

## How to Make A Fidget Blanket

Fidget blankets provide a soothing and stimulating activity for people living with dementia, autism or recovering from strokes. The size is up to you. We make a lap blanket that is 16 inches wide and 24 inches long. We usually stitch together 8-inch squares cut from different fabrics but sometimes use 4-inch squares. We try to make the blankets colorful and the colors don't necessarily have to coordinate. You may decide to use one 16"x24" piece of fabric instead of squares or use fabric rectangles instead of squares.... use your imagination!

You'll need:

- \*4 or 8-inch fabric squares
- \*Quilting batting (low loft)
- \*16"x24" inch fabric for backing
- \*Decorations: buttons, zippers, buckles, fabric in different textures, squishy and/or squeaky items, keys, beads, and more. Everything attached to the blanket must be able to withstand washing and drying safely.
- \*Crochet thread and large eyed needles

Assembly:

- \*Stitch fabric squares into a blanket that is 16 inches wide and 24 inches long.
- \*Cut a piece of quilting batting the same size as the blanket; machine stitch edges to the back of the blanket.
- \*Use your imagination and attach anything interesting and safe. Decorations should be securely attached to the blanket, stitching through the batting, for safety reasons. For those items that are hand stitched, use crochet thread to securely attach.
- \*Try to include a variety of activities and textures. For example, sew on a zipper, attach buttons, cut and stitch interesting shapes from textured fabrics, stitch in several strips of stretchy fabric about 5-7 inches to be braided, sew on a pocket and attach a key to string or other sturdy thread so that the key can be inserted into the pocket, thread colorful beads and securely attach to the mat, stitch on rick rack, lace or other trims.
- \*All items need to be attached at least 2 inches from edges of blanket.
- \*To finish, pin backing fabric to front of blanket and stitch on three sides, using ½ inch seam. Turn blanket inside out. The batting should be between the two layers of the blanket fabric. Finish the open side by folding edge under and then top stitch all four sides. Tack or machine stitch in several places to secure backing to blanket. The easiest way is to machine stitch in the ditch where the squares are joined. You can also hand tack where the corners of the squares meet.

There are other opportunities to volunteer for this project. You can stitch the squares together to make the blanket front. Supplies are always needed: white sewing thread, size 10 classic white crochet thread, buttons of all sizes (especially larger ones), zippers (6 to 12 inches long),

textured fabrics (minky, vinyl, coarse, stretchy, fleece, etc.), trims of all kinds (laces, ribbons, rick rack, etc.), large pieces of quilt batting, keys, large beads, ½ yard or larger pieces of fabric (1 yard or more is especially needed for the blanket backs).

For more information, contact Carrie Brazeal at [carrietbrazeal@gmail.com](mailto:carrietbrazeal@gmail.com).

Here are four examples of fidget blankets to get your started:









