

Cheryl's Weighted Blanket

Created by Cheryl Hughes

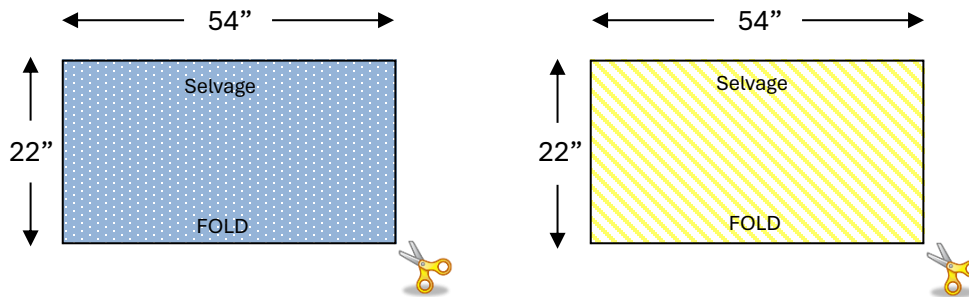
Materials Needed

This pattern will make **2 quilt weighted blankets**.

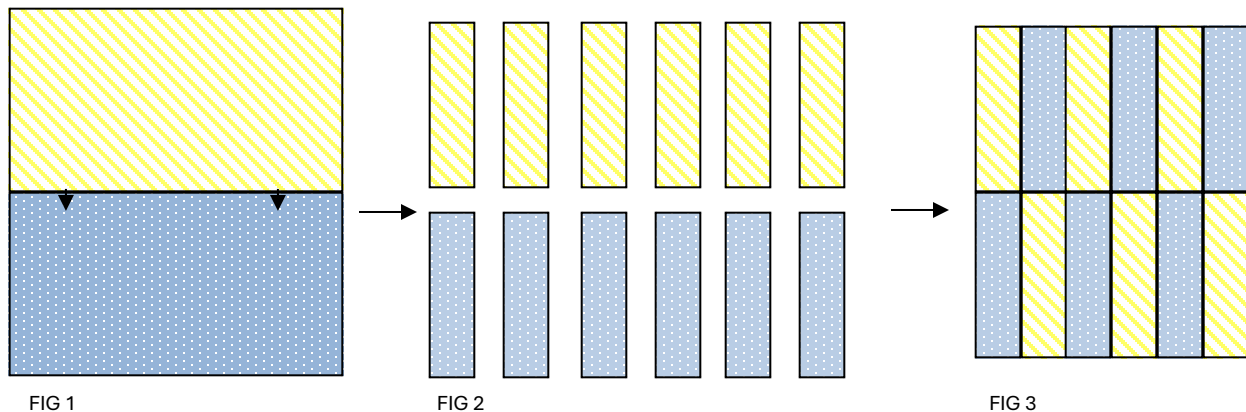
- ♥ **Fabrics A and B:** 2 pieces of coordinating kids print fabric 42" x 54" (1½ yards)
- ♥ **Fabric C:** 2 pieces of coordinating solid fabric 42" x 54" (1½ yards)
- ♥ **¾" Hook and Loop Sew-in VELCRO® (no adhesive types):** You will need two pieces of hook and two pieces of loop strips cut 1 inch shorter than the long edges of the fabric.
- ♥ **12 twin sized flat cotton sheets** or muslin cut to approximately 64" x 100" for each weighted blanket. Queen- or King-sized flat sheets can be cut in half and used—just make sure that each channel has the same sized sheets so that the weight is equally distributed across the blanket.

Directions

1. Lay the 1½ yard pieces of kids print fabric on cutting board and cut in half by simply cutting along the fold creating 2 pieces of fabric that are 22" (approx) by 54".

