



## **Weighted Blanket Instructions**

Purchase one yard each of two different fabrics to make the blanket itself. When possible, obtain the child's input about texture, color, and smell of the fabric.

Buy one yard of slippery fabric, such as a satin-like synthetic, to make tubes that slide inside the channels in the blanket.

1. Pin blanket faces together, right sides inside, and sew around three sides of the joined fabrics.
2. Turn the blanket right side out and sew lengthwise seams to create several channels four inches wide.
3. Cut the slippery fabric in strips 5 inches wide and sew pairs of strips together to create long tubes to fit into the channels in the blanket.
4. Fill the tubes with rice, sew the ends shut, and insert the tubes into the channels in the blanket.
5. Attach Velcro™ strips to the blanket at the top of each tube to close the top seam. It's easy to remove the rice filled tubes and launder the blanket as needed.