

Basic Tips To Make A Fidget Quilt

- These quilts are meant to be used and washed over and over again. Be sure items are sewn on securely and fabrics are machine washable.
- Preferred size - small lap quilt: 24" square, no larger than 30" square Use fabrics with different textures and colors;
 - 7" squares are a great size –large enough to show colors, designs, etc. Finished size using 7" squares is approx. 26" square.
 - You can also make smaller size (placemat size) for table top use
- Try to make each square interesting via texture, color, buttons, pockets, or various add-on items. Add on ideas: ribbons, pockets, rickrack, prairie points, lace, decorative trims, zippers, buttons, etc.
- Special themed quilts, such as, Seasonal, Sports, Nursing, Teaching, or Patriotic are fun and help bring special memories to mind.
- Backing – flannel backing (full or partial) is soft and helps prevent lap quilt from sliding off the lap. Try alternating 7" wide strips of regular fabric and flannel
- Fidget Quilt Tutorial from Missouri Star Quilt Co by the Sewing Man (Rob A.). You can use this link to view:
<http://mansewing.com/2017/07/fidget-quilt/>