

**SPOTLIGHT**

## WEIGHTED BLANKETS

N° 16.21.11  
PROJECT SHEET



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## WEIGHTED BLANKETS

**e** EASY

### WHAT YOU'LL NEED

- 1m Printed Flannelette, Gummy Bears pink
  - 1m Plain Flannelette, grey
  - 2m Poplin, grey
  - Matching Gutermann thread
  - Fabric pencil
  - \*Poly stuffing pellets (500g/1kg bags)
  - Pins, tape measure
  - Scissors, seam ripper
  - Cooking scales
  - Glass or clear plastic narrow neck container
  - Optional - Sew Easy Quilters Holding Clips, Long quilters ruler
  - Sewing machine
- \* Quantity of pellets required 10% of child's body weight.

**Read all instructions carefully before commencing the project.**

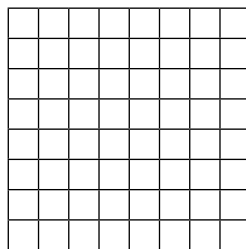
### INSTRUCTIONS

**Step 1** - Trim selvages from all fabrics. Cut one 100cm x100cm piece from each of printed and plain flannelette. Cut two 100cm x 100cm pieces from poplin.

**Step 2** - Place the two pieces of poplin wrong sides together and sew together around three sides using a 2cm seam allowance, leaving one edge open

**Step 3** - Measure and mark at 12cm intervals across the seam opposite the open edge using the fabric pencil. Using ruler and fabric pencil draw lines up from bottom edge.

**Step 4** - Measure and mark at 12cm intervals up from bottom edge seam and rule lines across as in diagram.



**Step 5** - Sew along the lines from bottom edge up to the top to create 8 channels.

#### To add pellets

**Step 6** - For this blanket you have 64 squares so divide the total quantity of pellets needed (10% of child's weight) by 64 to give you weight needed for each square. Weigh out quantity needed for one square and pour into your container. Mark the level of pellets on outside of container this way you don't have to weigh each time.

**Step 7** - Hold stitched poplin with open side at the top and pour the container of pellets into the first channel. Refill your container with required quantity of pellets and pour into next channel. Repeat for each channel across.

**Step 8** - When all channels have been filled, make sure pellets are sitting in the bottom of each channel and stitch across on the marked line.

**Step 9** - Repeat steps 7 and 8 until you reach the top.

#### To finish

**Step 10** - Place printed flannelette right side up with plain flannelette on top right down. Place weighted poplin on top using quilters holding clips to hold all pieces together around the edges. This step can be fiddly so just be patient and take your time.

**Step 11** - Using a 1.5cm seam allowance sew together around the edges through all layers leaving an 80cm opening in the bottom edge. When sewing ensure pellets are away from seam line.

**Step 12** - Clip corners and turn right side out through opening. Turn open edges in and topstitch around all sides 5mm in from outer edges enclosing opening within the stitching.