

Weighted Blanket or Lap Pad Instructions

NOT FOR COMMERCIAL USE

These are intended for personal use only and have been provided courtesy of [Affordable Weighted Blankets™](#).

Materials Needed

- Material for front and back of blanket
- poly-pellets etc for weight
- poly-fil for making the blanket cushy and holding the poly-pellets or weights in place while you sew (1 bag should do)
- Thread for machine, scissors, and iron

Things To Consider

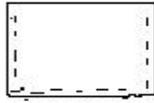
You start by deciding what size and weight blanket or lap pad you would like to make. Here is some standard information:

- A lap pad should be about 12"x 18" or 12" x 30" and no more than 2 lbs.
- The starting weight for a blanket should be 10% of the body weight plus one pound.
- A crib size blanket is about 36 x 52, but of course you can make it any size you would like.

Instructions

1. You will start by cutting out your material, you will need one piece for the front and one for the back. I usually use print for the front and solid for the back. You will cut these both to the same size (cut 1" bigger than you want all the way around), then lay out the top on the floor with the right side up. Take your back piece and lay it on top with its right side down. You are then going to sew (presser foot width) around three sides, leaving one side open.

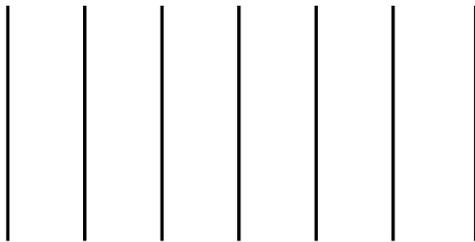
Open end here



sewed on each side
sewed on bottom

2. Once you have sewn the 3 sides, turn the material inside-out so that you have something like a pillowcase. Iron the edges down. Then sew around the edges (presser foot width) with the material right side out. This makes a nice edge on the blanket.
3. Measure the width of the blanket on the side with the open end. Divide this by 6. This is the column width you want, use a ruler and mark out your lines on the fabric with a fabric pencil. You are going to make 6 columns running from the open end to the opposite side by marking them and then sewing along the lines like this:

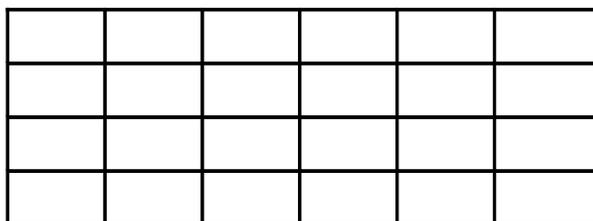
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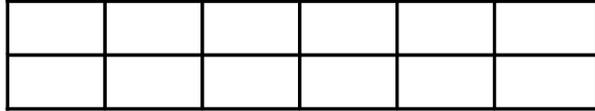


4. Once you have sewn these lines, we are going to DRAW lines going the opposite direction so that your material is covered with squares like this:

(do not sew these lines yet) I would recommend you use 6 rows as well, using the same formula as above, measure the height and divide by 6 for the height of each row.

Open End Here





5. Before you go any further, we need to figure out how much weight will be put into each block. Count the blocks. Take the amount of weight you are aiming for in ounces and divide it by the number of blocks you have. Now you know how much to put in each area. (the picture above has 36 blocks. If we want the blanket to weigh 4 lbs, we would divide 36 into 64 (oz). This would come up as 1.77 oz in each block. This is about 1 and 3/4 oz per block. Now you find something you have...a measuring spoon, a measuring cup, whatever you can come up with that many ounces in. Use that to measure the correct amount into each square. (there are many ways to figure out how much weight goes in each square, if you or your spouse are mathematical you may find an easier formula)
6. I recommend you use poly-pellets for weights, this way you don't have to make a cover and the blanket will be entirely machine washable. (you can buy these at the craft store)
7. Start by putting enough weight for one block down into each column, then stuff a little poly-fil in on top to hold the stuff down while you are sewing. Push it all the way to the bottom. Repeat once in each column all the way across. Now sew your line that goes along the top of that row of blocks. Then you just do this again and again until the entire blanket is stuffed.
8. Once you get to the end, take your open end and fold the edge down and towards the inside and then iron them to make them neat and flat. Then sew directly on top of the fold all the way from one side to the other. (I usually make two seams here one at each side of the fold, but this is optional) Now you should sew an extra seam all the way around the blanket edge to for extra durability and to keep those poly-pellets inside the blanket where they belong.