

# Abilitations®

## Tridget™

by Cecilia Cruse, MS, OTRIL

Guide to Accompany  
Item #025671 (30%)  
#025680 (60%)  
#025682 (90%)

### Introduction

Twidget, the two-handed fidget, has expanded to offer triple the fun! Still such crazy appeal! Squeeze it, move it, you can't lay it down! Tridget is the triplest new game in town!

Congratulations on your purchase of another Abilitations Creation! This two-handed fidget toy is wonderful for strengthening the hands and fingers, coordinating body sides, encouraging sequencing and rhythmicity. Our Twidget line was such a success, we decided to add one more chamber to make it the Tridget! Children can't put it down, and they don't have to!



### Product Use

Here are some suggestions for putting your Tridget to use:

- Tridget is a fidget toy when a student needs to be alert and listening, such as during circle time, story time, and lecture classes. It is especially useful for older students who need more heavy-work input for two hands.
- Tridget's weight is perfect for lying across the lap to help fidgety young students *stay in their seats*.
- Tridget is wonderful for improving hand strength and using two sides of the body together (**bilateral motor coordination**). Place the 3-chamber, ball-filled Tridget in the child's lap and have him/her hold on to each end. Then have the child squeeze the balls from the 2 outside chambers into the center, using both hands simultaneously.
- **For strengthening pincer grasp**, see if the child can pinch one ball at a time through the channel and into the next chamber. Have the child isolate and pinch the balls through by color (blue, yellow and purple).
- **For a fun back massage and great sensory input**, have the child stand close to a wall, and then place the Tridget between the wall and the child's back. As the child bends his knees, then straightens back up, the Tridget provides a wonderful deeppressure rub to the back! Great for working on body awareness and motor planning.
- Children with sensory processing disorders will love holding one neck of the Tridget and flicking the ball-filled end back and forth across the wrist or forearm. Great for **providing rhythm; heavy work input**.

The Tridget Series comes in three varieties - a 30% , 60% and 90% ball filled chambers in a solid color. Children with weaker hand strength and/or poorer visual motor skills may prefer the 30 or 60% filled, while older children or those needing more heavy work input or more advanced visual perception skills may prefer the 90% fill.

### Care & Safety

Tridget is made of a durable PVC shell and is filled with non-toxic silicon gel and colorful PVC balls. Clean the Tridget with a mild soap and water solution, or a germicidal wipe.

**CAUTION:** Contains small parts. Not to be chewed or swallowed. **CHOKING HAZARD FOR THOSE UNDER THREE YEARS OLD.**  
Made of latex-free products.

## Recommended Products

- **Twidget:** Item #022452
- **Twidget Tracker:** Item #026634
- **Transparent Yuk-E-Ball:** Item #024522



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