

Fidget Quilts

Fidget quilts are meant for use by seniors and children with special needs, autism, etc. There are no specific rules as your creativity is the best ingredient. Here are some guidelines:

- Size: Very flexible, but think roughly the size of a fat quarter. If made from squares, four rows and four columns of 6" cut squares is good size.
- Materials: Any material is ok. The wider the variety the better as the tactile feel is a major part of its usefulness. Add terry cloth, flannel, corduroy, lace, minky, fleece, upholstery etc. I have cut up old jeans for a piece with a pocket or just the seam. Also fabrics that aren't washable like suede can be used because if they are washed and shrivel it just adds more texture.
- "Sandwich": These should have more substance than just two layers of cotton. You can use batting or flannel as filler or use fleece as backing without filler.
- Embellishments: Again adding anything you have lying around adds interest and should be sewn on firmly. There are some specifics dependent on user:
 - o For seniors, please do not add zippers or buttons as these are harder for arthritic fingers and dementia patients tend to not understand buttons without buttonholes.
 - o For younger children it is best to just have soft items.
 - o For older children, anything goes. The more unusual the better... cloth covered rubber band, beads on a string... as long as they are sewn down well.
- Design: Anything goes, you can make a scene or just squares or a crazy quilt pattern.
- Colors: Anything goes, even a rainbow of colors on the same quilt. Metallics or shiny fabrics are especially nice as an accent.
- Sewing techniques: Sewing pleats into some squares, a flap, prairie points or a pocket are liked by all ages. You can add something to put in the pocket like an empty thread spool on a piece of trim/yarn so it can be rolled but not come off. You can put buttons or marbles in a square under tulle or lace sewn down, so they can be pushed around but not come out.

One thing I like to do when I have pieces of fabric laid out is to close my eyes and feel over the quilt to see if there is enough texture. If you have any questions contact Linda S.





The upper left square above and the lower left square below are mini fleece marble mazes.

