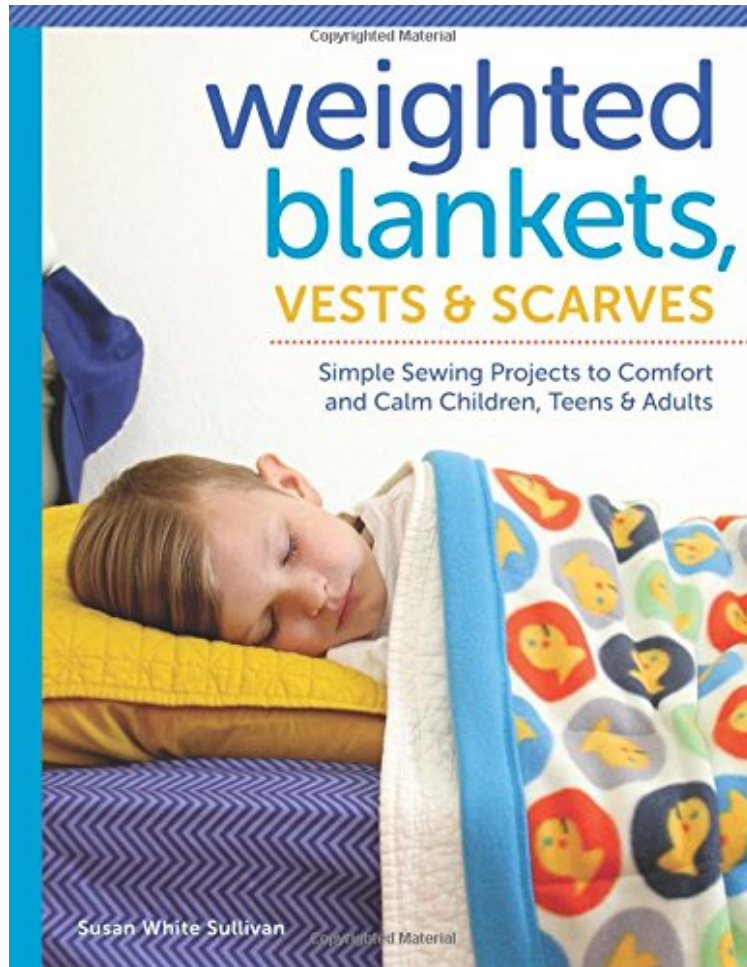


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Weighted Blankets, Vests, and Scarves: Simple Sewing Projects to Comfort and Calm Children, Teens, and Adults

Susan Sullivan

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Susan Sullivan : Weighted Blankets, Vests, and Scarves: Simple Sewing Projects to Comfort and Calm Children, Teens, and Adults before purchasing it in order to gage whether or not it would be worth my time, and all praised Weighted Blankets, Vests, and Scarves: Simple Sewing Projects to Comfort and Calm Children, Teens, and Adults:

14 of 14 people found the following review helpful. Love our weighted blanketBy Thomas MylesWhat a find...we wanted to make a weighted blanket for our son and this helped not only with the blanket, but a scarf and vest he can wear to school. He's sleeping so much better at night and the vest helps keep him calm during those busy days in school. A wonderful little book.4 of 4 people found the following review helpful. Nice BookBy ShirleyClear simple

instruction. Good even for a beginner.5 of 5 people found the following review helpful. Easy to useBy J. LuchiesThis item arrived very quickly. As an experienced seamstress, I found the directions very clear and easy to follow.

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 sooth 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.

About the AuthorSusan is best known for her long career in the craft publishing industry. She began as a technical writer and climbed the corporate ladder to become the editorial director and vice president of a nationally recognized craft publisher. The secret to her successful career was and continues to be in the combination of being a devoted DIYer herself and loving the relationships she often develops with the designers she has the opportunity with which to collaborate. In 2015, Susan formed her firm, SWS Consulting, Inc., and began to work with other companies in the craft industry providing project management and product development. She also stepped from behind the editorial desk and her designs were published for the first time in a craft magazine article in spring 2016 for which she created a collection of fabric projects incorporating embroidery, watercolor, and markers. Susan is currently the president of the Crochet Guild of America and extends her interest by teaching crochet classes in a local yarn shop. The classes give her, again, the opportunity to marry her love of making with developing relationships with other enthusiasts. With sewing being her first DIY love, Susan is excited and humbled to be authoring *The Weighted Blanket* with Spring House Press. She finds the opportunity to create a sewing publication that will benefit the well-being of children and adults with sensory disorders highly gratifying. Susan is a native of Little Rock, AR and resides there with her very patient husband.