**Materials needed:** Fabric for front and back (print one side and solid the other), cutting mat, rotary cutter, thread, pellets, large bowl (think huge mixing bowl), measuring cup, kitchen scale, *dissolvable tape - optional*.

**Sizes will be color coded and listed like this 2lb (3lb, 4lb)**

1. Fabric should be cut at **18”x 21” (18”x 21”, 18” x 21”)**
2. Sew it right sides together on three sides with a 3/4” seam. Leave about 1” on the top of each side to allow for finishing the top.
3. Cut the bottom of the two corners on an angle to allow for a crisp corner.
4. Turn right-side out and iron.
5. From the top mark 1” down. This is so you know where to start and stop all of your stitches.
6. Starting at the top of one side, at your premarked line, sew a top stitch, using a triple stitch/stretch stitch/knit stitch around the three already sewn sides. This stitching needs to be right on the edge of the fabric (no more than a 1/8" seam).



1. Sew a second stitching line, ½” from edge, around all three sides again using the triple stitch/stretch stitch/knit stitch.



1. Measure the length between both of 1/2” triple stitch line on the short side. Take that number and divide it by **3** **(3, 3)**. This is the spacing to mark the lines for the columns.
2. Mark the lines for the columns.
3. Stitch the columns with a triple stitch/stretch stitch. ***This completes the shell of the lap pad.***
4. Measure the length between 1/2” triple stitch lines and the premarked line. Take that number and divide it by **2** **(2, 2)**. This is the spacing for the rows.
5. Mark the lines for the rows.
6. Add **5 1/3 oz (8oz,** **10.5oz)** to each column by using a kitchen scale to weigh the pellets out. This will **roughly** be **1 cup** **(1 2/3 cup,** **2 1/3 cup)** of pellets if they weigh 1.6oz per 1/3 cup. We either use Quality Poly Pellets from qualityplasticpellets.com or buy bags from JoAnn's when on sale.
7. Triple stitch/stretch stitch on the first row from the bottom line.
8. Continue the previous two steps for next **1** **(1, 1)**row.
9. The last row, fill each column with pellets. Fold down the extra fabric to the already stitched edge lines and columns, and iron it to get a crisp edge. You may use a dissolvable tape between the front and back fabrics to help keep the pellets in.



1. Sew with a triple stitch on the first premarked line between the 1/2” lines. Making sure that your 1/2” lines on the side meet with the new stitched line. If a gap gets left it can let pellets leak out.



1. Now finish the rest of the top stitching around the top of the blanket making sure to meet up with the previously stitched line.
2. Enjoy the success of completing a Lap pad.

If you have any questions feel free to email me at weightedcomfortforkids@gmail.com.