



# WEIGHTED BLANKET GUIDELINES

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## WHY USE A WEIGHTED BLANKET?

Generally, deep pressure sensation is calming and helps to regulate our sensory systems. Deep pressure stimulates certain tactile receptors in the skin and when moving against a weighted blanket, users gain proprioceptive input. The feeling of the weighted blanket can feel like a hug.

Please see the attached guidance published by the Royal College of Occupational Therapy:

[Click here to find out more](#)

## WHEN NOT TO USE A WEIGHTED BLANKET?

In particular, weighted products should not be used for children with:

- Respiratory (breathing) problems
- Cardiac (heart) problems
- Epilepsy
- Serious hypotonia (low tone)
- Skin problems, including certain allergies;
- Circulatory Problems
- Physical, learning or other difficulties which mean the child is unable to remove the blanket independently
- Weighted blankets are not recommended for infants and young children under 2 or 4 years old.



**WEIGHTED  
BLANKETS CAN BE  
A SAFETY RISK IF  
NOT USED  
CORRECTLY.**

# Should parents/guardians choose to use weighted products, the following are recommendations for safe use:

The child's vital signs should be observable at all times e.g. breathing and circulation.



The child's head and neck must not be covered.

The child must be able to remove the blanket or get free of the blanket by themselves. When trying out a weighted blanket for the first time, ensure the child is able to physically manoeuvre the blanket with confidence. Remind the child using the blanket that they can take it off at any time, if it feels uncomfortable, too hot or heavy etc.



The weighted blanket must never be used as a restraint.

The child must not be rolled in the blanket; it should be placed over them.

The child must be supervised at all times when under the blanket.



Good practice suggests that the blanket should be as light weight as possible, the weight and size of the blanket should correspond to the child's physical features and should weigh a maximum of 10% of the child's weight.

The blanket should not be left on the child's overnight. Once settled the blanket should be removed.

If you have any concerns, discontinue use and discuss with the prescribing Occupational Therapist.

Children tend to respond to use of the weighted blanket after 20-30 minutes, so consider removing after this time frame.



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