, Communicate, and Think	Greenspan, Stanley I.	2006	Book	2			
Autism Spectrum Disorder	Parenting	Ten Things Every Child with Autism Wished You Knew	Notbohm, Ellen	2012	Book	2			
Autism Spectrum Disorder		The Autism Sourcebook: Everything You Need to Know About Diagnosis, Treatment, Coping, and Healing	Exkorn, Karen	2005	Book	1			
Autism Spectrum Disorder		The Autistic Brain: Helping Different Kinds of Minds Succeed	Grandin, Temple; Panek, Richard	2013	Book	2			
Autism Spectrum Disorder	Asperger Syndrome	The Complete Guide to Asperger's Syndrome	Attwood, Tony	2007	Book	1			
Autism Spectrum Disorder		The Hidden Child: The Linwood Method for Reaching the Autistic Child	Simons, Jeanne & Oishi, Sabine	1987	Book	1			
Autism Spectrum Disorder	Toilet Training	The Potty Journey: Guide to Toilet Training Children with Special Needs, Including Autism and Related Disorders	Wheeler, Maria	2008	Book	1			
Autism Spectrum Disorder	Family	Toilet Training for Individuals with Autism or other Developmental Issues	Wheeler, Maria	2007	Book	1			
Autism Spectrum Disorder	Children	What Every Autistic Girl Wishes Her Parents Knew	Editors: Ballou, Emily; Thomas, Kristina; daVanPort, Sharon	2017	Book	1		New to the Library	
Cancer	Children	My Child has Cancer	Howell, Della	2008	Book	1			
Cancer	Parenting	When a Parent Has Cancer: A Guide to Caring for Your Children	Harpham, Wendy	2004	Book	1			
Cerebral Palsy	Caregiving	Cerebral Palsy: A Complete Guide for Caregiving	Miller, Freeman; Bachrach, Steven	1995	Book	1			
Cerebral Palsy		Children with Cerebral Palsy: A Parent's Guide	Gerais, Elaine	1991	Book	1			
Cerebral Palsy		Coping with Cerebral Palsy	Jchleichkorn, Jay	1993	Book	1			
Child Development	Learning	A Mind at a Time	Levine, Mel	2002	Book	1			
Child Development	Parenting	A Parent's Guide to Developmental Delays: Recognizing & Coping with Missed Milestones in Speech, Movement, Learning, and Other Areas	LeComer, Laurie	2006	Book	1			
Child Development		The Child with Special Needs: Encouraging Intellectual and Emotional Growth	Greenspan, Stanley I. & Wieder, Serena	1998	Book	1			
Children with Disabilities	Medical	Children with Disabilities: A Medical Primer (3rd Ed)	Batshaw, Mark L. & Perret, Yvonne M.	1992	Book	1			
Children with Disabilities	Sensory Disorders	Sensory Integration: A Guide for Preschool Teachers	Isbell, Christy; Isbell, Rebecca	2007	Book	1			
Children's Book	Autism	Nathan's Autism Spectrum Superpowers	Yarborough, Lori Leigh	2010	Book	2		New to the Library	
Children's Book	Autism	Uniquely Wired	Cook, Julia	2018	Book	3		New to the Library	

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Children's Book	Autism	Let's Talk About It: My Brother is Autistic	Moore-Mallinos, Jennifer	2008	Book	2		New to the Library
Children's Book	Autism	All My Stripes: A Story for Children with Autism	Rudolph, Shaina & Royer, Danielle	2015	Book	3		New to the Library
Children's Book	Cancer	Let's Talk About It: Mom Has Cancer	Moore-Mallinos, Jennifer	2008	Book	2		New to the Library
Children's Book	Down Syndrome	Let's Talk About It: My Friend Has Down Syndrome	Moore-Mallinos, Jennifer	2008	Book	2		New to the Library
Children's Book	Kindness	Kindness Starts with You	Stagg, Jacquelyn	2018	Book	2		New to the Library
Children's Book	Siblings	Just Because	Elliott, Rebecca	2010	Book	2		New to the Library
