THE MAKING OF A WEIGHTED BLANKET
Simple Instructions from Rithmah Temple No. 93, Fort Worth, TX

MATERIALS NEEDED:
- Fabric - enough to make the size blanket you need x’s 2
- Fairfield poly pellets weighted stuffing beads (machine wash and dry)
- Fairfield Fiber fill
- Disappearing ink pen or washable marker
- Ruler or straight edge for measuring
- Kitchen scale that measures in ounces

Optional Materials:
- PVC Pipe, vacuum tube, or gift wrap cardboard roll, to pour pellets down to bottom of blanket/pocket
- Long stick or yardstick, to push poly-fil down to bottom of blanket/pocket (especially for fleece)
- Funnel to pour pellets into appropriate location

PLANNING:

Making a weighted blanket for a child: the blanket should weigh about 10% of the child’s bodyweight plus 1-2 pounds. Not knowing the weight of the child, we made general size weighted blankets, for example: 4-pound, 5-pound, 6-pound, 7-pound, 8-pound, up to 10-pound blankets.

Determine the number of squares in your blanket. Calculate the number of columns (length wise rows) followed by the number of squares (width wise rows). Try to divide the blanket into equal size squares.

Decide on the amount of poly pellets needed based on the weight of the blanket you are making. Pellets can be purchased in small quantity packages (1-pound, 5-pound etc.) to larger size boxes (25-pound) from craft stores, Etsy, eBay, Walmart, and Amazon. Large quantities are heavy, check the shipping cost, could

Based on the number of squares and weight of your blanket, now determine the how many ounces of poly pellets are needed in each square. An easy calculator to use to figure out how many pellets per each square is:

\[
\frac{\text{number of ounces needed}}{\text{number of squares}} = \text{how many pellets (ounces) needed per square.}
\]

*Remember, there are 16 ounces in each pound. You can weigh out the pellets for each square using the kitchen scale.*

Now let’s make a “36 x 60”, 5-pound weighted blanket!
Step 1:

Purchase 2 yards of material (60 inches wide). Right sides together, sew a ½” seam along the 2 long sides and 1 short side together, leaving 1 short side open (top) open. Turn fabric right side out. Iron edges flat if needed.

Step 2:

Measure along the top and the bottom and mark every “x” inches with disappearing pen or washable marker for the columns.

- For this blanket we will do 5 – 7” length wise rows (35”/7” = 5 columns). So, every 7 inches make a mark at the top and bottom of the long length of the blanket.

Draw a line from bottom to top with your maker.
Step 3:
Stitch vertical columns. Starting at the bottom of the blanket sew the lines up to the top of the blanket (open end) stopping about 2 inches from the top. This will provide a fold over at the top for a clean finish edge.

```
   |   |   |   |
   |   |   |   |
```

Step 4:
Determine the number of rows (how tall the squares will be). Since the blanket is 60 inches long, for ease of stuffing and working we will make 6-inch squares. Divide 60”/6 = 10 rows. So, every 6 inches make a mark at each side of the blanket. Draw a line from side to side with your marker.

```
   |   |   |   |
   |   |   |   |
   |   |   |   |
   |   |   |   |
   |   |   |   |
   |   |   |   |
```

- This blanket is a 5 columns x 10 rows equaling 50 squares to fill.
- At this point you need to determine if you are going to fill all 50 squares with poly beads. The weight of the blanket needs to be only in the center of the blanket.
- To save cost the outside columns (2) and the top and bottom rows may be filled with poly fiber fill only. If you decide to do this the calculation for the weight of the poly pellets will need to be adjusted for the remaining pockets.
Step 5:

Calculate how many ounces of poly pellets needed to fill each square. This is a 5-pound blanket which equals to 80 ounces (5 pounds x 16 ounces = 80 ounces).

**Option 1.** Divide the 80 ounces by the 50 squares to be filled, each square will be filled with 1.6 ounces poly pellets. This option distributes the weight across the entire blanket.

**Option 2.** Fill the outside squares, top and bottom rows of squares with just fiber fil. Fill the remaining squares in the center of the blanket with poly pellets and fiber fil. This option concentrates the weight of the blanket to the center and more over the chest of the child. For this option subtract the 28 outside squares from the total 50 squares (50-28=22) leaving the 22 center squares to be filled with pellets and fiber. Each of the 22 squares will be filled with 3.63 ounces poly pellets.

Measure out the proper amount of poly pellets for each square (1.6 oz. or 3.63 oz.) pour into each square. (Measure 5 (3) times for 5 (3) squares across the first row). Give the blanket a shake to settle the poly pellets on the bottom.

Now it is time to stuff each square with a handful of fiber fil, try to be consistent in each square with the amount of fiber fil. The fiber fil is only used to hold the beads (somewhat) in the square and make the blanket plush and soft. Do not over stuff the square.
Step 6:
Stitch across the row following the marked line. This completes the first finished row.

- **Hint:** if the poly pellets travel above the sew line try pinning along the sew line before sewing. The heavier the blanket the more difficult it is to keep poly pellets within the square.

Repeat for the next 8 rows.

- **Hint:** as you complete each row the blanket will start to get heavy while sewing. Make sure you have a table or area to sit the blanket on, so it won't hurt your machine.
- **Hint:** Fleece and soft material make it difficult to sew straight, luckily with the fiber fill stuffing, the lines are hidden.
Step 7

The final row will have a finished edge. Fold over the rough edge inward and iron to press down to obtain a clean edge.

Sew the remaining 2 inches on each column (long line) to prevent the poly pellets from falling into another pocket, this is important.

Fill and stuff the final row of squares with the poly pellets and fiber fill. CAREFULLY sew the folded edges to make a clean looking seam.

- *Hint: these blankets are Very forgiving, lines not sewn straight, wrinkled fabric, bumpy, etc!*

YOU ARE DONE!! GREAT JOB!! NILE LOVE!!