

Weighted Lap Pad Instructions (5lb pad)

Weighted quilts are soothing for people on the autism spectrum. Weighted quilts use a washable filling, like Fairfield's poly pellets, to make the quilt much heavier than a batting-filled quilt.

CVQ is making small quilts, ~20 inches by ~30 inches with 5 lbs. of poly pellet fill using a super easy whole-cloth, fill-as-you-go method.

Supplies

Prewashed and ironed cotton fabric: 1 – 21" x 31" top and one 21" x 33" back

5 lbs. poly pellets (Fairfield)

Polyester sewing thread in coordinating color

New sewing needle (size 90)

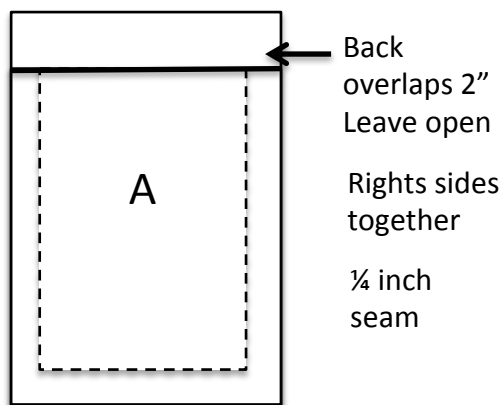
Sewing supplies (rotary cutter, ruler, scissors, pins, seam ripper, marking chalk, etc.).

Instructions

This is a "fill as you go" whole-cloth quilt method. You can also piece the top in any pattern. Use a shorter stitch (~12 stitches per inch or 2.0 mm) to keep the poly-pellets from migrating through the seams. Back-stitch a few stitches at the start and end of every seam to "lock" your stitches.

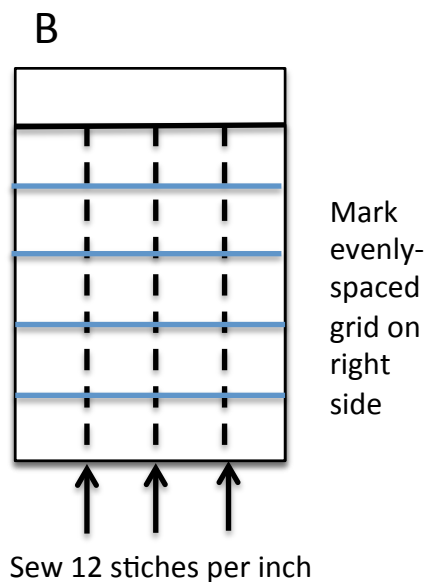
A. Preparing the quilt

1. Place right sides of top and back together matching long and one short edge. The other short raw edge of the back will extend past the top by 2"
2. Sew the long sides and matched bottom edge with a $\frac{1}{4}$ " seam. Leave open the top edge with the 2" overlapping back.
3. Turn the quilt right side out "pillow case style", and press.



B. Creating channels and marking your top

4. With chalk or a pencil, make a line down the center of the quilt the long way. Mark 5" to the right of the center line, and 5" to the left of the center line. You should have 4 columns. Sew a seam on each of the lines using 12 stitches per inch (or 2.0 mm on European machines.)
5. Starting from the bottom, mark lines parallel to the bottom of the quilt with a marking pencil every 6 inches. You should now have a marked grid with 20 rectangles (4 wide x 5 long)

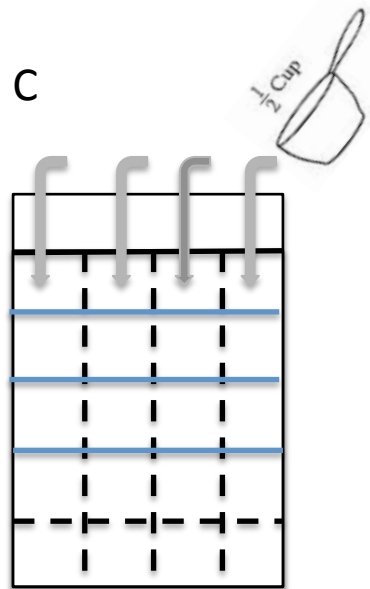


C. Creating quilt-as-you-go poly pellet-filled pocket rows

6. Measure $\frac{3}{4}$ cup of poly pellets (2 oz.) and pour into each channel. Shake the pellets to the bottom of the quilt.

Stich on the line parallel to the bottom 6 inches above the bottom to form a row of pellet-filled pockets. Push pellets away from the seam being sewn, and sew slowly across the quilt to avoid hitting pellets. If you hit a pellet you may break your needle.

7. Create the next filled row by filling each channel with another $\frac{3}{4}$ cup of poly pellets. Shake the pellets down to the stitching at the bottom of the new row. Stich on the line 6 inches above the last stitched row to form the next row of pellet-filled pockets. Repeat this process two more times forming a total of four pellet-filled rows of pockets.



D. Filling the top row and finishing the open end

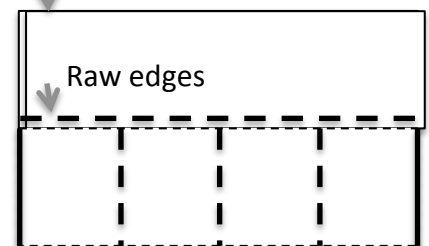
8. When you reach the last row of pockets, it's easiest to fill one or 2 pockets at a time and sew the raw edges shut with a $\frac{1}{4}$ inch seam. The quilt back will still overlap the top by about 2 inches. Fill, shake down, and sew shut each of the four top row pockets.

9. The last step is to encase the outer edge of the top of the quilt by self-binding using the overlapping back of the quilt.

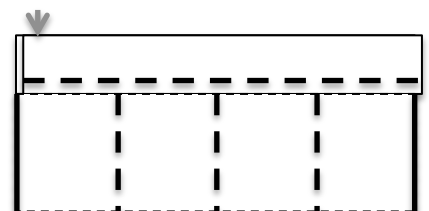
9A. Fold the raw edge of the back to meet the top at the raw edge of the top (right side of backing is up).

9B. Then fold the folded edge over again to form a binding that covers the quilt top raw edge by at least $\frac{1}{4}$ inch. Pin as necessary, shake the pellets down, and sew closely to the edge of the folded self-binding to neatly finish the top.

D Step 9A: Fold raw edge of back over to meet raw edge of front and stitch
Fold



Step 9B: Bring fold over to cover raw edges and stitch close to edge



If you have any questions, please call me at 805.807.4068 or email me at ljurss@roadrunner.com

Thank you for supporting this project! Lynn Jurss, Conejo Valley Quilters, Thousand Oaks, CA