

## Preemie Quilt Instructions

- The approximate size should be 24" x 24"
- Use all 100% cotton threads - metallic thread and invisible (mono filament thread) are not appropriate
- Batting should be cotton or polyester - if using wool batting please attach a note with a safety pin so that the staff knows in case there is a wool allergy
- Fabric should be 100% cotton
- Flannel makes a soft, cozy backing
- The nursery also needs different theme quilts. Babies are born at Christmas, Halloween, Valentine's Day etc.
- Quilt top design is your choice
- Finish edges with binding, or make envelope-style/inside out (no binding)
- If you spray baste the quilt, please wash it to get rid of the adhesive chemicals

### Possible Preemie Quilt Tops

#### Large Nine-Patch

1. Cut the nine-patch squares at 6" and sew together using a 1/4" seam to form a 17" square nine-patch.
2. Cut two strips from your border fabric at 4". From each strip cut one 17" x 4" and one 24" x 4" border.
3. Add the 17" x 4" strips to the sides and the 24" x 4" to the top and bottom,

If your border fabric is not 42" wide you may use another print and insert corner-stones into the border.

#### 12.5" Unfinished Orphan Block

Use any 12" finished orphan block

1. Cut 2" strips from your first border fabric and add to the sides then top and bottom of the block
2. Cut 2 strips 5" by the WOF from your second border fabric. From each strip cut one 15.5" x 5" and one 24" x 5". Add the 15.5" strips to the sides and the 24" strips top and bottom,

If your border fabric is not wide enough you may use another print and insert corner-stones into the border.

### General Instructions for Completing the Preemie Quilt

The easiest way to complete a Premie Quilt is to use the "inside-out method." By using this method the quilt does not need to be bound, and very little hand sewing is needed so we may finish more quilt tops in a shorter period of time. This method is also suitable for placemats and table runners.

#### The "Inside-Out" Method

1. Once the Premie quilt top is completed give it a final press
2. Cut a piece of batting approximately 25" x 25" square
3. Cut a piece of backing fabric approximately 25" x 25" square
4. To layer the quilt: place the batting on a hard surface, next place the quilt backing right side UP on top of the batting, and, place the quilt top right side DOWN on top of the backing fabric.
5. Using straight pins or safety pins scanty pin baste the quilt about 2" in from the sides.
6. Attach your walking foot or even-feed foot to your sewing machine.
7. Using a  $\frac{1}{4}$ " seam, start in the middle of one side, and sew all the way around the quilt leaving a 3" opening. Backstitch at each end.
8. The easiest method to turn the quilt right-side out is to use "Quilter's Hemostats." Insert the hemostats, or your hand, into the hole between the top and backing, grasp the opposite end of the quilt and pull the quilt through the opening.
9. Use a bodkin or point-turner to push the corners out.
10. Push the excess opening fabric into the opening and whip-stitch the opening closed.
11. Quilt the Premie Quilt as desired either hand or machine quilting is fine but, make sure that the quilting is not too dense. If the quilting is too dense the quilt will be too stiff.