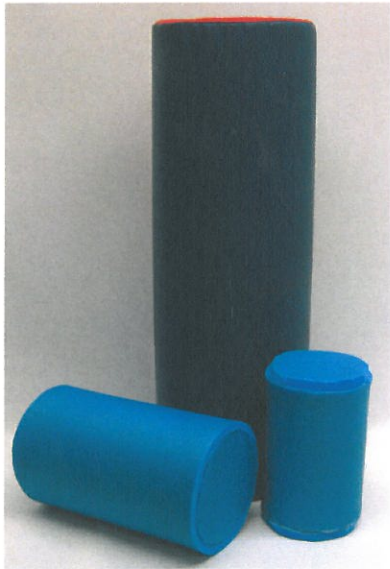




Inexpensive Bolsters



A variety of bolsters and mats can easily be made from items around the house. Large cans, oatmeal boxes, mailing tubes and other items in the shape you need to support the child can be taped together, wrapped with foam and/or toweling and made into bolsters that will hold a child in a desired position.

Materials:

- Large cans or other items in desired shape
- Foam from camping supply store
- Towels or blanket remnants
- Tape or thread

Directions:

Measure the child to determine the size of the bolster needed. Select base form such as a large can, oatmeal box, several mailing tubes taped together, etc. Wrap the form with 1-2" foam or with towels or blanket remnants (obtained from fabric stores remnant counter). Tape with cloth tape or stitch with thread.

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These ideas have been gathered from various resources included (a) submissions from early interventionists across the country, (b) development by Tots-n-Tech staff, or (c) retrieved from various websites focusing on assistive technology. If you have an idea to submit, please send a description and photo to: Jill.McLeod@jefferson.edu