

Weighted Blanket

finished size 40" x 52"

Materials requirements

- 2 pieces 41" x 53" fabric
- 8 lbs. Fairfield weighted poly-pellets

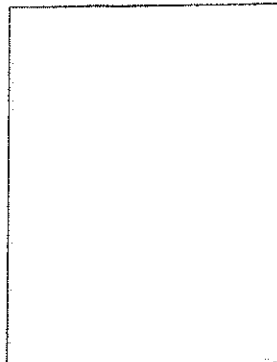
You should ask your doctor or physical therapist whether to use a weighted blanket, and if so what the best weight is. This pattern is intended to show *how* to construct the blanket, not what is the best size or weight for you or your child.

You can adapt this assembly method for various sizes and weights. A general formula to determine the weight is 1/10 the body weight + 1 pound. The amount of filling for each square can be calculated easily:

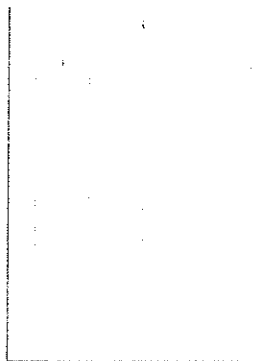
$$\frac{\text{blanket weight in ounces}}{\text{number of 4" squares}} = \text{ounces per square}$$

Assembly

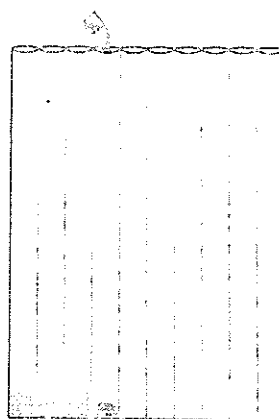
1. With right sides together, beginning 1" from the top, sew around three sides back tacking at both the beginning and end. Turn right-side out and press.
2. From the bottom, sew vertical channels every 4" ending 1" from the top.
3. Fill each channel with enough pellets for one square and shake pellets to bottom.
4. After filling all channels in the row, sew across. Repeat to make all rows.
5. Fold top edges in, pinning to prevent spillage, then topstitch securely.



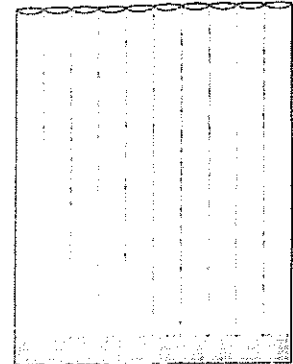
step 1



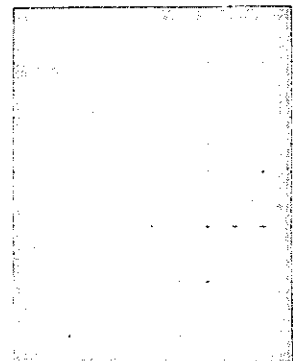
step 2



step 3



step 4



step 5



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calming the senses with weighted blankets



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Note from Weeks:

Both my husband and daughter are restless sorts. When our daughter was little and we went to a restaurant, Bill would take her out to run up and down the sidewalk while I paid the bill so she wouldn't start squirming at the table. Those kids who kick the back of your seat on planes have the same issue. Therapists refer to them as "sensory seeking." One therapist explained to me that the way I would feel if I sat in a car for ten hours straight is how she feels after sitting for one hour. So we walk to school instead of taking the bus that stops in front of our house, ride our bikes everywhere we can and are mindful that if she gets her antsy out, it's easier for her to focus.

Bill has talked for years about finding a way to create a heavy blanket that would calm his and our daughter's restless muscles. Last Friday they finally made one for her. It's only a matter of time before they end up making another one for Bill. So I thought I'd let Bill guest write for me today to share with all of you his adventures in making weighted blankets:

Like me, our daughter is frequently restless and, at the end of the day, often asks for a heavy quilt on her legs or for a deep-muscle massage. She finds it calming in the way I do when a dentist drapes the heavy lead x-ray apron on my chest. The weight soothes me deeply and instantly. I considered looking on ebay for an old lead apron to replicate this feeling, but decided there must be a way to make something similar. I did a quick search for "weighted blanket" and it opened up a new world.

