A Shared Vision
Partners in Pediatric Blindness & Visual Impairment

How to Make a Tactile Tank Top



A very young child with a visual impairment often holds their hands close to their body because they are so sensitive. They're afraid to reach out and explore their environment.

A tactile tank top is a fun way to encourage tactile exploration because they don't have to reach very far to find something interesting to touch. They're wearing it on the tank top.

With the VELCRO tape you can attach different items depending on your child's sensory preferences. When they lose interest in one item, you can move it to a different location on the tank top or try a new texture or noise. If you want your child to reach across their body you can move the item further away from them.

Unlike a tactile blanket, a tactile tank top can be used when your child is seated or lying on their back so it's more versatile.

Be sure to supervise your child when they are wearing the vest because some of the items can be a choking hazard.

Materials:

- Infant sleeveless tank top, 100% cotton, any color, in a size larger than your child so it's easy to put on over their own clothing. Available at Walmart, Target, Amazon.
- VELCRO® Brand VELTEX® Loop Fabric, in black. You can order it by the yard **HERE** and cut it to size.
- VELCRO Brand Sticky Back for Fabrics, 24" x 3/4" Tape with Adhesive
- Fabric glue
- Scissors
- Sensory items to attach to the vest, such as Mardi Gras beads, bells, curling ribbon, Mylar bows, foam hair rollers, small toys. These items should have different textures or

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noises when touched. It depends on what interests your child and what goals you're trying to achieve.

Directions:

Cut out a square or rectangle of loop fabric about the same size as your child's torso. Glue it to the tank top with fabric glue.

Cut the Velcro tape into smaller pieces. Fasten the sensory items to the vest with Velcro tape. Things like bows or ribbon can be fastened by gluing a square of Velcro tape on the back. Beads, rollers, or toys can be fastened with a loop of Velcro tape.



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