
Fidget Quilts- small quilts no bigger than 24"x24". they are lap quilts for Dementia/ Alzheimer or brain injury victims. Stroke victims also benefit from playing or fidgeting with these little gems.

1. Easy assembly : 16[6 1/2 "] squares. 4 rows of 4. Please use bright fabrics. Use cotton, corduroy , satan, minkie, fleece— —anything with texture or color.
2. Embellishments: zippers, gross grain ribbon, buttons, lace. You can fold over fabric and insert in between the squares. Use your imagination!!! There is no right or wrong—-just joy in discovery for the giver and receiver.
3. Several of the gals have found little 'cat or dog' toys that can be sewn directly on the quilt for added hug ability or fidgeting!!!!
4. PLEASE ONLY USE FLANNEL FOR THE BACK!!!! Flannel sticks to clothing so the quilt won't slide off laps. Fleece is too hot so please stick to flannel.
5. No batting is needed, just 2 layers !!!! Saves money and weight for the patient.
6. A strip quilt can also be created. Just so it is only 24" and you are good.

Any questions: Please contact Anne Brutsche group coordinator at 623-243-3986. Also, please look at the Mountain Top Quilters site on line and look at fidget quilts. Sharon Heilman, our web-master has done a superb job with description and other places to google about fidget quilts.

Thank you all in advance of making these little gems at home.Great need and much work!!!!!! Anne Brutsche