



Under clothes to provide deep pressure

Sports skins, compression garments or base layers are generally tighter fitting and designed to regulate temperature. They can provide a gentle but continual level of pressure which can be calming to children and help them focus. There are various brands available at different prices. This sheet is as a guide about the kind of products available:



<http://www.rugbystore.co.uk/training-and-leisurewear/kids/baselayer/under-armour?page=1&itemsperpage=500>

<https://www.amazon.co.uk/Under-Armour-Boys-Short-Sleeve-T-Shirt>

<http://www.sportsdirect.com/under-armour-armour-core-training-t-shirt-junior-boys-427505?colcode=42750503>

Shorts for children



<https://www.amazon.co.uk/PowerLayer-Compression-Baselayer-Shorts-Thermal>

<http://www.underarmour.co.uk/en-gb/kids/bottoms/shorts/>

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Leggings for children and infants



<https://www.amazon.co.uk/PowerLayer-Baselayer-Compression-Leggings>

<http://www.sportsdirect.com/kids/kids-base-layer#dcp=2&dppp=100&OrderBy=rank>

ESNEFT Paediatric Occupational Therapy Team has given you the images above as a guide to under clothes that can provide deep pressure. We have no affiliation to any of the companies listed nor can we recommend one product over another.

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