



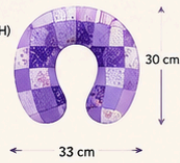
PATCHWORK NECK PILLOW TUTORIAL

♥ STEP-BY-STEP GUIDE ♥

This comfortable neck pillow is perfect for travel or relaxing at home. It's made with beautiful patchwork squares and soft filling for the perfect support. ♥

FINISHED SIZE


Approx. 33 cm (W) x 30 cm (H)
Thickness: 8–10 cm



SKILL LEVEL

Beginner ★☆☆☆

TIME

3–4 hours 

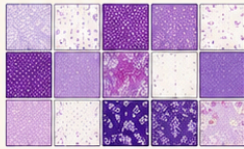
MATERIALS

- Cotton Fabric (USA) – 100% Cotton (Quilting weight)
- Assorted purple prints (6–7 designs) – 30 cm of each
- Solid purple fabric – 40 cm
- Back fabric (lining) – 60 cm
- Fiberfill stuffing – 300–350 g
- Coordinating thread
- Fabric marker or pencil
- Pins or sewing clips
- Needle for hand sewing
- Scissors / Rotary cutter
- Sewing machine

CUTTING GUIDE (ALL MEASUREMENTS IN CM)

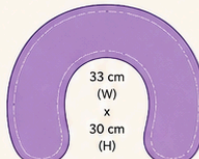
PATCHWORK FRONT (Outer Side)

Cut 24 squares of 7.5 cm x 7.5 cm (6 rows x 4 columns)



BACK (Lining)

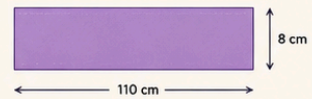
Cut 2 pieces from lining fabric (Include seam allowance)



Seam allowance: 0.7 cm around all edges

BORDER (Sides)

Cut 1 strip from solid purple fabric 8 cm wide x 110 cm long (This will go around the pillow)



FABRIC GUIDE (USA)

- Use high quality quilting cottons. Examples of brands:
- Moda Fabrics
 - Riley Blake Designs
 - Robert Kaufman
 - Andover Fabrics



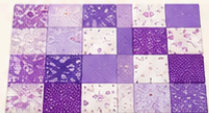
MAIN SEWING METHODS

Seam Allowance: 0.7 cm

- **Straight Stitch**
Used for all seams.
- **Backstitch**
Used at the beginning and end to secure.
- **Pressing**
Press seams open or to one side.
- **Topstitch** (Optional)
For a decorative and secure finish.
- **Hand Stitch (Ladder Stitch)**
Used to close the opening invisible.

STEP-BY-STEP INSTRUCTIONS

1 MAKE THE PATCHWORK FRONT



Arrange the 24 squares (7.5 cm x 7.5 cm) in 6 rows x 4 columns. Sew the squares together row by row with a 0.7 cm seam allowance. Then join the rows to complete the front panel.

2 PREPARE THE BACK PIECES



Place the two back pieces right sides together. Pin and sew around the outer edge and inner curve. Leave an opening (8–10 cm) on one straight end for turning.

3 ADD THE SIDE BORDER



Fold the side strip in half lengthwise (8 cm x 110 cm → 4 cm wide). Pin it around the patchwork front edge. Sew in place. Trim excess if needed.

4 JOIN FRONT AND BACK



Place the front (with border) and back right sides together. Pin all around matching the edges. Sew all around the outer edge and inner curve.

5 TURN AND STUFF



Turn the pillow right side out through the opening. Stuff firmly with fiberfill until it's full and comfortable.

6 CLOSE THE OPENING



Fold the seam allowance inside and close the opening using a ladder stitch by hand. Press gently.

7 FINISHING TOUCH



Your patchwork neck pillow is complete! Enjoy your handmade comfort on every journey. ♥

TIPS

- Use an iron to press seams for a neat finish.
- Mix different purple prints for a beautiful look.
- For extra comfort, add more stuffing.



CARE INSTRUCTIONS



MEASUREMENTS SUMMARY

Finished Size: 33 cm (W) x 30 cm (H)
Patchwork Squares: 7.5 cm x 7.5 cm
Side Border: 8 cm x 110 cm
Seam Allowance: 0.7 cm



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SEAM ALLOWANCE
1/4 inch (0.6 cm)

TRAVEL NECK PILLOW

CUT 2 PIECES
(MAIN FABRIC)
+ 2 PIECES (LINING)

SEAM ALLOWANCE
1/4 inch (0.6 cm) INCLUDED

LEAVE AN OPENING
3-4 inches (7-10 cm)
FOR TURNING

SEAM ALLOWANCE
1/4 inch (0.6 cm)

INSTRUCTIONS:

- Cut 2 pieces from main fabric
- Cut 2 pieces from lining fabric
- Place right sides together
- Sew around the edge with 1/4 inch (0.6 cm) seam allowance
- Leave an opening as indicated
- Turn right side out
- Stuff evenly
- Hand stitch the opening closed

SCALE CHECK

2 inches
(5 cm)

This square should measure 2 x 2 inches (5 x 5 cm) when printed correctly.

