

## PREEMIE QUILT GUIDELINES

Preemie quilts are donated to area hospital Neonatal Intensive Care Units (NICUs) and are given to families as a memento of the care their babies received while in the NICU. Below are some guidelines to consider as you are making a preemie quilt.

- Hospitals would like for them to be 30"-36", either squares or rectangles.
- Use cotton, flannel or fleece for the top and flannel or fleece for the bottom.
- You don't need to use batting. Two layers are fine for these little quilts.
- Use a ½" to 5/8" seam. Finish them envelope-style and topstitch around the perimeter. Use some light machine-quilting to hold the layers together. Don't tie the quilts, as they can be irritating to babies' skin.
- We will be attaching an FSQ label so please attach one if you have some. Otherwise, we'll be glad to attach one.
- Please wash them before turning them in to remove dust, oils and pet hair (if you have pets) since these babies are quite vulnerable.

Thank you for taking the time to make a little quilt these little babies and their families. They truly appreciate them!

(updated 9/2021)