Creating or Adapting Stuffed Animals, Pillows & Dolls
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✂ Making your own weighted stuffed animal, pillow, or doll can be a project that is started from scratch or simply the adaptation of one that is purchased. Remember that calculating the total weight of your finished project requires weighing the entire item, not simply calculating the amount of weight inserted. *When adapting a favorite stuffed animal, pillow or doll it may be helpful to practice this procedure on a different item first.

- **Creating From Scratch**
  There are patterns available in sewing and craft stores for making stuffed animals, pillows & dolls. During the stuffing process, simply add a weighting material to the stuffing. The amount of weighting material depends upon how heavy you want your stuffed animal. 1-3 pounds it a typical amount of weight to use.

- **Adapting A Purchased or Favorite Item**
  To adapt a stuffed animal, pillow or doll that is already made, simply (and carefully) undo one seam of its midsection or back side (2-3 inches), remove some of the filling and insert the weighting material. Re-stuff to your desired preference and re-sew the seam. Shake or re-configure to get the weight to settle and it is ready to use!

Weighting materials
There are many different kinds of materials used to weight items and combinations of weighting materials may also be used.
- Poly-pellets are the most hygienic and safe to use.
  They may be purchased at craft stores or ordered online at Poly-fil:
  http://www.poly-fil.com/pellets.asp
- Tiny metal pellets (these may rust if they get wet)
- Flaxseed
- Dried beans
- Uncooked popcorn
- Corn seed

✔ *One potential problem* with some of the natural or uncooked options is that they may absorb moisture over time and/or unwanted "critters" may emerge. Therefore, carefully choose your weighting materials.

✔ **Caution: never make an item so heavy that it is not easily carried. When carrying weighted items hold them as close to the torso as possible.**