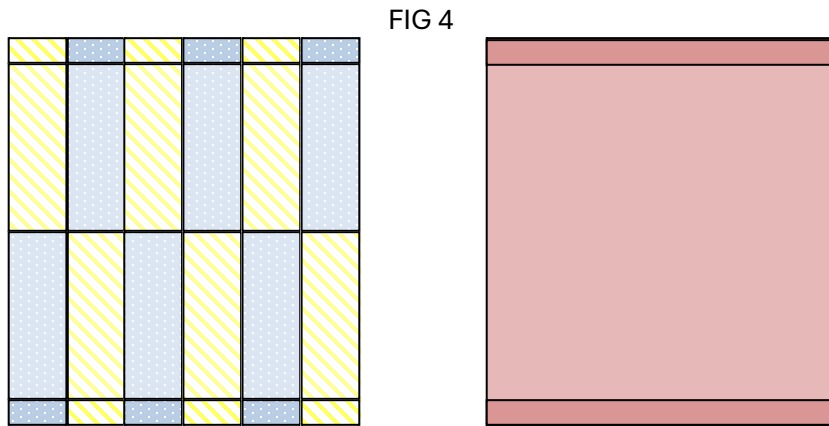


2. Sew one piece of Fabric A (22" x 54") to one piece of Fabric B (22" x 54") using a ¼" seam. Press toward dark.

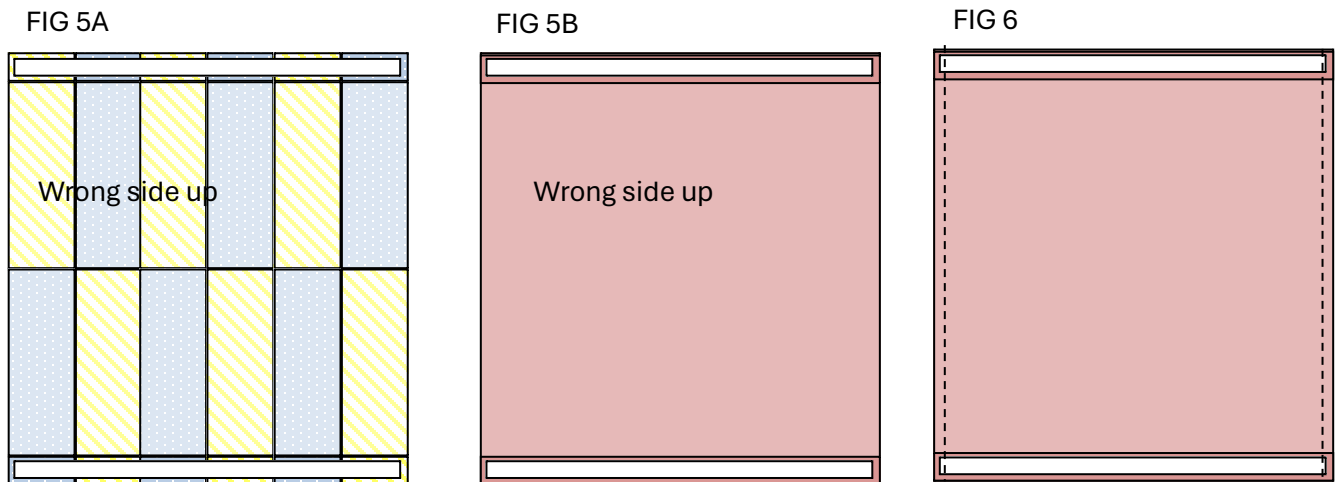


3. Cut **Fig 1** into six 8" vertical pieces. (**Fig 2**)
4. Sew pieces back together matching opposite fabrics and trim selvage edges creating finished top. (**Fig 3**)
5. Measure finished top (**Fig 3**) and cut solid fabric the exact same size as finished top.

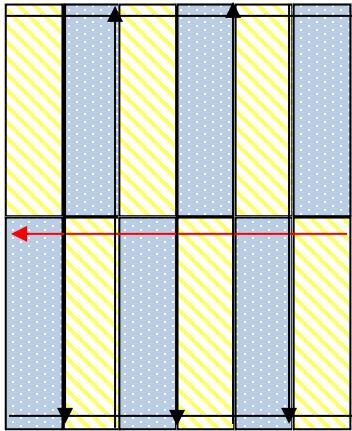
- Lay pieced top, right side down, on ironing board. Press each long edge under, 1 inch. Fold over 1 inch again, press and pin in place. Repeat with solid fabric. (**Fig 4**)



- On the pressed edges of print fabric sew the hook strip of the VELCRO® as shown below. Repeat on the solid fabric with the loop strip. (**Fig 5A and 5B**)



- Once the VELCRO® has been sewn to all 4 long edges, place the pieced quilt top and backing, right sides together and pin and sew short sides (dashed line) using a 1/2" seam allowance. Be sure to re-enforce at the beginning and end by back stitching a few times. (**Fig 6**)



9. Turn right side out and press the VELCRO® together on both edges. Using a walking foot, create the channels by sewing top and backing together along the seam lines. Begin with the center horizontal seam (red) followed by the center vertical seam. Continue as indicated by arrows, sewing from edge to edge and re-enforcing over the VELCRO® tape at the openings of the channels.
10. To fill the channels, creating the “Weighted Blanket,” fold sheets to the size of the channel, open VELCRO® and stuff sheets in each of the 12 tubes.
11. Close VELCRO® channels and you’re finished!

To fold sheets, begin by folding the sheet end to end. Fold again in opposite direction and continue folding in opposite directions until the sheet is the appropriate size to fit in the channel.

NOTE: *The number of channels can be adjusted (more or less) depending on the size and needs of the child. To make a blanket that is safe and appropriate for the child, the weight of the blanket (size and number of sheets used to provide the weight) should be determined by the physician or Occupational Therapist of the child.*