

How to make a Fidget Quilt

Your top will need to be approximately the size of a placemat – or really any size that will fit across your lap. About the size of 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 don't want this to be floppy, but not crazy firm either.

1. Layer the quilt top and backing fabric – right sides together.
2. Lay this on top of the batting or stabilizer on one side.
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 your items in place 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 will also quilt the layers together, making it wear better through washings and use.

Here are some samples for you to look at. No hard and fast rules here. No sharp angles or things that might stick or poke. Just add items that have texture and will give busy fingers or hands something to do unconsciously.

Alzheimer's fidget quilt



Dementia Fidget Lap Blanket



Busy Hands Fidget Apron

The
Busy Hands
Fidget
Apron

Fishsticks Designs



Fidget Fun Mats