Diabetes	Reference	Mayo Clinic on Managing Diabetes: How to Prevent, Control and Live Well with Diabetes (2nd Ed.)	Collazo-Clavell, Maria	2006	Book	1		
Diabetes		The Everything Diabetes Book	Ford-Martin, Paula	2004	Book	1		
Diabetes	Juvenile	The Everything Parent's Guide to Children with Juvenile Diabetes	McCarthy, Moira	2007	Book	1		
Down Syndrome	Parenting	A Parent's Guide to Down Syndrome: Toward a Brighter Future	Pueschel, Siegfried	1995	Book	1		
Down Syndrome	Parenting	Babies with Down Syndrome: A Parents' Guide	Stray-Gundersen, Karen	1995	Book	1		
Down Syndrome		Count Us In: Growing Up With Downs Syndrome	Kingsley, Jason; Levitz, Mitchell	1994	Book	1		
Down Syndrome	Mental Retardation	Differences in Common: Straight Talk on Mental Retardation, Down Syndrome, and Life	Trainer, Marilyn	1991	Book	1		
Down Syndrome		Down Syndrome: Visions for the 21st Century	William I. Cohen, Lynn Nadel, & Myra E. Madnick	2002	Book	1		
Dyslexia		The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain	Eide, Brock & Eide, Fernette	2011	Book	3		New to the Library
Early Intervention		Meeting Early Intervention Challenges	Johnson, Lawrence; Gallagher, RJ; LaMontagne, MJ; Jordan, June; Gallagher, James; Huting, Patricia; Karnes, Merle	1994	Book	1		
Early Intervention		The Early Intervention Dictionary	Coleman, Jeanine	1993	Book	1		
Epilepsy/Seizures		Children with Epilepsy: A Parent's Guide	Reisner, Helen	1988	Book	1		
Epilepsy/Seizures	Parenting	Children with Seizures: A Guide for Parents, Teachers, and Other Professionals	Kutscher, Martin L.	2006	Book	1		
Epilepsy/Seizures		Seizures and Epilepsy in Childhood: A Guide for Parents	Freeman, John; Vining, Eileen; Pillas, Diana	1990	Book	1		
Grief		Losing a Parent to Death in the Early Years	Leiberman, Alicia; Compton, Nancy; Van Horn, Patricia; Ippen, Chandra Ghosh	2006	Book	1		
Health	Gluten-free	Gluten-Free: Quick & Easy	Fenster, Carol	2002	Book	1		
Health	Gluten-free	Living Gluten-Free For Dummies	Korn, Danna	2006	Book	1		
Health	Migraines	Managing Migraines	Houlding, Claire	2007	Book	1		
Health	Weight loss	The Complete Weight Loss Workbook	Wylie-Rosett, Judith	2007	Book	1		
Hearing Impaired		The Parenting Journey: Raising Deaf and Hard of Hearing Children	Putz, Karen	2012	Book	2		
Language	Communication	Childhood Speech, Language & Listening Problems	Hamaguchi, Patricia	2001	Book	1		
Language	Communication	The New Language of Toys: Teaching Communication Skills to Children with Special Needs	Schwartz, Sue	2007	Book	1		
Mental Health	Depression	Adolescent Depression	Mondimore, Francis Mark	2002	Book	1		
Mental Health	Bipolar Disorder, Depression	Living Well With Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You...That You Need To Know	John McManamy	2006	Book	1		
Mental Health	Bipolar Disorder	The Bipolar Disorder Survival Guide: What You and Your Family Need to Know	David Miklowitz	2002	Book	1		
Military OneSource	Stress	10 Ways to Overcome Overload	MOS	2006	Book	1		
Military OneSource	Blended family	Being a Step Family	MOS	2006	Book	1		
Military OneSource	Resiliency	Bouncing Back	MOS	2006	Book	1		
Military OneSource	Feeling Good	Feeling Good: 100 Ways to Feel Better Every Day	Jacobbi, Marianne	2007	Book	2		
Military OneSource	Education	Learning Never Stops	MOS	2006	Book	1		
Military OneSource	Transition	On Your Own	MOS	2006	Book	1		
