

Weighted Blankets



Meghan Butler Occupational Therapy

What are they?

A weighted blanket is a type of blanket that is filled with small, evenly distributed weights. The weights are usually made of materials like plastic pellets or glass beads, and are sewn into the blanket in small pockets or compartments to ensure that they are evenly distributed.

The idea behind a weighted blanket is that the added weight provides a deep pressure touch stimulation, which can have a calming effect on the body. This is thought to help reduce anxiety and promote relaxation, making it easier to fall asleep and stay asleep throughout the night. They are also very handy when dealing with a little one with sensory processing disorder as the weight of the blanket helps regulate sensory input.

Weighted blankets come in a variety of sizes and weights, and are typically chosen based on the weight of the individual using the blanket. The general rule of thumb is to choose a blanket that is about 10% of the user's body weight, however it varies from individual to individual.





Safety precautions

It is important to take safety precautions when using a weighted blanket. Here are some safety precautions to keep in mind when using a weighted blanket with little ones:

Never cover the child's face or head:

Ensure that the blanket does not cover the child's face or head, as this can increase the risk of suffocation or overheating.

Supervise use:

Always supervise the child when they are using a weighted blanket, especially if they are young or have mobility issues.

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Safety precautions cont...

Avoid use with infants:

Weighted blankets are not recommended for use with infants, as they can increase the risk of SIDS (sudden infant death syndrome). They are also not recommended for use with kids less than 2 years-old.

Remove the blanket if it causes discomfort or pain:

If the child experiences discomfort or pain while using the blanket, remove it immediately.

Check for wear and tear:

Regularly check the blanket for wear and tear, and replace it if it shows signs of damage.

By following these safety precautions, you can ensure that your child can safely benefit from the use of a weighted blanket.

How to take care of your blanket:

Spot clean as needed:

If there are small spots or stains on the blanket, spot clean them with a damp cloth and mild detergent. Avoid using bleach or fabric softeners.

Machine wash when necessary:

Most weighted blankets can be machine washed, but be sure to follow the manufacturer's instructions. Use a gentle cycle with cold or lukewarm water and a mild detergent. Avoid using fabric softeners and bleach.

Hang or lay flat to dry:

Avoid putting your weighted blanket in the dryer, as the weight can damage the machine. Instead, hang it up or lay it flat to dry. Avoid direct sunlight, as this can fade the colors.

Store properly:

When not in use, store your weighted blanket in a dry, cool place. Avoid folding it too tightly or leaving it in direct sunlight or extreme temperatures.



That's that!

Now you can enjoy your blanket!



Remember to upgrade as your little one becomes heavier (rule of thumb is withing 4 to 5 kg range). Their body will get use to the weight which will require the blanket to be a bit heavier in order for optimal use.