

# Miracle Belt™ Instructions

## *Sensory Processing made Simple!*

The Miracle Belt™ is a pediatric weighted therapy belt which promotes self calming, balance, and increased body awareness by enhancing proprioceptive feedback. Within minutes of wearing the Miracle Belt™ your child will feel more grounded, focused, and secure! If you have any questions regarding these instructions please send an email to [service@miraclebelt.com](mailto:service@miraclebelt.com).

### **How to secure the Miracle Belt™**

- 1) Make sure the strap on the belt is pulled through the plastic slide to ensure the strap is secured.
- 2) Make sure the side release buckle (CLICKS) to secure the belt around your child's waist.
- 3) Securely fasten the belt around your child's waist by adjusting the strap.

### **How to wear the Miracle Belt™**

Align the center point (Silver STAR) of the belt with your child's belly button or as instructed by your therapist/physician. Some children may prefer the weight of the belt centered around the back.

### **How long should my child wear the belt?**

The belt may be worn for 15 to 30 minutes up to 4 times a day or as long as your child feels comfortable. Make sure your child has occasional breaks from the belt for meals, outside play, etc.

### **Tips**

- 1) Secure the belt firmly, but not too tight.
- 2) Share your experience with your therapist/physician.
- 3) The belt may be used as a lap belt while sitting or eating.
- 4) Keep the belt in your child's room so they become familiar with the belt.

\*Therapists may have specific uses for the belt requiring different general guidelines.

### **Miracle Belt™ (Small)**

**(MB 101)** One pound belt for children weighing 15 - 25 pounds with a waist size between 14" to 24".

### **Miracle Belt™ (Medium)**

**(MB 202)** Two pound belt for children weighing 25 - 45 pounds with a waist size between 16" to 26".

### **Miracle Belt™ (Large)**

**(MB 303)** Three pound belt for children weighing 45 - 75 pounds with a waist size between 18" to 28".

*The Sensory Belt™ provides proprioceptive benefits for teens and adults weighing more than 75 pounds.*

### **USES:**

At Home  
At School  
During Therapy

### **CARE OF THE BELT:**

Use a damp wash cloth to clean the belt.

### **CAUTIONS:**

1. Make sure to use the proper belt model for weight and size.
2. Before beginning any therapy program consult a therapist/physician.
3. Children under the age of 18 should use the belt with adult supervision.
4. Do not use the belt in or around bodies of water such as tubs or swimming pools.
5. Do not place the belt in a washing machine or dryer.
6. Do not use or store the belt near heat or flames.
7. Do not puncture the weight pouches.
8. Use belt only as directed.

*\*In the unlikely event there is any discomfort, discontinue use immediately\**

Every purchase includes a 30 Day Money Back Guarantee. For FAQ's or any further information regarding the Miracle Belt™ please visit us online at [www.miraclebelt.com](http://www.miraclebelt.com).