



# Tummy Time Mat

Technique:	Sewing, Quilting
Designed By:	Linda Turner Griepentrog
Skill Level:	Intermediate
Crafting Time:	Weekend
Finished size:	36" x 36" (91.44cm x 91.44cm)

## Featuring Coats & Clark Dual Duty XP® Thread

Every baby needs some tummy time. This padded mat makes a safe place to put them down for tummy exercise. It's convenient size makes it easy to take when visiting.

## Supplies

- Coats & Clark Dual Duty XP® All-purpose Thread
- ¼ yd (22.86cm) each of 8 assorted fabric prints for mat
- ¼ yd (22.86cm) each of 4 different coordinating solid colors for prairie point border
- 1 yd (.91m) backing fabric
- Triangle template
- Template plastic

## Preparation

Trace the triangle onto template plastic and cut out.

## Cutting

**WOF = Width of Fabric**

**From each ¼-yd (22.86cm) fabric print, cut:**

(1) strip, 6½" x WOF; alternating directions, sub-cut (10) triangles across the fabric width

**From each ¼-yd (22.86cm) solid fabric, cut:**

(8) squares, 5" (12.70cm)

**From backing fabric, cut:**

(1) circle, 32" (81.28cm) diameter

*Seam allowances are ¼" (.64cm)*

## Assemble the Mat Top

1. Randomly lay out six rows of twelve triangles each, alternating direction.
2. Matching the seam allowances (not the cut ends), sew the triangles together in each row. Note that you will have some triangles leftover for another project.
3. Offset the adjacent rows, matching the point of one triangle to the center of the base of the adjacent triangle. Sew the rows together in order. Press all seams in one direction.
4. Layer the batting and pieced triangle top wrong sides together. Quilt as desired.
5. Cut a 32" (81.28cm) diameter circle from the quilted top.

## Assemble the Prairie Point Border

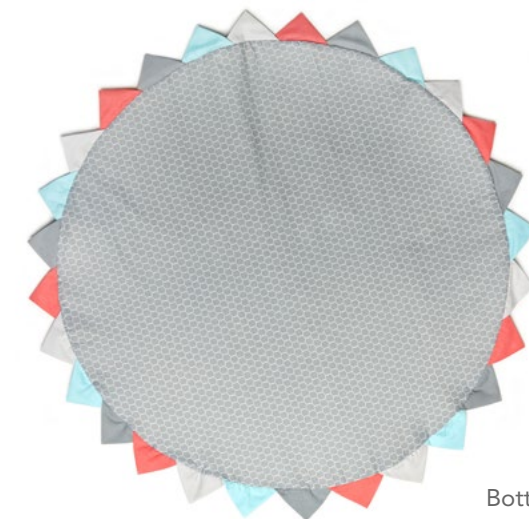
1. Press each solid square in half. Fold the short ends to meet the lower cut edges, forming a folded point at the top center edge. Press firmly.
2. Continue folding and pressing all the 5" (12.70cm) squares into prairie points.
3. With the folds and triangular points facing the right side of the mat, pin the prairie points evenly around the mat perimeter matching the cut edges and overlapping as needed to fit. You may have extra prairie points, depending on your overlap distance. Baste in place.
4. Double check all the prairie points to be sure none got tucks or shifted during basting.

## Assemble the Mat

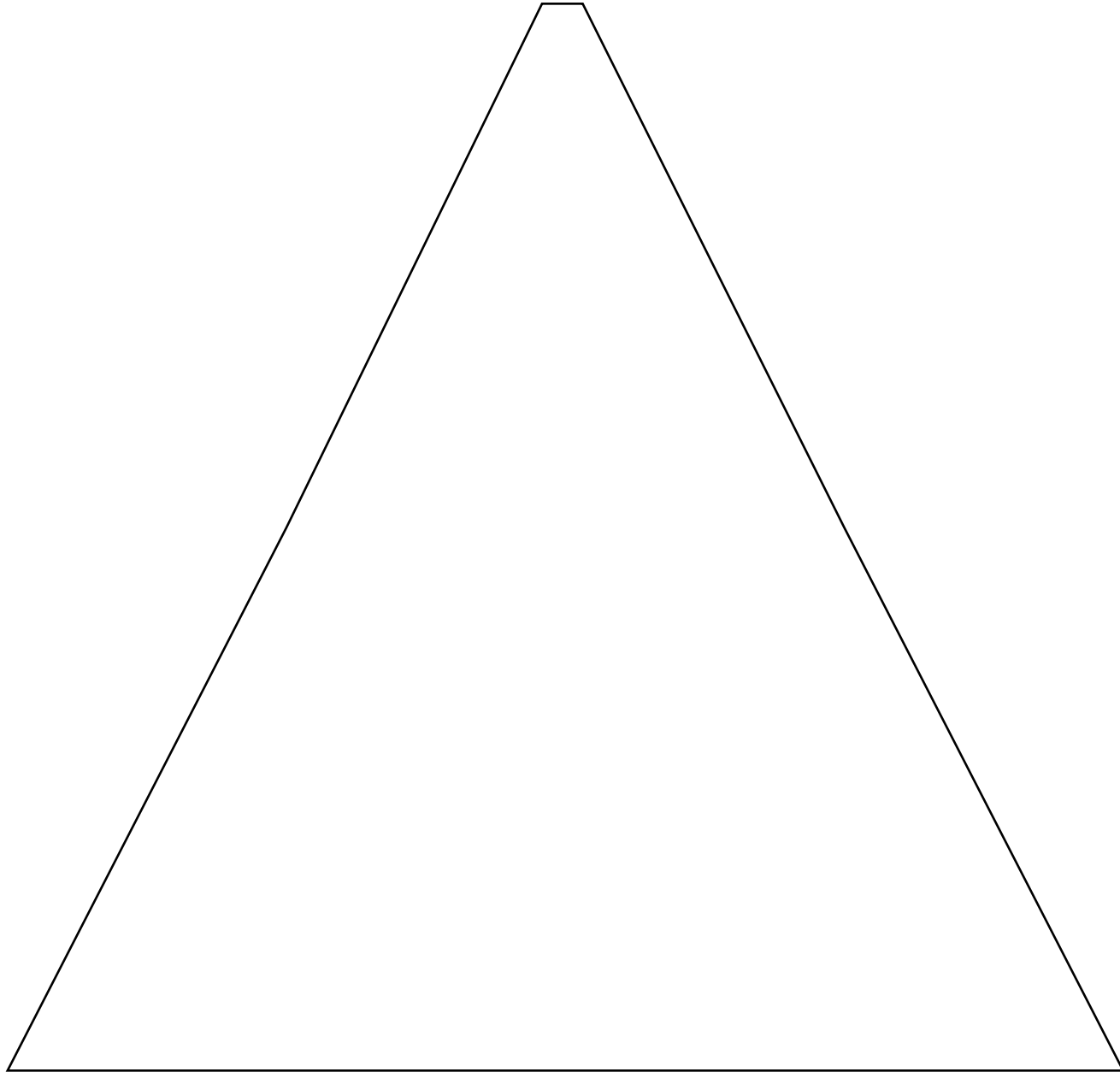
1. With right sides together, place the backing fabric onto the quilted mat top, matching cut edges.
2. Sew around the mat perimeter, leaving a 5" (12.70cm) opening.
3. Turn the mat right side out through the opening, pulling out the prairie points evenly, and press flat.
4. Hand-stitch the opening closed.



Top



Bottom



This square should  
measure 1" x 1"  
(2.54cm x 2.54cm)  
when printed.

\*\*\* Measure templates before cutting to confirm printing at 100%\*\*\*