

FIDGET QUILT INSTRUCTIONS

8 - 6 x 6 inch squares of regular fabric in bright colors or novelty prints

8 - 6 x 6 inch squares that are either textured fabric or fabric that has a "doo-dad" (see attached list) fastened to them. Textured fabrics may be satin, burlap, fake fur, corduroy, sparkly, etc.

1 - 21 x 21 piece of batting

1 - 21 x 21 piece of flannel, fleece, corduroy or non-slip fabric for backing. It's best to avoid silks, etc. for the backing to prevent the quilt from sliding off of the laps of the patients.

(If you want to "cheat" bind the quilt top, cut this piece 23 x 23 to create a one piece backing and binding)

Or, if you wish, use fabric or ribbon to bind as usual

- For squares with "doo-dads", use cording, shoestrings, wide ribbon, etc. to attach the items. It's best to attach these items in the seams.
- Using a half inch seam, sew the squares together alternating one fabric square with one decorated square, in checkerboard style.
- Press seams open.
- Pin the 16 square quilt to the batting and sew and X from corner to corner on each square (if possible with the doo-dads).
- To "cheat" bind the quilt, center the quilt top on the wrong side of the backing, leaving an inch around each side.
 - Fold the one inch backing in half so that it's raw edge is lined up with the edge of the quilt top (it will now be a half inch wide).
 - Fold backing one more time so it overlaps the quilt top by a half inch & pin.
 - Miter the corners.
 - Stitch, close to the edge of the backing, all around the quilt to finish.

- OR -

- Bind the quilt as you would normally.
- Topstitch (in the ditch) to secure the quilt top to the backing.

'Dodads' for Fidget Quilts

- ◆ Belt buckles that slide back and forth
- ◆ Burlap (needs zigzag stitch on edges)
- ◆ Child's toy cloth letters, blocks, etc.
- ◆ Cuffs (w/buttons or snaps) off of old shirts
- ◆ Dingle ball trim Embroidered pieces of fabric
- ◆ Empty spools of thread
- ◆ Edging of lace, rickrack, braid, etc.
- ◆ Fake fur fabric (strips of)
- ◆ Fancy dress fabric (washable)
- ◆ Frog closures
- ◆ Fishing lures (minus the hook)
- ◆ Gathered lace or fabric edging
- ◆ Key and chains without keys
- ◆ Large-sized charms and beads
- ◆ Lanyards from Casinos
- ◆ Large novelty earrings
- ◆ Larger buttons with raised design
- ◆ Metal medallions
- ◆ Novelty buttons (bugs, toys, books, etc.
- ◆ Nuts, metal and rubber washers
- ◆ Nylon scouring pads

- ◆ Old rings
 - ◆ Old keys
 - ◆ One pretty button and one big loop
 - ◆ Pendant from a necklace
 - ◆ Pieces off blue jeans(belt loops, zipper, label, coin pocket, etc.)
 - ◆ Pockets from jeans *(or make your own out of any heavy fabric)
 - ◆ Small stuffed animals (4" high)
 - ◆ Small plastic cookie cutters
 - ◆ Small people from toddlers toy sets
 - ◆ Small crocheted items Strips of suede, lace or other textured fabric
 - ◆ Zippers or half of...
- Use cording, leather, shoe laces, or bias binding to attach items

All items must be washable. We suggest air drying to the user (not an electric or gas dryer).

For more information contact:

Lydia Wilson at 541-979-6647
OR

Jean Davis at 928-305-6076
Email: fidgetquiltsyuma@gmail.com