

# The Pediatric Mental Health Institute Fleece Blanket Project

## DIRECTIONS

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### MATERIALS:

- **Fleece fabric:** Soft, lightweight, warm and durable. Fleece does not fray, eliminating the need for sewn hems or exposed edges.
  - **Thread & sewing machine:** Ensures reinforced seams for added durability.
  - **Scissors or rotary cutter:** For precise fabric cutting.
  - **Measuring tape or ruler:** To ensure consistent blanket dimensions.
  - **Cardboard:** For creating a cutting guide (if needed).
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### FLEECE SPECIFICATIONS:

- **Weight:** Medium-weight fleece (200-300 GSM) provides warmth without being too heavy.
- **Sensory Considerations:** Some patients may benefit from textured fleece (such as plush or embossed fleece) for soothing sensory input. Avoid fabrics with fringe, loose fibers or raised embellishments that could be picked at.
- **Colors/Patterns:** Choose calming colors (soft blues, greens or neutral tones). Bright, high-contrast patterns are also welcomed.

### IDEAL BLANKET SIZES:

#### Child Size (Small): 36"x48"

Ideal for younger children or patients needing a smaller, more portable comfort blanket.

#### Standard Size (Medium): 50" x 60"

A good size for most patients, providing enough coverage without being bulky.



# INSTRUCTIONS

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## Step 1: Cut the Fleece

1. Cut two identical pieces of fleece to the desired blanket size (e.g., 50" x 60" for a standard throw).
2. Trim any loose threads, fringes or strips from the edges to prevent fraying or picking.

## Step 2: Stitch the Layers Together

1. Place the two fleece layers together, aligning the edges.
2. Use a sewing machine to stitch a ½-inch seam around the entire perimeter, reinforcing the corners for extra durability.
3. For added security, stitch a second seam about 1-inch inside the first seam to create a reinforced edge.

## Step 3: Create a Secure Edge (if needed)

- Fold the fabric edges inward by 1 inch and use a zig-zag stitch or straight stitch to reinforce the edge, eliminating loose fabric.

## Final Check & Safety Considerations

- Avoid decorative elements like tassels, buttons or exposed seams that could be picked at or pulled apart.
- Ensure all edges are securely stitched to prevent fraying or picking.
- Confirm that the blanket is smooth and free of any loose fabric pieces that could become a safety hazard.



## OPTIONAL HANDWRITTEN NOTE

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If you'd like to include a personal touch, you may include a handwritten note with your blanket. Simply place the note in an envelope and attach it loosely to the blanket using a paperclip or safety pin. Our team will ensure each note is safely and appropriately included when the blanket is delivered to a child.

Here's a sample message you can use or adapt in your own words:

***This Blanket Was Made Just for You***

*We hope this blanket brings you warmth, comfort and a sense of security during this time. Whenever you wrap yourself in it, may it remind you that you are cared for and valued.*

*With kindness,  
(first name)*



Children's Hospital  
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