Organization for Autism Research	Military	Life Journey through Autism: A Guide for Military Families	Organization for Autism Research	2010	Book	15		
Organization for Autism Research	Transition	Life Journey Through Autism: A Guide for Transition to Adulthood	Organization for Autism Research	2006	Book	2		
Organization for Autism Research	Assessment	Life Journey Through Autism: A Parent's Guide to Assessment	Organization for Autism Research	2008	Book	2		
Organization for Autism Research	Research	Life Journey Through Autism: A Parent's Guide to Research	Organization for Autism Research	2003	Book	2		
Organization for Autism Research		Life Journey Through Autism: An Educator's Guide	Organization for Autism Research	2004	Book	2		

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Organization for Autism Research	Asperger's Syndrome	Life Journey Through Autism: An Educator's Guide to Asperger Syndrome	Organization for Autism Research	2005	Book	2		
Organization for Autism Research	Special Education	Life Journey Through Autism: Navigating the Special Education System	Organization for Autism Research	2012	Book	2		
Parenting	Discipline	1-2-3 Magic: Effective Discipline for Children 2-12 (3rd Ed)	Phelan, Thomas W.	2003	Book	1		
Parenting	Disability	A Reader's Guide: For Parent's with Children with Mental, Physical, or Emotional Disabilities	Moore, Cory	1990	Book	1		
Parenting		Changed By a Child: Companion Notes for Parents of a Child with a Disability	Gill, Barbara	1997	Book	1		
Parenting	Divorce	Divorce and the Military: A Comprehensive Guide for Service Members, Spouses, and Attorneys	Thole, Marsha; Ault, Frank	1998	Book	1		
Parenting	Communication	How to Talk so Kids Will Listen & Listen so Kids Will Talk	Faber, Adele & Mazlish, Elaine	1980	Book	1		
Parenting	Disability Awareness	Little Children, Big Needs: Parents Discuss Raising Children With Exceptional Needs	Weinhouse, Don; Weinhouse, Marilyn	1994	Book	1		
Parenting	Couples	Married with Special-Needs Children: A Couples' Guide to Keeping Connected	Laura E. Marshak & Fran Pollock Prezant	2007	Book	1		
Parenting		Special Parent, Special Child: Parents of Children with Disabilities Share Their Trials, Triumphs & Hard-Won Wisdom	Sullivan, Tom	1995	Book	1		
Parenting	Military	The Homefront Club: The Hardheaded Woman's Guide to Raising a Military Family	Eckhart, Jacey	2005	Book	1		
Parenting		The Parental Voice: Problems Faced by Parents of the Deaf-Blind, Severely and Profoundly Handicapped Child	Holzberg, Robert; Walsh-Burton, Sara	1996	Book	1		
Parenting	Children	The Winning Family: Increasing Self-Esteem in Your Children and Yourself	Hart, Dr. Louise Hart	1993	Book	1		
Parenting	Work	Two Years Without Sleep: Working Moms Talk About Having a Baby and a Job	Feldman, Cathy	1993	Book	1		
Premature Infants	Parenting	Preemies: The Essential Guide for Parents of Premature Babies	Linden, Dana Wechsler; Paroli, Emma Trenti & Doron, Mia Wechsler	2000	Book	1		
Premature Infants	Parenting	The Premie Parents' Companion: The Essential Guide to Caring for Your Premature Baby in the Hospital, at Home, and Through the First Years	Madden, Susan L.	2000	Book	1		
Reference	Child Care Standards and Guidelines	Caring for Our Children: National Health and Safety Performance Standards Guidelines for Early Care and Education Programs (3rd Ed.)	American Academy of Pediatrics, American Public Health Association, & National Resource Center for Health and Safety in Child Care and Early Education	2011	Book	1		
