

# KITSAP CUDDLES GUIDELINES

**MISSION:** To send love and comfort to "AT-RISK" children in the form of handmade baby quilts. Kitsap Cuddle Quilts are donated to Harrison Memorial Hospital for ILL, AT-RISK-INFANTS and children. The quilts are washed frequently and these guidelines are suggested with this in mind.

**DESIGN:** Use your favorite patchwork or applique pattern, or use a pre-printed panel or fabric. If you use markers or fabric paint, they **MUST** be INDELIBLE and NON-TOXIC. DO NOT USE "PUFF" PAINT. It can be picked off and swallowed. Please do not embellish with beads, buttons, or "eyes." They can also be torn off and swallowed. "Eyes" can be embroidered and stitched down securely.

**FABRIC:** Use pre-washed 100% cotton or 50/50 polyester.

**SIZE:** Newborn = 36" x 36" Quilts measuring at 40" x 44" and larger can be used by children up to six years old.

**BATTING:** Light to medium weight, bonded cotton or polyester.

## **CONSTRUCTION:**

**Applique:** Please stitch the pieces down securely so they won't become a hazard. If you use heat bonded applique please stitch around pieces by hand or machine. We cannot turn-in a quilt that is washed frequently, without the applique being stitched down.

**Envelope Method:** Sew right sides together with batting on the bottom. Sew around the edges leaving an eight inch (8") opening for turning right side out. After turning right side out, please hand sew the opening together and top stitch around the outside one (1") to two (2") inches in from the edge to secure all layers together.

**Thread:** Please do not use invisible thread. It is often made of nylon and doesn't withstand the frequent washing.

**QUILTING:** Quilt by hand, machine, or tying. If you are tying the quilt, please use embroidery floss or crochet cotton thread and make double square knots every three (3") to four(4") inches. **DO NOT USE YARN**, it comes untied.

**LABELS:** A label is provided in the kits and they will be available at meetings. Please sew securely on the back lower corner of the quilt. Write your first name **ONLY** and date, using a permanent marker. Markers will be available at meeting also.

**BABY READY:** Before you turn in a quilt for delivery, please ask yourself:

**IS THE QUILT SAFE?** Are pins and loose threads removed?

**ARE ALL PIECES SEWN ADEQUATELY?** Any gaps in the seams that tiny fingers can get caught in? Is the quilting itself, (whatever method used) close enough?

**IS IT SIGNED?** Have you sewn a signed and dated label on the quilt?

Please contact me if you have any questions and I appreciate any suggestions or comments you may have for this program. Kitsap Quilt Guild Chairpersons: Dixie Parizek (360) 692-9609 [dixieparizek1@msn.com](mailto:dixieparizek1@msn.com) Or Vicki White (360) 779-1408 [fredvictoria@embarqmail.com](mailto:fredvictoria@embarqmail.com)