

# Creating Your Cradleboard!

Creating your own Cradleboard is fast, fun, and easy. It requires only the simplest of sewing skills to produce a comfortable, safe solution to keeping your sleeping baby safe and secure in the traditional Indian way. These instructions have been handed down orally from grandmother to mother to daughter for years. We have attempted to present them here in words and pictures for you. We thank Cassandra Carroll of the Cheyenne/Arapaho Tribe of Oklahoma for sharing her knowledge with us. Remember, this is your and your baby's project and the instructions that follow are only a guide for your own creativity. Please review all instructions before beginning. So let's get started!



## Supplies:

- A 1 x 10 pine board cut to 27" long
- 1 yard of 36" wide cotton flannel material (for pillow and ties)
- 1 yard of 36" wide cotton (pillow and board casing, tie pads)
- 1 yard of contrasting cotton or cotton flannel material (optional for accents).
- 1 package of pillow stuffing
- Sewing machine, thread, scissors, measuring tape, pins, iron, and *Wonder Under<sup>tm</sup>* (optional)



**Step 1:** Smooth off any rough edges and corners of the board by sanding thoroughly.

**Step 2:** Make the pillow:

- Cut the cotton flannel to 11" x 29"
- Fold over with the reverse sides together and stitch a 1/2" seam on the raw long and one short side.
- Turn right side out, stuff pillow, and over stitch remaining short side to close. Be careful not over stuff the pillow.

You should now have a pillow that is roughly the same dimensions as your board.

**Step 3:** Make the casing for the board and the pillow.

- Cut cotton material to 32" x 32"
- Turn under and stitch one side to finish raw edge.
- Fold right sides together making your finished edge a short side and seam shut the long side and the remaining short side. Turn right side out.

You should now have a casing that fits over the board and the pillow together. Slip it over and tuck the remainder inside between the pillow and the board.



*Board, pillow. and casing*

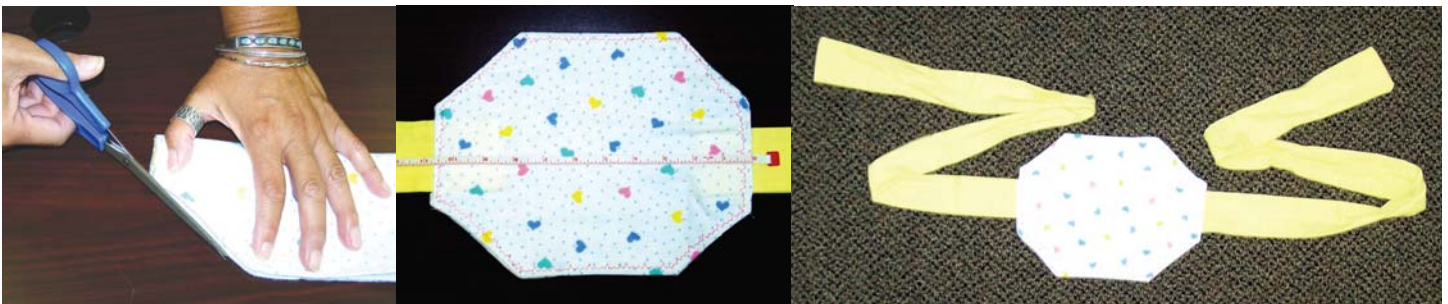
*Pillow and casing*

*Tucking excess fabric between pillow and board*

**Step 4:** Make the ties and the tie pads

- Cut four pieces of material to 10" x 12". Put reverse sides of each pair together and cut diagonally across the corners, creating an eight sided piece. (tie pads)
- Cut four strips of material to 45" x 5". Fold over and stitch with reverse sides together leaving one end open. Turn right side out. (ties)
- Turn the raw edges of the top side of the tie pad material to the inside 3/4" and press with the iron. With the top sides out top stitch the two pieces together inserting the ties (unfinished ends) into each short side.

You should now have two ties with the pads in the middle.



*Cutting corners on tie pad*

*Assembled ties and tie pad*

*Overview of completed tie with pad in center*

**Assemble:**

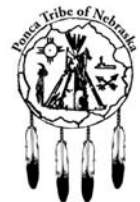
- With the tie pad in front, wrap the ties around the cradle board, bring back to the front and tie in a pretty bow. (See picture)

**Extras:**

- *Wonder Under™* can be used to create a personal appliqué (follow the instructions on the package).



Remember this is *your* creation and there are no hard and fast rules as to decoration or materials used so long as they are safe for baby.



*Note the variations in design. Here we have a holiday theme with appliques and larger tie pads.*

