

QUILTS FOR KIDS ALTERNATE BLOCK QUILT FOR NICU

Have fun making this quick and easy quilt. Remember, a $\frac{1}{4}$ " seam allowance is used for all seams.

Fabric Requirements

8 - 7" squares of focus/print fabric

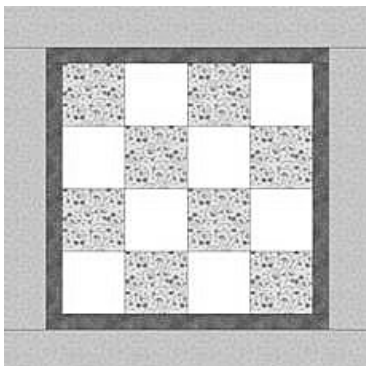
8 - 7" squares of coordinating fabric

Inner Border Fabric - 4 strips cut 1 1/2" by width of the fabric

Outer Border Fabric - 4 strips cut 4 1/2" by width of the fabric

Assembling the Quilt:

1. Sew one focus fabric block to one alternate block. Press seams toward the darker fabric. If neither fabric is darker than the other, press toward the print. The important thing is to be consistent in your pressing. Make 8 of these pairs.
2. Sew two pairs of blocks together to make each row for a total of 4 rows.
3. Sew the rows together in a checkerboard pattern as shown in the diagram below.
4. Add the side inner borders first. Then add the top and bottom inner borders.
5. Add your outer borders in the same manner as the inner borders, first adding the side borders and then adding the top and bottom borders. Your quilt top should look like the diagram below.
6. **BATTING:** Use only 1/8 - 1/4 inch low loft batting. Baste the quilt layers (either with safety pins or a needle and thread) then **MACHINE** quilt. This quilt will be loved and washed a lot so make sure that there is enough quilting to hold the quilt together for a long time. Remember to add quilting to the borders as well. Bind the quilt as you normally would. Make sure the binding on the front of the quilt is no more than $\frac{1}{4}$ to $\frac{1}{2}$ " wide. The method we use for the binding on these quilts is to cut the top and batting even and cut the backing an inch larger. Fold the backing to the edge of the quilt top and then again over the front. Top-stitch close to the inner edge. If you prefer, you can sew the quilt "pillow case style" and quilt. Don't forget to remove all pins!
7. Sign the label with a permanent fabric marker. Machine stitch the label around all four sides to the bottom back side of the quilt.
8. Wash and dry the completed quilt. Ship the finished quilt to Quilts For Kids headquarters. Your quilt will bring joy to a child in need.



Thanks for your support of Quilts For Kids!