

How to Make a Weighted Blanket

When to use:

- use for sleeping if child has difficulty falling asleep, wakes up and cannot settle again or is very restless during sleep
- leave on until child falls asleep
- may also use if child cannot settle at home, during car travel or watching TV
- child will usually indicate when he needs it

Size: (for sleeping)

- measure the child's length from his neck to his toes and his width when lying down so that the blanket drapes about 8" on either side of his body at his chest.
- this surface area will be where the weights are placed.
- another 5" – 8" (depending on the size of the child) around the entire circumference of the blanket will be free of weight.
- this helps to keep the blanket on the child.

Weight:

- no more than 10% and no less than 5% of the child's body weight
- Use small smooth river stone about the size of peas, or aquarium gravel
- Can be washed in the washing machine, gentle or hand wash cycle, and hung to dry

Fabric: - washable, tight weave, medium weight fabric such as denim

Instructions:

1. Prewash fabric and measure as per above (size) and double the size
2. Fold fabric in half either width or lengthwise with right sides together and cut out. (fig. a)
3. Sew a ½" seam along 2 of the 3 openings (if 4th side is on a fold) and turn right side out (fig. b)
4. Mark the 5 -8" edging on all 4 sides with fabric chalk and sew along the 3 sides (leave 4th side open). (fig. c)
5. Divide the remaining inside fabric evenly into approx. 4" or 5" squares both across and lengthwise. (fig. d)
6. Sew lengthwise channels only. (fig. e)
7. Divide the weight evenly into the total number of squares e.g. ¼ cup of stone per square pocket.
8. Place one weight (e.g. ¼ cup of stone) into each channel.
9. Sew across to seal bottom row of squares. (fig. f)
10. Place weight in next row of squares and sew. (fig. g)
11. Proceed until all squares are filled.
12. Turn tops of blanket under ½" and sew to close. (fig. h)

(fig. a)

(fig. b)

(fig. c)

(fig. d)

(fig. e)

(fig. f)

(fig. g)

(fig. h)

How to Make a Weighted Lap Pad

Use the same procedure as above. However, you do not need the outside circumference free of weight. Winnie Dunn found that only 5% body weight was effective in helping a child sit. I have found that some students require more weight to calm. Weighted `wearables` are only effective for 15-20 minutes before the body accommodates to the weight so choose wisely when the student should use it. The lap pad can be used ever hour if necessary. Weight only works when it is worn. Its effects do not extend beyond this time.

WEIGHTED LAP WRAPS are a little more versatile. They can be draped over the lap or folded on the lap. They can be placed over areas of the body in a reclined position.

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Weight Over the Shoulders.

1. Purchase a long sleeved shirt, size will be dependent on child (second hand stores have a great selection.)
2. Sew each sleeve together at the shoulders. (fig. a)
3. Add weight (e.g. 1/4 cup stone) into each sleeve and sew sleeve across at 5" from the top to enclose stone.
4. Continue to fill sleeves with stone and sew closed until entire sleeve is full. (fig. b)
5. Slide shirt over back of chair. When child needs weight he can wrap the sleeves around his shoulders.