

Ideas to get you started with Cuddle Quilts for the neo-natal ICUs

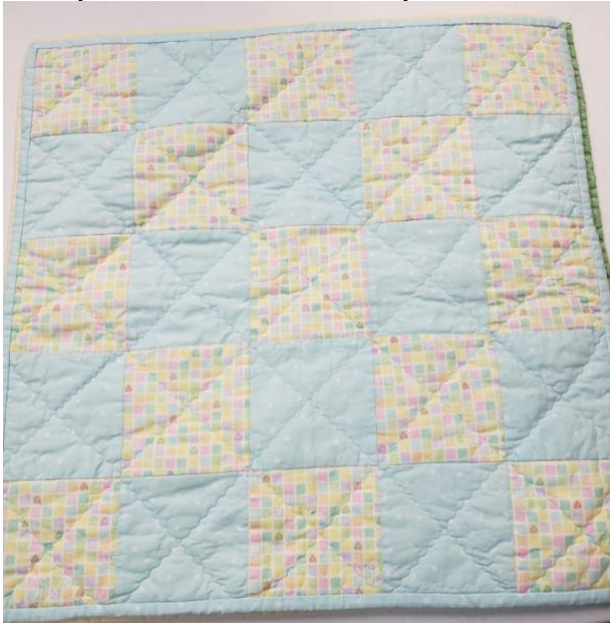
The NICU has requested 22 inches square as the best fit over the isolates. If much bigger, it interferes with the necessary equipment, so please respect the size limit. Quilts sized between 22.5 - 21 inches, to make math easier, would be acceptable.

Here are some simple patterns to consider.

This quilt can use forty-nine $3\frac{1}{2}$ or $3\frac{5}{8}$ inch cut squares laid out in a 7 x 7 grid. Use 2 fabrics laid out in a checkerboard pattern, or use scraps in a random layout, or a variety of fabrics in a diagonal lay out.



This quilt uses $4\frac{3}{4}$ inch cut squares laid out in a 5 x 5 grid.



When you feel confident about these layouts, you can include some pieced blocks as well.



Easier quilt patterns to calculate, use more common sized blocks, and then add a border that can be adjusted to fit the 22 inch requirement. (this is Maria's favourite method).

36-3.5 inch cut squares laid out 6 X 6 with 2.5 inch cut strips for border.

16-4.5 inch cut squares laid out 4X4 with 3.5 inch cut strips for border.

16-5 inch charm squares laid out 4X4 with 2.5 inch cut strips for border.

These can be cut from 2 or 3 fabrics, or scraps. Consider 2 fabrics alternating blocks laid checkerboard and a third fabric as border and binding, or one of two as border, and the other as binding. Character or themed fabric can be used to create a simple 'I Spy' style quilt, like this one.



Or consider four, six or nine pieced blocks with a border.

This website <https://www.quilterscache.com/QuiltBlocksGalore.html> has hundreds of blocks to choose from. Style, size, and level of skill is indicated. There are paper pieced, applique or pieced blocks. You can also sort by block size. The sizes referenced are the finished block size.

The following options fit the Cuddle Quilt size criteria:

Four 9 inch blocks with 2.5 inch cut strips for borders

Four 8 inch blocks with 3.5 inch cut strips for borders.

Nine 6 inch blocks with 2.5 inch cut strips for borders

Twenty-five 4 inch blocks with 1.5 inch strips for borders.

Consider one large pieced block, or a small printed panel and add borders until it is 22 inches square.

Quilting may be as simple or as complicated as you wish. Stitch in the ditch, special stitches (like the serpentine stitch on some of these quilts) or plain straight stitch, can be done in rows, diagonals, or corner to corner as simple options. Wiggly lines with no measured spacing (like the first quilt) are quick to do and has a modern feel. Consider some free motion meander quilting to build up your confidence. No need to strive for perfect.

Binding may be single binding cut at 1.5 or 1.25 inches wide, or double binding cut at 2.25 or 2.5 inches wide. Binding typically requires 3 strips width of fabric.

We also want to remember that for cuddles, and all quilts, our community is very culturally diverse, so we will request to avoid holiday-, religious-, or season-specific quilts or fabrics. Also, please remember our recipients. Theme fabric that is age appropriate is fine, particularly in scrap quilts, but please keep their tastes in mind as we work from our stash.