



TOY & RESOURCE CENTER **BUILDING BLOCKS**

ONE ITEM ONE SITE ONE IDEA

From weighted vests to alternative seating and more, the TRC offers a variety of **therapeutic equipment** options. While many traditional toys can provide therapeutic benefits, specialized equipment is designed to support targeted needs such as walking, communication, sitting, focusing and regulating sensory input.

- Therapeutic tools are often introduced or guided by therapists (OT, PT, SLP) to support safe, individualized use.
- Families receiving therapies are encouraged to try materials available at the Center before investing in a purchase.

The list below highlights some of the therapeutic equipment available at the TRC. It is not a complete list so contact the Center if you are looking for an item that is not listed.

Weighted Vests

Alternative Seating Options
(e.g. vibrational, spinning, wobble seats)

Low-Mid Tech Communication Devices

Peanut Balls

Blackout Tent and Tunnel

Noise Reducing Headphones

Sensory Brushes/Rollers

Vibrating Neck Pillows

Fidget Tools

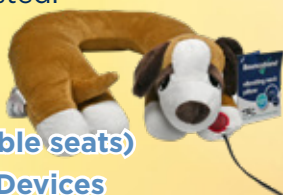
Infant/Toddler Swing

Body Socks

Sensory Rocking Chair

Bouncy Bands

Tumble Form Seat



ONE SITE

Growing Hands-On Kids offers a wide range of sensory tools and activities, including instructions for making crash pads, weighted lap pads and resistance bands. **Before using or creating any therapeutic equipment, consult a professional to ensure it is appropriate and safe.**

<https://bit.ly/45DtjQ8>

ONE IDEA

Making Lemonade

Here's a fun technique that may help children (and adults) feel calmer and more attentive.

Have your child imagine they are standing beneath a lemon tree.

Pick Lemons

Stretch both arms in the air and grab imaginary lemons.

Squeeze the Juice

Make tight fists and squeeze.

Take a Break

Throw the lemons on the ground and relax the hands.

Repeat

Continue until you have enough juice for a glass of lemonade.

Relax

When you're done, shake out those hands and relax!



TRC HOURS

Tuesday	2 - 5 p.m.
Wednesday	2 - 5 p.m.
Thursday	11 a.m. - 2 p.m.

Why buy when you can borrow? United Disability Services' toy lending library loans developmental toys and resource materials to its members. Stop by and see us!

UDS ♦ 701 S. Main St., Akron, OH 44311 ♦ 330-762-9755
www.udsakron.org

Sponsored by:

- *Summit County Developmental Disabilities Board*
- *RePlay for Kids*
- *R.C. Musson and Katherine M. Musson Charitable Foundation*