

TIP SHEET

How to Make a Travel-Sized Weighted Blanket

New experiences, such as a trip to the dentist, can be scary or intimidating for a child, especially a child who has autism or other special needs. A weighted blanket can help to calm and comfort a child. Below are instructions for creating a travel sized weighted blanket that can easily be taken with the child.

Tools

- Sewing machine
- Scissors
- 2 standard sized pillowcases
- Material to fill your blanket (i.e., river rock, pony beads, washable material, etc.) You will need fill equaling approximately five percent of the child's weight
- Thread
- Hook and loop tape (such as Velcro)
- Thick cord or shoestring (optional)

Instructions

1. Decide how many pockets your blanket will have and divide weighted material evenly into the same number of piles
2. Turn one pillowcase inside out and sew the Velcro to the outside of the opening (hook on one side, loop on the other)
3. Turn the second pillowcase right side out and sew three to four vertical lines, evenly spaced most of the way up the long side of the pillow case
4. Add one pile of material into each column that you have made
5. Sew a horizontal line across the case just above the top of the material
6. Add another pile of material into each column
7. Repeat directions 5 and 6 until all material has been distributed evenly into the pillowcase
8. Sew the pillowcase shut
9. Place the weighted case into the empty case and secure the Velcro
10. Cord or shoestring can be used to tie the blanket into a portable roll.

The weights may be adjusted as the child grows. The outer case can be removed to wash as needed.

These tips were compiled from a variety of sources. For more tip sheets, visit www.fraser.org.