

Touch Quilt Reminders.....

1. **To maximize the quilt's textural variety**, ensure no two similar textured squares are placed adjacent to each other.
2. **Try to use** some fake fur or minky in each quilt. Patients especially like these fabrics.
3. **Try to use** red in the quilt. It is the last color patients are able to discern.
4. **Sew crinkle** (plastic wrapped foil) to the back of a square provides interest.
5. **Stabilize** stretchy or flimsy fabrics with iron-on interfacing before cutting.
6. **Trim the edges of fake fur and high pile fabrics** a ¼" back so not to interfere with the seam sewing.
7. **Alternative sewing of seams for heavier fabrics:** you can overlap the fabrics' seam allowances so they will lie flat when sewn together.
8. **Use cotton wrapped polyester thread**, if available, as it is stronger than regular cotton thread.
9. **Cover all hard embellishments in fabric** as they could hurt someone if the quilt is thrown. Do not over embellish. It may distract from the calming effect. **Sew/attach** all embellishment securely.
10. **Add a fabric tie to zipper's pull** so it can be more easily pulled.
11. **Iron** with steam. If using synthetic fabrics, cover with parchment paper or Teflon ironing sheet and iron on synthetic setting.
12. **Minimum quilting required**- stitch in the ditch(seam) and sew an X through each square. You always can add more if you want. It adds to the texture.
13. **Lastly, launder** quilt after completion, to test its durability.