Little did I know that weighted blankets and vests are in widespread use as

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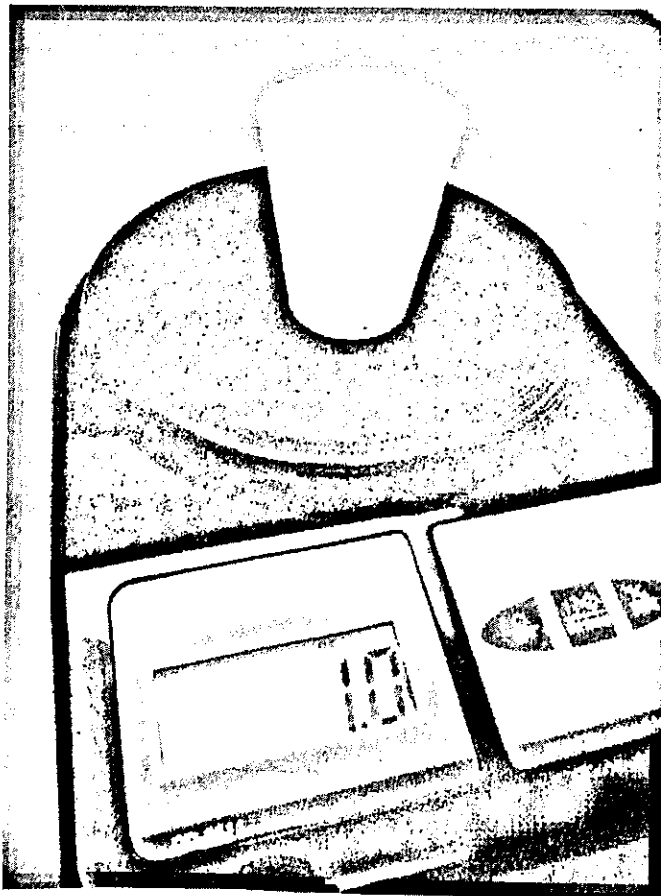
therapeutic devices for children and adults with sensory conditions including ADD and autism. Many cottage industries have sprung up making these blankets. I discovered general directions about making them yourself, so I had to give it a try. I've put what I learned into the following illustrated tutorial and downloadable pattern. Thanks to all who helped me by posting their approaches.

You should ask your doctor or physical therapist whether to use a weighted blanket, and if so what the best weight is. This pattern is intended to show how to construct such a blanket, not what is the best size or weight for you or your child.

The general rule of thumb to determine an appropriate weight for a blanket is 1/10th the child's body weight plus 1 pound. So a 70-pound child would need a blanket weighing 7+1, or 8 pounds.

I've read of people filling weighted blankets with everything from rice to beans to sand, but those risk harboring mold. The most practical filling I read about was Fairfield weighted poly pellets, made for dolls and small stuffed animals. (\$6.99 for a 2-pound bag at [wards5and10](#)) These can be machine washed and dried on gentle. I used flannel for one side and a smooth cotton batik for the other, giving warm and cool weather options.

You can make your blanket any size and weight you want. The downloadable pattern is for an 8-pound, 40" x 52" blanket divided into 4" squares. To determine the amount of filling needed for each square, I divided the weight I wanted (8 pounds, or 128 ounces) by the total number of 4" squares (130.) The amount of filling needed for each square was about 1oz per square. While intended for her, it feels great as a shawl for me too.



I sewed the front and back together, and stitched vertical channels 4" apart (this is all detailed on the downloadable pattern at the end.) Using a postal scale, I weighed 1 ounce of pellets in a small cup and put a tape marker at the fill line. If you don't have a sensitive scale, you could take a little baggie of pellets to your local post office and see if they'll weigh them for you.

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I set out one glass for each of the vertical channels and our daughter had fun filling each with 1 ounce of pellets.



She then poured the measured pellets into each of the channels..