Reference	Pediatric Care	Guidelines for Pediatric Home Health Care (2nd Ed.)	American Academy of Pediatrics	2009	Book	1		
Reference	Pediatric Care & Case Management	Pediatric Life Care Planning and Case Management	Riddick-Grisham; Deming, Laura	2011	Book	1		
Reference	Disability	The National Directory of Children, Youth & Families Services 2011	Dorland Health	2011	Book	2		
Reference	Disability	The Special Educator's Comprehensive Guide to 301 Diagnostic Tests	Pierangelo, Roger; Giuliani, George		Book	1		
Self-Help	Negotiating	Getting to Yes	Fisher, Roger; Ury, Roger	1991	Book	1		
Sex	Intellectual Disabilities	The Facts of Life...and More: Sexuality and Intimacy for People with Intellectual Disabilities	Walker-Hirsch, Leslie	2007	Book	1		
Siblings	Special Needs	Living with a Brother or Sister with Special Needs	Meyer, Donald; Vadasy, Patricia	1996	Book	2		
Siblings	Autism	Siblings of Children with Autism: A Guide for Families	Sandra L. Harris and Beth A. Glasberg	2003	Book	1		
Siblings	Special Needs	Sibshops: Workshops for Sibling of Children with Special Needs	Meyer, Donald; Vadasy, Patricia	2008	Book	2		
Social Security Disability		Nolo's Guide to Social Security Disability: Getting & Keeping Your Benefits (4th Ed.)	Morton III, David A.	2008	Book	1		
Social Skills	Autism	A 5 is Against the Law! Social Boundaries: Straight Up! An Honest Guide for Teens and Young Adults	Buron, Kari Dunn	2008	Book	1		
Social Skills	Asperger's Syndrome	A Practical Guide to Day-to-Day Life: Social Skills for Teenagers and Adults with Asperger Syndrome	Patrick, Nancy J.	2008	Book	1		
Social Skills		Ready-to-Use: Social Skills - Lessons & Activities for Grades 4-6	Begun, Ruth Weltmann	1996	Book	1		

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List of Available Resources								
Social Skills		The Social Success Workbook for Teens	Cooper, Barbara & Widdows, Nancy	2008	Book	1		
Social Skills		Social Skills: Activities for Kids	Daniels, Natasha	2019	Book	2		New to the Library
Special Education		A Guide to Special Education Advocacy: What Parents, Clinicians and Advocates Need to Know	Cohen, Matthew	2009	Book	2		
Special Education	Advocacy	From Emotions to Advocacy: The Special Education Survival Guide	Wright, Pam; Wright, Pete	2009	Book	2		
Special Education	IEP	How Well Does Your IEP Measure Up?	Twachtman-Cullen, Diane; Twachtman-Reilly, Jennifer	1998	Book	1		
Special Education	Advocacy	Negotiating the Special Education Maze: A Guide for Parents & Teachers (4th Ed)	Winifred Anderson, Stephen Chitwood, Deifre Hayden, & Cherie Takemoto	2008	Book	1		
Special Education		The Complete Guide to Special Education (2nd ed.)	Wilmshurst, Linda; Brue, Alan	2010	Book	2		
Special Education	IEP	WrightsLaw: All About IEPs	Wright, Peter W.D.; Wright, Pamela Darr; O'Connor, Sandra Webb	2009	Book	1		
Special Education	Advocacy	WrightsLaw: From Emotions to Advocacy - The Special Education Survival Guide (2nd Ed.)	Wright, Peter W.D. & Wright, Pamela Darr	2011	Book	2		
Special Education	Disability Law	WrightsLaw: Special Education Law (2nd Ed.)	Wright, Peter W.D. & Wright, Pamela Darr	2011	Book	2		
Special Education	IEP	Writing Measurable IEP Goals and Objectives	Bateman, Barbara; Herr, Cynthia	2006	Book	1		
Tourette Syndrome		Children with Tourette Syndrome	Haerle, Tracy	1992	Book	1		
