

# Weighted Blanket Instructions

These are intended for personal use or use for DONATED blankets only. These instructions are provided courtesy of The Linus Connection, Inc.

## Materials Needed

- Muslin for internal pockets
- Poly-Pellets for weight
- Cotton material for front of blanket
- Flannel for back of blanket

Note: Either the cotton or the flannel material should have a repeating pattern at 4" in *both* directions. This will greatly help in the construction as you will see below.

## Supplies Needed

- Sewing machine
- Thread for machine, scissors, pins, rotary cutter, cutting mat, rulers
- Kitchen or postage scale to weigh the pellets
- Dixie cups to hold the pellets
- Clothespins for temporarily holding closed the pellet pockets.
- Funnel with a 1" opening to pour the pellets
- Luggage scale to weigh the blanket

## Instructions

1. You will first need to determine the final weight for the blanket. The standard for a weighted blanket is 10% of the body weight plus one pound. For example a child weighing between 70 and 80 lbs would normally need an 8lb blanket. It is best for the facility requesting the blanket or a therapeutic professional (OT, PT, etc) to determine the weight needed.
2. Once the blanket weight is determined, use the attached blanket size chart to determine the size of the blanket and the amount of fabric needed. Choose the fabric based on the size, gender and age of the child who will be receiving it. Cut your fabric based on the chart.
3. Lay the fabrics right sides together and sew around three sides, leaving one side open. The fabric chart assumes 1/2" seams. Consider using a reinforced stitch if the fabric will support this.

**IMPORTANT:** When you are laying out and sewing your fabric, make sure that the 4" repeat starts at the sewn edge of the blanket. These repeats will determine your sew lines for the remainder of the blanket making and will alleviate the need to measure and draw lines on your blanket.

4. Once you have sewn the three sides, turn the material inside out so that you have something like a pillowcase. Iron the entire blanket paying special care to iron flat the seamed edges.
5. Pin the entire blanket so the top and bottom pieces will remain flat together.
6. Sew columns on the blanket from the bottom to the open end using the 4" repeat. I encourage you to use a decorative stitch for the columns to enhance the blanket. You should end up with the number of columns listed on the Weighted Blanket Size Chart. Iron your blanket once more if needed. This will be the last chance to iron.  
Note: If you do not have a 4" repeat, you will need to draw lines on your fabric every 4 inches as your sew lines.

At this point you will need the pellet pockets. Instructions to make these can be found below. This is an extra step that most weighted blanket instructions do not include. We, however, recommend it for all weighted blankets, especially those being donated. It reinforces the blankets, it allows for small rips or cuts in the blanket without the pellets being lost and scattering everywhere. It also makes the sewing of the blankets much easier.

7. Place one completed pellet pocket in each of the columns. Shake the blanket so that the pockets fall to the bottom of the blanket. Make sure the bags go all of the way to the bottom. Sew across the blanket 'trapping' the pocket in place at the next 4" repeat line. Use the same decorative stitch as you used for the columns.
8. Repeat Step #7 until the last row of pockets has been added. Do NOT sew this row on the machine.
9. Weigh the blanket using a luggage scale to verify that it is the correct weight. The final row of pockets can be customized as needed by adding or subtracting pellets.
10. Hand stitch the final row closed.

## Poly-Pellet Pocket Instructions

We recommend creating the number of pockets you will need for your blanket either before starting to sew your blanket or once you are ready to begin filling the blanket. Once again, you can refer to the Weighted Blanket Size Chart to determine the number of pockets needed for each blanket.

