

## WEIGHTED BLANKET FOR KIDS CHART

General guidelines: 10% of your own body weight, plus one to two pounds.

Body weight	Blanket weight
20lbs	3 - 4 lbs
30lbs	4 - 5 lbs
40lbs	5 - 6 lbs
50lbs	6 - 7 lbs
60lbs	7 - 8 lbs
70lbs	8 - 9 lbs
80lbs	9 - 10 lbs
90lbs	10 - 11 lbs
100lbs	11 - 12 lbs