Visual Impairment	Parenting	Children with Visual Impairments: A Parents' Guide	Holbrook, M. Cay	2006	Book	2		
Visual Impairment		Working with Visually Impaired Young Students: A Curriculum Guide for Birth-3 Year Olds	Trief, Ellen	1992	Book	1		
Advocacy		STOMP		2012	CD	1		
Grief	Parents and Caregivers	When families grieve	Sesame Street		CD	1		
Military OneSource	Self-Help	60 Minutes to a Better You	Ben-Shahar, Tal	2007	CD	1		
Military OneSource	Stress	Achieving Balance	MOS	2000	CD	1		
Military OneSource	Stress	Breathe: Managing Stress	Domar, Dr. Alice D.	2001	CD	1		
Military OneSource	Self-Help	Finding Strength in Family & Community	Pipher, Mary	2006	CD	1		
Military OneSource		Letters from Home: A Tribute to our American Service Members & Their Families	MOS		CD	1		
Military OneSource	Parenting	Parenting in the 21st Century	Hallowell, Edward M.	2004	CD	1		
Military OneSource	Adoption	Raising Adopted Children	Susan Caughman	2003	CD	1		
Military OneSource	Couples	Staying Strong as a Couple	Gottman, Dr. John	2004	CD	1		
Military OneSource	Finance	Taking Charge of Your Money	Amelia Warren Tyagi	2006	CD	1		
Military OneSource	Deployment	These Boots: A Spouse's Guide to Stepping Up & Standing Tall During Deployment	Jacey Eckhart	2006	CD	1		
Special Education	IDEA	Building the Legacy: A training curriculum on IDEA, our nation's special education law	NICHCY		CD	30		
Special Education	IDEA/NCLB	Tool Kit on Teaching and Assessing Students with Disabilities	US DOE		CD	1		
Special Education	Disability Law	WrightsLaw: Special Education Law & Advocacy Training Series - Legal Requirements of IEPs	Wright, Peter W.D. & Wright, Pamela Darr	2010	CD	1		
Special Education	Advocacy	WrightsLaw: Special Education Law & Advocacy Training Series - Understanding your Child's Test Scores	Wright, Peter W.D. & Wright, Pamela Darr	2010	CD	1		
Autism Spectrum Disorder	Bullying	Being Bullied	Dubin, Nick	2006	DVD	1		Case Damaged
Autism Spectrum Disorder		Loving Lampposts: Living Autistic	Drezner, Todd	2011	DVD	2		
Autism Spectrum Disorder		Temple Grandin	Danes, Claire	2010	DVD	2		
Behaviors		Facing the Challenge: Working with Children who Use Challenging Behaviors	Devereux Foundation	2007	DVD	1		Disc 1 & Disc 2
Disability Awareness		I'm Tyler	Ability Awareness		DVD	4		
Down Syndrome		Down Syndrome: The First 18 Months	Schermerhorn	2006	DVD	1		
Parenting	Discipline	1-2-3 Magic: Managing Difficult Behavior in Children 2-12	Phelan, Thomas W.	2004	DVD	1		
Parenting	Discipline	More 1-2-3 Magic: Encouraging Good Behavior, Independence and Self-Esteem	Phelan, Thomas W.	2004	DVD	1		
Special Education		Resources to Empower Students	DODEA	2010	DVD	1		
Special Education	Due Process	Surviving Due Process: When Parents and The School Board Disagree	The Legal Advocacy Center	2004	DVD	2		

Henderson Hall EFMP Resource Loan Locker

List of Available Resources

Main Topic	Item	Qty	Description	Checked out	Note
Sensory/Assistive Item	Aut-erobics (DVD)	2	Autism Movement Therapy is an empowering sensory integration strategy that connects both the left and right hemispheres of the brain (interhemispheric integration) by combining patterning, visual movement calculation, audile receptive processing, rhythm and sequencing into a "whole brain" cognitive thinking approach that can significantly improve behavioral, emotional, academic, social and speech and language skills.		
