

## Weighted Blankets

Some of you learned about weighted blankets from Asheville, NC Coordinator Ellen Knoefel at our October Blanket Bee. These are blankets for children with autism and other sensory disorders. We have Velcro on order for those of you interested in making these blankets for PL.

Children with excessively high energy levels (such as children with autism) find these blankets soothing for bedtime or throughout the day. More information is available by searching the web including:

<http://www.sensory-processing-disorder.com/weighted-blankets.html> and <http://katiesquiltingcorner.com/2012/09/free-pattern-friday-weighted-blanket.html>

We have regular special requests for weighted blankets and would like to have a supply on hand. You do NOT need to put the rolled sheets in the tubes to actually "weight" the blankets. We will let the recipient do that. However, for those of you wanting to know the general rule of thumb to determine an appropriate weight for a blanket is 10% of the intended person's body weight plus 1 pound. So a 70-pound child would need a blanket weighing 7+1, or 8 pounds. You simply "roll" sheets to fill the tubes in the blankets until it is the appropriate weight – be sure to distribute the weight across the tubes/blankets - **see photos and instructions below**. Please consult with the occupational therapist or physician for a correct weight. Blankets can vary in size for different size children from about 40" x 40" to full size adult blankets for teens.

Weighted blanket patterns are available at:

<http://www.davidsblanket.com/downloads/Weighted-Blanket-or-Lap-Pad-Instructions.pdf>

and the Project Linus Website: <http://www.projectlinus.org/patterns/> (Lili's Hug).

## **Folding sheets for Weighted Blankets:**

There is no "real" or "only" way to fold sheets for weighted blankets. They need to be about 2" shorter than the length of the tube and small enough around to slide in the tube. The plastic bag, which can be a bread sack, a WalMart bag...any plastic bag that the sheet can be slipped into and then pulled back out of the bag.

Basic instructions:

Fold sheets in half length wise. Fold again in half length wise.

Fold in half top to bottom. Fold in half again top to bottom

Next, begin folding the long folded sheet into a size that is approximately 2" shorter than the length of the tube. If the tubes are approximately 17" long, the sheet will need to be approximately 15" long. Roll the sheets tightly because they will relax when the plastic bag is removed.

Slip the tip of the sheet into a plastic bag such as a cleaned plastic bread bag to help slide it into the tube. Then remove the plastic bag.

A sheet should be put into each tube of the bag and need to be of a size that will make the blanket the appropriate weight.

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