

Sweet Childhood Memories

Block 4– Bedtime Routine

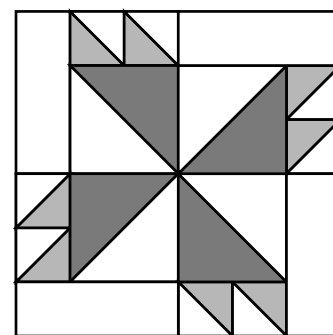
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Did you have a routine before bedtime as a kid? I'm told when I was really little my routine was to scream and cry to be let out of my room..haha! Then I would lay on the floor and go to sleep.

As a teenager reading before I went to sleep was my routine, and I still do a little reading before I sleep each night.

When you share your block, tell me what your childhood, your kids or grandkids, nighttime routine is. It is so fun to hear!

Watch my video, Enter your email for my notices & join my online group to share with everyone!



Block is 12.5" x 12.5"
Finished size 12" x 12"

Cutting Directions

Light fabrics

- Cut 2 squares 5" x 5" for (Half square triangles HST)
- Cut 4 squares 3" x 3" for (Half square triangles HST)
- Cut 4 strips 2.5" x 6.5"

Medium fabrics

- Cut 4 squares 3" x 3" for (Half square triangles HST)

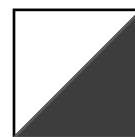
Dark fabrics

- Cut 2 squares 5" x 5" for (Half square triangles HST)

Directions

1) Using a 5" Light and a 5" dark fabric squares make HSTs using method on my separate HST PDF sheet at the end

trim to 4.5" square
Make 4 units



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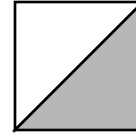
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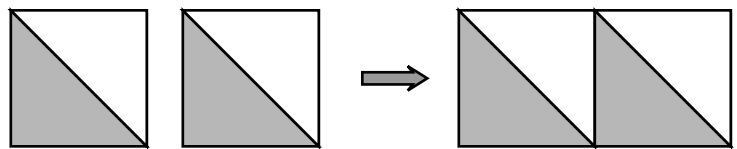
Directions

2) Using a 3" Light and a 3" medium fabric squares make HSTs using method on my separate HST PDF sheet at the end



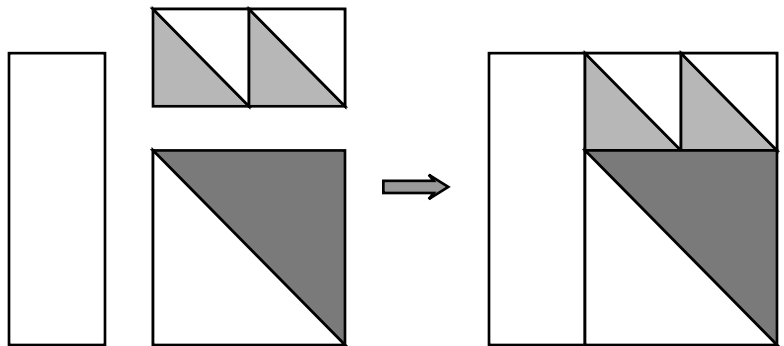
trim to 2.5" square
Make 8 units

3) Following diagram sew together 2 HST from Step 2 above



Measures 2.5" x 4.5"
Make 4

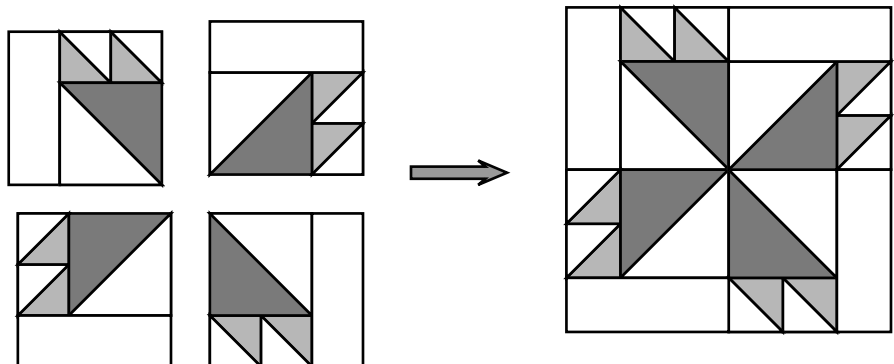
4) Following diagram sew together 1 large HST, unit from Step #3
And the 2.5" x 6.5" strip



Measures 6.5" x 6.5"
Make 4

5) Following the diagram, Assemble the block using units from the step above.