1. Cut the muslin into rectangles 3.75" x 7.5".
2. Fold the muslin in half to form a square.
3. Sew the pocket closed on three and a half sides, leaving a 1" opening.
4. Weigh your Poly-Pellets to the amount listed on the chart. Pour the pellets into a sewn pocket using a funnel. We suggest using a kitchen scale to weigh the pellets in Dixie cups and then filling the pockets. Use clothespins or something similar to hold the pockets closed.
5. Sew the rest of the pocket closed until your pocket is completely sewn.
6. Repeat until you have enough pockets for your blanket(s)

**Weighted Blanket Sizes & Fabric Cuts -- Heavy Blankets**  
**2oz pockets**

**8lb Weighted Blanket -- 64 Pockets**

Option 1: 7 x 9 pockets => Final size: 28" x 36" => Fabric cut: 29" x 37"  
Option 2: 8 x 8 pockets => Final size: 32" x 32" => Fabric cut: 33" x 33"

**9lb Weighted Blanket -- 72 Pockets**

Option 1: 7 x 10 pockets => Final size: 28" x 40" => Fabric cut: 29" x 41"  
Option 2: 8 x 9 pockets => Final size: 32" x 36" => Fabric cut: 33" x 37"

**10lb Weighted Blanket -- 80 Pockets**

Option 1: 8 x 10 pockets => Final size: 32" x 40" => Fabric cut: 33" x 41"  
Option 2: 7 x 11 pockets => Final size: 28" x 44" => Fabric cut: 29" x 45"  
Option 3: 9 x 9 pockets => Final size: 36" x 36" => Fabric cut: 37" x 37"

**11lb Weighted Blanket -- 88 Pockets**

Option 1: 8 x 11 pockets => Final size: 32" x 44" => Fabric cut: 33" x 45"  
Option 2: 9 x 10 pockets => Final size: 36" x 40" => Fabric cut: 37" x 41"

**12lb Weighted Blanket -- 96 Pockets**

Option 1: 8 x 12 pockets => Final size: 32" x 48" => Fabric cut: 33" x 49"  
Option 2: 9 x 11 pockets => Final size: 36" x 44" => Fabric cut: 37" x 45"

**13lb Weighted Blanket -- 104 Pockets**

Option 1: 10 x 10 pockets => Final size: 40" x 40" => Fabric cut: 41" x 41"

**14lb Weighted Blanket -- 112 Pockets**

Option 1: 9 x 12 pockets => Final size: 36" x 48" => Fabric cut: 37" x 49"

**15lb Weighted Blanket -- 120 Pockets**

Option 1: 10 x 12 pockets => Final size: 40" x 48" => Fabric cut: 41" x 49"  
Option 2: 9 x 13 pockets => Final size: 36" x 52" => Fabric cut: 37" x 53"

**Weighted Blanket Sizes & Fabric Cuts -- Light Blankets**  
**1.5 oz pockets**

**4lb Weighted Blanket -- 42 Pockets**

Option 1: 6 x 7 pockets => Final size: 24" x 28" => Fabric cut: 25" x 29"  
Option 2: 5 x 8 pockets => Final size: 20" x 32" => Fabric cut: 21" x 33"

**5lb Weighted Blanket -- 53 Pockets**

Option 1: 6 x 9 pockets => Final size: 24" x 36" => Fabric cut: 25" x 37"  
Option 2: 7 x 8 pockets => Final size: 28" x 32" => Fabric cut: 29" x 33"

**6lb Weighted Blanket -- 64 Pockets**

Option 1: 7 x 9 pockets => Final size: 28" x 36" => Fabric cut: 29" x 37"  
Option 2: 8 x 8 pockets => Final size: 32" x 32" => Fabric cut: 33" x 33"

**7lb Weighted Blanket -- 75 Pockets**

Option 1: 7 x 10 pockets => Final size: 28" x 40" => Fabric cut: 29" x 41"  
Option 2: 6 x 12 pockets => Final size: 24" x 48" => Fabric cut: 25" x 49"

**8lb Weighted Blanket -- 85 Pockets**

Option 1: 7 x 12 pockets => Final size: 28" x 48" => Fabric cut: 29" x 49"  
Option 2: 8 x 10 pockets => Final size: 32" x 40" => Fabric cut: 33" x 41"  
Option 3: 9 x 9 pockets => Final size: 36" x 36" => Fabric cut: 37" x 37"