

Weighted Blankets Vests and Scarves Simple Sewing Projects to Comfort and Calm Children Teens and Adults



BOOK DETAILS

- Author : Susan Sullivan
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BOOK SYNOPSIS

If you've been to the dentist to get x-rays and have had the protective lead vest placed on your chest, you understand the pleasant feeling it provides. The pressure of the weight can be calming while providing a sense of security. It's the same feeling provided by a weighted blanket and a major reason why they are so popular today. A weighted blanket, scarf, or vest is a powerful tool that can soothe those with sensory processing or autism spectrum disorders that have trouble sleeping by providing the deep pressure they covet. Like a firm hug, they also provide a safe, non-drug therapy for anyone who is anxious, upset, or on the verge of losing control. As beneficial as they are, weighted blankets can be expensive and, when made by others, don't always reflect your -- or your child's -- design style. With the help of this handy guide from sewing expert Susan Sullivan, anyone can learn to make a weighted blanket for their child, teen, or their own use. It features step-by-step instructions along with photos and illustrations for crafting five fundamental projects: a twin-sized sleeping blanket, a lap pad, an activity blanket, a vest, and a scarf. Also included are applique patterns for personalizing your project and helpful weight and measurement charts that allow you to scale your projects to any size bed or recipient. Best of all, these immensely functional and beneficial projects are not overly complicated and are an ideal starting point for anyone looking to learn how to sew.

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