Make 1
Measures 12.5" x 12.5"



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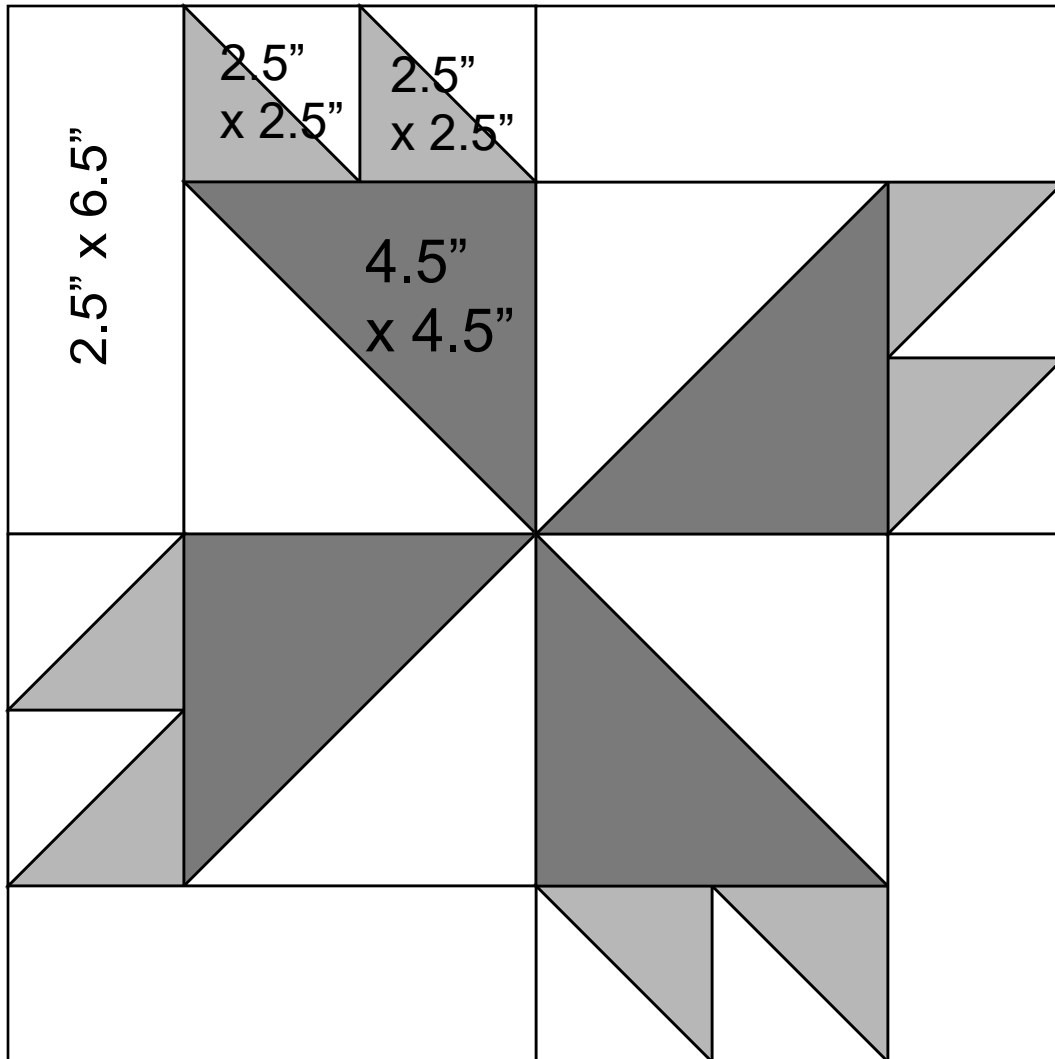
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Unfinished / CUTTING Sizes

See directions for more details



Block is 12.5" x 12.5"

IN the Quilt it is finished size 12" x 12"

