

Memory quilt

A quilt can be comforting, can offer something to look at and talk about, and can be a collection of memories. It can be simple or complex and made from whatever materials you have.

Painted quilt

Supplies

- Simple comforter or a light-coloured sheet made of smooth fabric (cotton or flannel, not knitted or crocheted).
- Fabric paint, fabric markers, or permanent markers.

How to make it

Step 1: Make a grid

- Lay out the comforter or sheet on a flat surface.
- Use paint or markers to draw grid lines to make squares. Each square can be as small or as large as you choose.

Step 2: Decorate

- Invite your child, family members, or visitors to paint or draw a memory, message, symbol, or picture on the quilt.



Sewn quilt

Supplies

- Sewing machine or needle and thread
- Variety of fabric scraps from clothes that belong to your child or family members or old blankets.

How to make it

If you have not quilted before, find instructions online or ask someone to help you. There are also companies that will make quilts or and volunteers who can help or create quilts for you.