

## 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

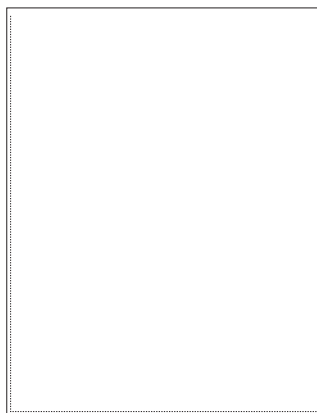
1. With right sides together, beginning 1" from the top, sew around three sides back tacking at both the beginning and end. Turn right-side out and press.

2. From the bottom, sew vertical channels every 4" ending 1" from the top.

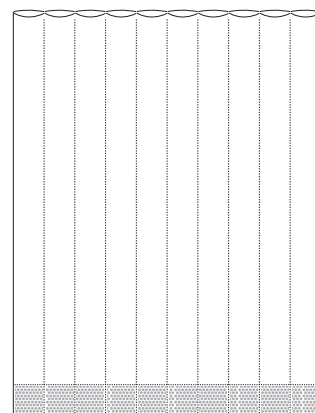
3. Fill each channel with enough pellets for one square and shake pellets to bottom.

4. After filling all channels in the row, sew across. Repeat to make all rows.

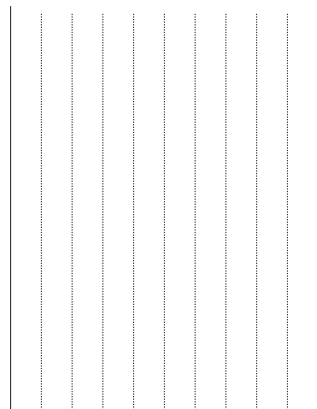
5. Fold top edges in, pinning to prevent spillage, then topstitch securely.



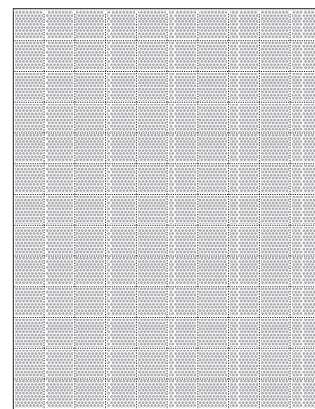
step 1



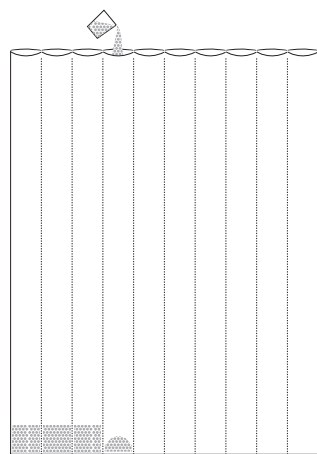
step 4



step 2



step 5



step 3