

# HOW TO MAKE A WEIGHTED BLANKET



The instructions for this was created by one of our parent members

**Please note** With all weighted products, you must seek the advice of your Occupational Therapist first and weighted products can also trigger sensory problems if not used correctly

## Method one

- A cotton Duvet Cover
- Wadding – available in fabric shops
- Plastic Weighted Polybeads -try eBay or places that stock them online like Reborn Dolls supplies
- A Sewing machine



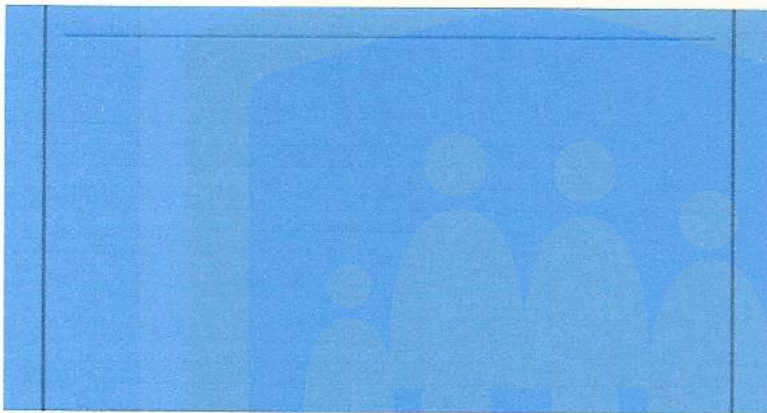
Amount of polybeads needed is 10% of body weight.

If making the blanket for a child or a small adult the size of blanket should be enough to cover the body or use this chart as a guide

Height of Child	Blanket Size
36 to 42 inches or	36 by 48 inches Up to 36 by 54 inches
43 to 48 inches	36 by 54 inches Up to 42 by 72 inches
49 to 54 inches	36 by 60 inches Up to 42 by 72 inches
55 to 67 inches	42 by 60 inches Up to 42 by 70 inches
69 to 74 inches	42 by 78 inches

Trim the duvet cover on the open end if required to your child's height

Insert a double layer of wadding sold by the metre in most haberdashery shops.



Secure wadding by sewing around the sewn edges of the duvet cover like below.

Leaving the end open so polybeads can be poured (White paper represents the duvet cover and blue paper the wadding, with polybeads in the middle.



When pouring in the polybeads pour in 1/10 of the polybeads as area of duvet is to be divided into 10's sewing across horizontally. Keep repeating until Duvet has 10 lengths sown across.

Then divide duvet again by 10 vertically ensuring polybeads are evenly spaced.

Doing this creates about 100 pockets in the duvet so duvet is even weighted throughout and won't fall to one side more than the other. This is important for the blanket to distribute weight evenly on your child's body

### Method two

You will need

- A King size padded mattress protector – widely available in Chain stores and home product stores
- Weighted Poly Beads
- A duvet cover just to use over the finished product to keep it clean

Scale the cover to the size required as given on guide folding, remembering you need to leave it on the double sewing the edges leaving one side open.

Then mark the cover into ten horizontal sections. Then as before pour 1/10 of the beads and sew across your marked line and repeat until you have ten horizontal sections. It is a good idea to stitch

over twice for strength.

Then as before mark out 10 vertical sections so it leaves you with about 100 pockets of beads. Be careful when sewing the vertical sections to push any beads out of the way so you don't break the needles on your sewing machine!!

### Sourcing plastic polybeads

PLASTIC Polybeads can be hard to source in Ireland I managed to source some on EBay

**Make sure the beads you purchase are the plastic ones these are washable depending on what weight your washing machine can take, as the polystyrene ones are not washable.**

To keep your blanket lasting longer use an additional duvet cover over the blanket to keep it clean