Sensory/Assistive Item	Cando® Latex-Free Band 6 Yard Pack	1	Cando® No Latex Band is specially formulated to mimic the stretch characteristics of latex band. No Latex Cando® band is easily identifiable by the checkered pattern on its packaging. Cando® band is used for rehabilitation, conditioning and training. Each band may be used independently, or as a part of a progressive rehabilitation program. Bands are color-coded to resistance level.		
Sensory/Assistive Item	Conversation starter - Every day conversation flip cards	1	Children practice conversation in simple steps. They learn the flow of information continues about the same topic. These are not learned social scripts. They teach spontaneous conversation as the child fills in the blanks.		
Sensory/Assistive Item	Disc O'Sit Cushion	1	Disc 'o' Sit Air Cushion is an inflatable dynamic cushion, mimicking both the movement and shape of the Gymnic exercise balls in any seat. It can also be used on the floor for balance training, and strengthening of the lower extremities. The more inflated the more movement.		
Sensory/Assistive Item	Economy Slant Board X-Large	2	Made of durable corrugated plastic, this slant board collapses to a thickness of just 3/4" and is very light. It has plastic clamps that hold paper in place and includes non-slip "feet." Use for writing or holding materials. Great for traveling and can easily be stacked and stored in a classroom.		
Sensory/Assistive Item	Fleece Weighted Vest	4	Fleece Weighted Vest for boys and girls. Ideal for fall, winter, and spring as it keeps kids warm, cozy and secure. Get a warm, calming hug -- and look cool too! Can't even tell that it's weighted. Weighted vests can be used to calm and provide great sensory input for children, as the weight functions as a reassuring deep hug.		
Sensory/Assistive Item	Learn With Yoga ABC Yoga Cards for Kids (Yoga Cards)	3	Learn With Yoga: ABC Yoga Cards for Kids combines the restorative and calming benefits of yoga with the powerful techniques of learning through movement. There are 26 paired cards (52 Cards in all), each has a yoga posture corresponding to a letter of the alphabet. Each posture is comprised of a pair of cards, one for the child and one for the adult. Each pose contains: a large (5" x 7") illustration of the pose, benefits of the posture, verbal cues to correctly form the posture, matching instructor card, pre-literacy questions.		
Sensory/Assistive Item	Let's Learn Sign Language	2	PK-2 Special Learners. 160 8.5"x5.5" cards. Illustrated cards complete with a written description of each sign. <i>Topics</i> : Alphabet/fingerspelling, finger names and hand positions, numbers, meet and greet, manners and everyday words, actions/following directions, adjectives, clothes, colors, feelings, everyday objects, farm animals, food/eating, people, family, pets, toys/games, school tools, everyday words and phrases		
Sensory/Assistive Item	Tactile Sensory Ball	1	This very cool Tactile Sensory Ball is covered with hundreds of small bumps making regular exercise ball activities even more stimulating! Working on the ball strengthens core muscles, body awareness, balance and attention.		
Sensory/Assistive Item	Tactile Sensory Bean Bags	4	The size makes them extra fun to throw and catch. Great for providing tactile input.		
Sensory/Assistive Item	Weighted Blanket	2	This beautifully crafted weighted blanket is soft, calming, affordable - AND cold water machine washable! Blanket weighs a total of 5 solid pounds with the weight distributed evenly throughout the material.		
Sensory/Assistive Item	Weighted Duvet	1	This weighted blanket and duvet are both machine washable. The weight stays in the designated area preventing all the weight falling to the bottom. This weighted blanket is made of beautiful soft stretch cotton twill and filled with non-mildew poly pellets.		