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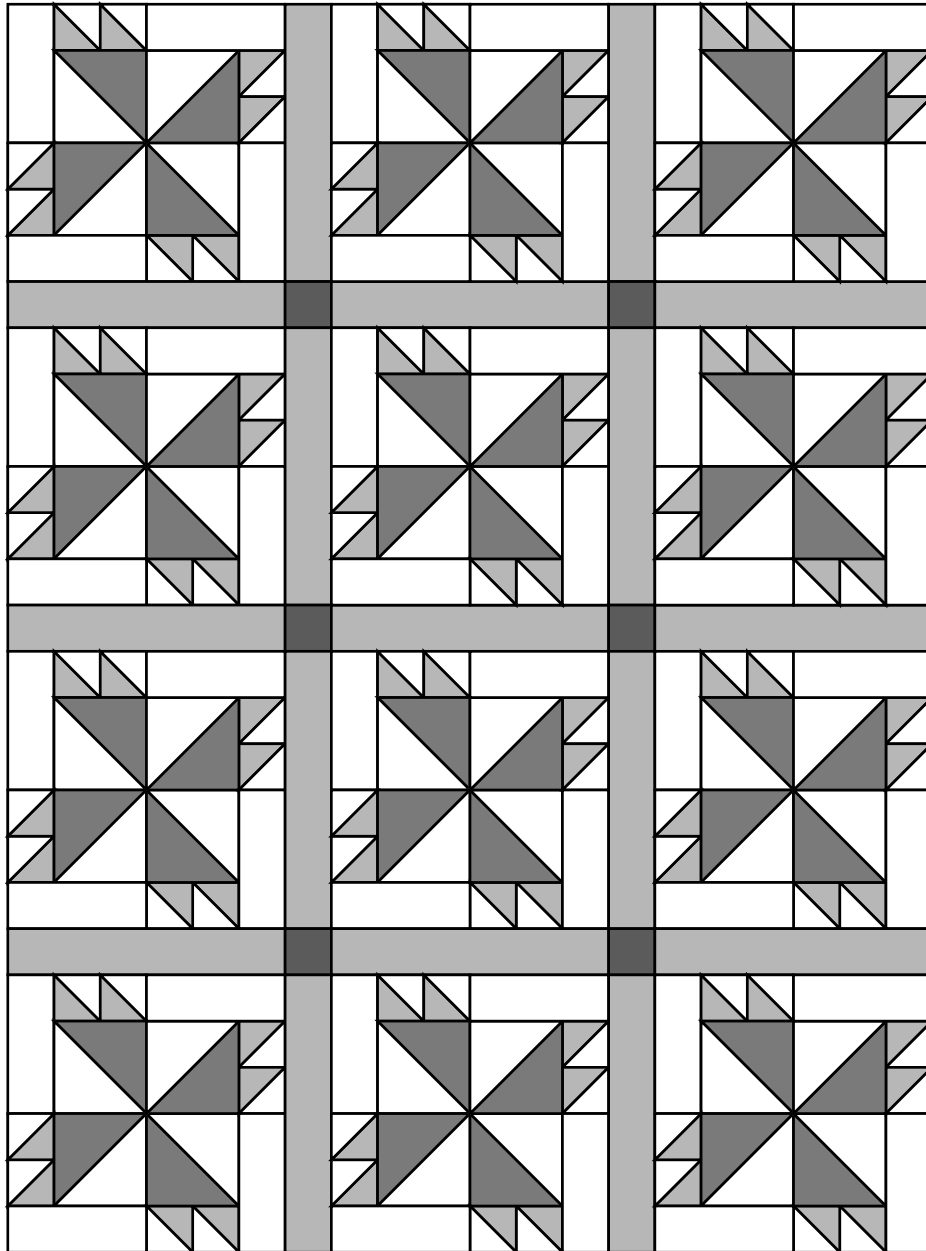
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BONUS PROJECT

Block 4- Bedtime Routine



40.5" x 54.5" - 12 Blocks

17 strips 2.5" x 12.5"

6 squares 2.5" x 2.5"

