

Creative Ideas & Considerations for Making a Weighted Blanket

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There are many different ways to make weighted blankets. The following handout provides a host of creative options for those interested in making a weighted blanket of their very own!

1. *The Weighted Blanket Book* by Walker & McCormick provides a detailed pattern for making a weighted blanket, for those who are skilled in sewing.
2. It is possible to shop around and to buy a very heavy comforter if a small amount of weight (10 pounds or less) is desired.
3. Buying a blanket that is "just right" in size, fabric type, and color and then making strips or squares and filling them with plastic craft pellets to be sewn onto the desired places (directly on the blanket) is another possibility. A second blanket may be sewn over the area where the strips or squares are sewn to hide them if desired or the blanket may be put into a duvet cover.
4. Buy two 100% cotton sheets (of the desired size) and sew plastic craft pellets throughout (between the sheets) so that the pellets are evenly distributed. This weighted sheet can be used over other favorite blankets or by itself.
 - This weighted sheet may also be inserted into a duvet cover of a person's choice. Have the person pick out a duvet cover of their liking (style, fabric type and color). Then apply Velcro to the edges of the weighted sheet and onto the areas within the duvet cover where the weighted sheet will be attached. It is best if it is known in advance if the duvet cover is going to be used because then the weighted sheet can be made in the size most compatible with the duvet cover.
5. Buy 2 pieces of fleece material (a type of fleece and color that is preferred by the person who will be using the blanket) that is cut slightly larger than the desired blanket size. Then buy extra material (amount depends upon the size of the blanket & number of pockets to be made) to be used to sew pockets directly onto one piece of the fleece. Cut out enough fleece squares to be sewn onto the areas where the person wants the weights to be located. Some people may only want the weight to be scattered throughout the blanket, others may want it only in certain areas, yet others may want it evenly distributed throughout the entire blanket. Pin the material squares onto the areas where they will be sewn and have the person validate that this is in fact where they want the weights to be. Then sew the squares onto the blanket leaving one side of each pocket unsown. Sew Velcro onto the open end of each pocket and onto the place on the blanket where it will attach to hold the weights in. To make the weights, you will need to make beanbags to fit into each square. It is preferable to use plastic craft pellets to fill the beanbags, but other materials may also be used (as listed below).

Make the number of beanbags needed to put one in each pocket of the blanket. The amount of pellets to put in each beanbag depends upon how heavy the person wants the blanket to be. Once everything is secured onto the blanket sew the other piece of fleece to the other side of the blanket, leaving one end of the entire blanket unsown. Once it is sewn on 3 sides turn it inside out. Sew Velcro across the open end in order to be able to take the weights out to wash the blanket and/or to be able to change the amount and/or placement of weights as desired.

6. Quilters may make a patchwork quilt with plastic pellets inserted into each patchwork square. For those who make quilts with different patterns throughout, it is possible to insert plastic pellets throughout the patterning.

Weighting Materials

Materials that are often used for weights in weighted blankets include:

- Poly plastic pellets (the most safe of all weighting materials available)

The following are examples of other materials sometimes used to fill weighted items:

- Tiny metal pellets
- Flaxseed
- Dried Beans
- Uncooked popcorn
- Corn seed

Potential problems with using these other fillers as weights:

- Some metal pellets may rust if they get wet.
- Using natural or uncooked food products may potentially lead to finding unwanted "critters" in your weighted blanket when used over time or they may absorb sweat or fluids.

Fabric Choices

Some people prefer blankets that are very warm while others find warm blankets to be aversive. The best way to find out what a person would most prefer in fabric type, color, pattern and amount of warmth, is to ask them. ☺

-  *Some like it hot:*

Any polyester fabrics or polyester blends will hold in warmth. Fleece is an example of a fabric that is in the polyester class. Using batting materials will also increase the warmth of a blanket.

-  *Some like it cool:*

Using 100% cotton fabrics or satin fabrics without use of polyester batting provides a more cool option.

It is often preferable to use one type of fabric on one side of the blanket and another type on the other side. Cotton/flannel, satin/cotton, flannel/satin are some examples of combo-blankets that provide different options when using the same blanket! A patchwork quilt using favorite material swatches is another option.

Good luck with your making your very own weighted blanket creation!