

# How to Make a Weighted Stuffed Animal

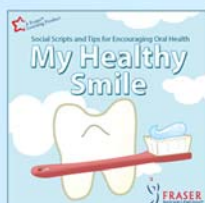
New experiences, such as a trip to the dentist, can be scary or intimidating for a child, especially a child who has autism or other special needs. A weighted stuffed animal can help to calm and comfort a child, and is easy to bring along to a new place. Below are instructions for creating your own weighted stuffed animal.

## Tools

- Needle
- Seam ripper (optional, but helpful)
- Scissors
- Stuffed animal, approximately 16 – 18” tall. Make sure it’s good quality as it will be holding some weight
- Material to fill your animal (i.e., river rock, pony beads, dried peas or beans, etc.) You will need fill equaling approximately five percent of the child’s weight, not to exceed 15 percent
- Strong thread

## Instructions

1. Locate the seam in the back of the animal and use the seam ripper or a scissors to carefully cut the seam open
2. Remove as much stuffing as possible and replace with the weighted material
3. Sew the seam back up with tight stitching to prevent leaking
4. Your weighted animal is complete



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