

# ENG:

Oliz Koko-Nora® Rita the donkey is a heavy teddy designed for people who may have difficulty falling asleep or simply need a time-out during the day. Place Rita on the stomach/chest area and let the legs hang down along the sides of the body – this allows the user to feel the weight pressing gently on the body. What happens in the body when it is exposed to deep pressure stimulation is that oxytocin – the body's natural anti-stress hormone – is released. Rita has ears that are nice to fidget with, providing additional tactile stimulation. Rita can also be used for motor skill exercises and play, helping to improve balance and activate the proprioceptive senses. NEVER lift Rita by the ears, tail, or hair!

Who knows – maybe Rita can help reduce sleepless nights too. However, please note: if someone sleeps with Rita, they must be able to remove her themselves if they wish to sleep without her.

The Oliz Koko-Nora® product is designed with heart – to provide comfort and a sense of safety from age 5 and up.

Size: Height: 190 mm – Width: 570 mm – Length: 540 mm – Weight: 3 kg

#### Materials:

Outer fabric: 100% Polyester

Filling: • 97% Polyethylene • 3% Polyester

Oliz Koko-Nora® uses only materials free from carcinogenic substances. Therefore, no flame-retardant chemicals have been used in the product.

#### **Other practical information:**

Care instructions are located on the underside of the product.

Oliz Koko-Nora® recommends cleaning superficial dirt with a damp cloth and mild soap. Washing should be limited to occasional use, as frequent washing may wear out the product. The warranty does not cover damage caused by this. To protect the material, the product should only be used indoors. Keep it away from sharp or hot objects and open flames. Oliz Koko-Nora® would love to guarantee that our products can withstand all kinds of bites – but unfortunately, we cannot. Teeth are considered very sharp objects, and if someone bites into the product, it may create holes. Therefore, always inspect the product before use. It is recommended to use both hands when moving the product. Do not lift it by the ears, tail, or hair. If transporting the product in a vehicle, it must be secured to prevent it from moving around and potentially injuring someone. If the product is damaged or has a hole, it must be removed from the person immediately. The product should be checked regularly for damage, as loose parts or filling may pose a risk to children under 3 years of age or people with dementia. Do not place the product in a microwave or near any heat source.

## **NEWS!**

If you find that the stuffing inside the product becomes too stiff or hard, you have the option to open the front zipper and remove the stuffing from the tail and the head, and replace it with fresh, new filling. Refill until you feel that the head and tail are just perfect. Remember to push the zipper pull back under the small piece of fabric, so that curious children cannot reach it. This helps extend the life of the product even further!

## **Regarding Environmental Protection:**

Help protect the environment by not disposing of your product in household waste. Cut the product into pieces and sort the individual components – such as plastic and fabric – according to local regulations, using the appropriate recycling systems.

## **Warnings:**

If the person has severe motor and/or physical limitations, the product must be used with special caution. Do not use the product if the person cannot remove it by themselves! For safety reasons, we generally recommend that individuals using an Oliz Koko-Nora® product be supervised during use. After use, the product must be kept out of reach of persons who require supervision. Keep airways clear when using the product. If the person has difficulty breathing, do not place the product on the chest, as the weight may negatively affect breathing and pose a choking hazard. All weighted products should be used with care, as the weight can, among other things, impair blood circulation. An Oliz Koko-Nora® product should not be used near water, as it may pose a drowning risk.

Always keep users under supervision when they are using an Oliz Koko-Nora® product.

## **Warranty:**

In the event of manufacturing defects, Oliz Koko-Nora® provides a two-year warranty. This warranty is valid only if the product is used as intended. Damage caused by incorrect or improper use is not covered by the warranty. The product can be transported in a bag. With proper use, you will get a product that lasts a long time.

For further questions, you are welcome to contact the product manager: Majbritt Hillerup.

Please make sure to read and keep this original instruction manual for future reference.