

LEARN, QUILT TUTORIALS, SEWING
FIDGET QUILTS



FIDGET BLANKETS
how to and ideas



Fidget quilts are used for Alzheimer, dementia, and even little kids who need something to do with their hands. This fidget quilt tutorial will get you started.

What is a fidget quilt?

It really doesn't have to be a 'quilt' but the idea is: giving the fingers and hands something to do. These are great for little kids, or elders who have Alzheimer's, dementia, or need some help keeping busy. It's all about texture and one must keep in mind that these articles must be able to withstand hot water as they'll be washed frequently. Bonus - Precise piecing and stitching isn't necessary so it makes it a perfect project to practice new stitches, if you are a beginner or just want to sew crazy fast and not worry about perfection.

They feature zippers, ties, ribbon, strings, buttons, snaps, closures, different textures – like minky, stretchy, pom poms, buttons, pockets, braids...you name it! Anything that can keep the fingers busy and can be washed will work.

Reference: <https://www.patchworkposse.com/fidget-quilts/> accessed 22.04.2020

How to make a Fidget Quilt~

Materials:

Your top will need to be the size of a place mat– or really any size that will fit across your lap. Around a fat quarter or 18" X 20". Feel free to customize this to what you need! There is no right answer or size here.

It will need a stabilizer in between the layers. You can use batting, peltex, or multiple layers of flannel. Again keep it simple. You want this to not be floppy, but not crazy firm. Materials: really anything goes here. Grab from your ribbon bin

You'll find that there is are a lot of materials out there that have great textures, colours and things that will keep fingers busy.

1. Layer the quilt top and backing fabric – right sides together.
2. Lay this on top of the batting or stabilizer
3. Sew all the way around the outside, leaving a 3" opening for turning
4. Snip the corners, turn right sides out and stitch 1/8" from the edge to secure the layers and close the opening
5. Grab your supplies and lay them out on top of the fabric.
6. Pin in place the items and start stitching them down by hand or machine. Because your stitching will go through all the layers, this will keep them more secure and quilt the layers together, making it wear better through washings and use.

Supplies you may need:

- Rotary cutter or a new sharp blade
- Cutting Mat
- Quilt Ruler
- Sewing Machine
- Iron
- Thread
- Bobbins
- Scissors
- Seam Ripper

More Busy Fingers, Fidget Fun Mats & Fidget Quilts Tutorials~



Alzheimer's fidget quilt



Dementia Fidget Lap Blanket



Busy Hands Fidget Apron



Fidget Fun Mats



Simple fidget quilt



Sensory Blanket



These busy blankets are perfect for using your scraps from projects that are finished. Those odd ball supplies that are just hanging around and not doing much in your sewing space but taking up space.

- Make sure that everything you use is securely stitched down. You don't want things to pop off and get lost.
- Don't overthink this. Keep it simple. They are supposed to be busy, but don't make it so busy it's overwhelming
- Involve your kids! Have them help decide or layout the mat and stitch things down. Perfect for youth groups!