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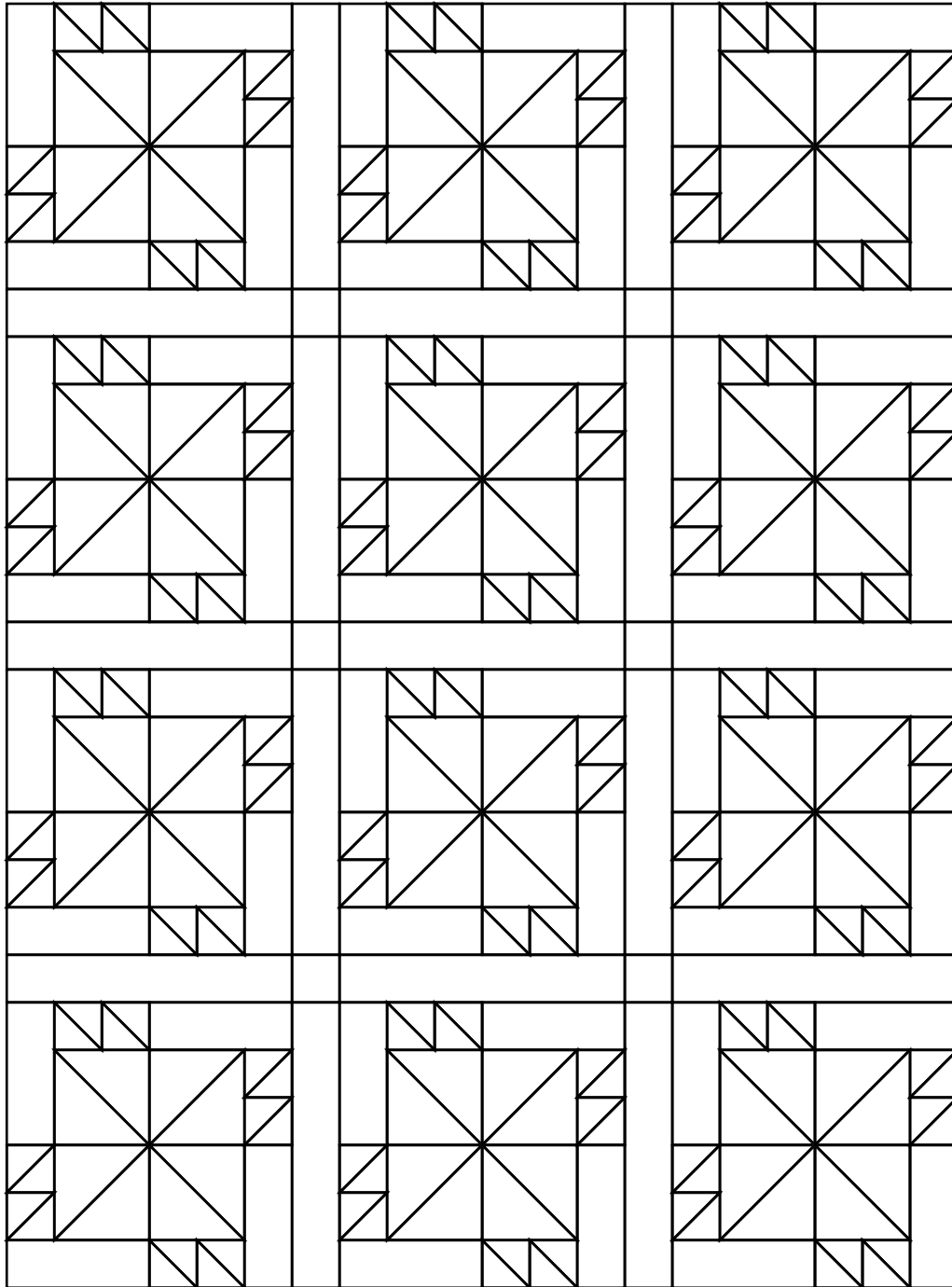
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BONUS Coloring Page



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Half Square Triangles Tutorial

**NOTE- For other ways to make HST units, see my book
"Pat Sloan's Teach Me to Sew Triangles"**



Step 1

- Draw a line on the back of all the lighter squares



Step 2

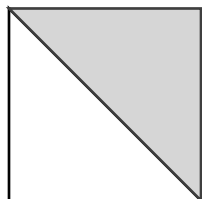
- Layer the 2 squares
- Sew a 1/4" seam on both Sides of the drawn line



Step 3

Cut on the drawn Line for 2 HST

Step 4



-Trim squares to size using a square ruler with a diagonal line placed on the Seam.

See my Book

"Pat Sloan's Teach Me to Sew Triangles"
For Step by Step photos and methods to make more at one time