Patchwork Neck Pillow Tutorial – Complete Step-by-Step Guide for Beginners

If you are looking for a beautiful and practical sewing project, this Patchwork Neck Pillow is the perfect choice. It combines colorful patchwork fabrics with soft fiberfill to create a comfortable travel pillow that is both decorative and functional. This tutorial follows the measurements, construction process, and sewing sequence shown in the reference guide while providing much more detailed explanations, making it easy for beginners in the United States to complete the project successfully.

This project is designed for beginners, but experienced quilters will also enjoy making it. Every measurement is given in centimeters (cm) as shown in the original tutorial. Simply follow each section in order, and you'll have a professional-looking neck pillow.

Materials You'll Need

Prepare all materials before you begin.

Fabrics

- 100% Cotton Quilting Fabric
- 6 to 7 coordinating purple prints
- Approximately 30 cm (12") of each print

Additional Fabric

- Solid purple quilting cotton: 40 cm
- Lining fabric (back): 60 cm

Filling

- Polyester Fiberfill
- Approximately 300–350 g

Sewing Supplies

- Fabric marker or pencil
- Fabric scissors or rotary cutter
- Cutting mat
- Quilting ruler
- Pins or sewing clips
- Hand sewing needle
- Matching thread
- Sewing machine
- Iron and ironing board

Finished Size

Your completed pillow will measure approximately:

- Width: 33 cm
- Height: 30 cm
- Thickness: 8–10 cm

These measurements may vary slightly depending on how firmly the pillow is stuffed.

Cutting Guide

Careful cutting is one of the most important parts of this project.

Patchwork Front

Cut:

- 24 squares
- Size: 7.5 cm × 7.5 cm

Arrange them into:

- 6 rows
- 4 columns

Feel free to alternate light, medium, and dark fabrics to create a balanced design.

Back Pieces (Lining)

Cut:

- 2 neck pillow-shaped pieces

Finished dimensions:

- Width: 33 cm
- Height: 30 cm

Remember to include:

- 0.7 cm seam allowance

Side Border

Cut:

- 1 strip

Measurements:

- 8 cm wide
- 110 cm long

This strip forms the pillow's thickness.

Choosing Your Fabrics

The beauty of patchwork comes from contrast.

Try combining:

- Floral prints
- Tiny dots
- Small geometric prints
- Tone-on-tone fabrics
- Solid fabrics
- Textured quilting cotton

Avoid placing fabrics with very similar colors beside each other. Mixing different values creates a much richer design.

Step 1 – Arrange the Patchwork Front

Lay the 24 fabric squares on a flat surface.

Arrange them into:

- 6 rows
- 4 columns

Move the pieces around until the colors are evenly distributed.

Try not to repeat the same fabric next to itself.

Take a photo before sewing so you don't lose your arrangement.

Step 2 – Sew Each Row

Place the first two squares right sides together.

Sew using:

- **0.7 cm seam allowance**

Continue adding squares until the entire row is complete.

Repeat until all six rows have been sewn.

Step 3 – Press Every Seam

Pressing is just as important as sewing.

Using a hot iron:

- **Press seams open**
- **Or press all seams toward one side**

Avoid stretching the fabric while ironing.

A well-pressed quilt top always looks more professional.

Step 4 – Join the Rows

Place Row 1 and Row 2 right sides together.

Carefully match every seam intersection.

Pin generously.

Sew using the same:

0.7 cm seam allowance

Continue adding each remaining row.

Once complete, press again.

You now have the finished patchwork front.

Step 5 – Prepare the Back Pieces

Place the two lining pieces:

- **Right sides together**

Pin around:

- **Outer curve**
- **Inner neck opening**

Leave an opening of approximately:

8–10 cm

on one straight edge.

This opening will later be used for turning and stuffing.

Step 6 – Sew the Back

Using your sewing machine:

Sew around:

- **Outside curve**
- **Neck opening**

Do not sew the turning opening.

Clip curved seam allowances carefully without cutting through the stitching.

This helps the curves lay smoothly.

Step 7 – Prepare the Side Border

Take the strip measuring:

- 8 cm × 110 cm

Fold it in half lengthwise.

Press with an iron.

The folded strip should now measure:

- 4 cm wide

This fold creates a clean edge and helps guide placement.

Step 8 – Attach the Side Border

Starting at the bottom center:

Pin the border around the entire patchwork front.

Take your time around the curves.

Make tiny relief clips in the seam allowance if necessary.

Sew all around the pillow.

Trim excess border if needed.

Step 9 – Join Front and Back

Place:

- Patchwork front (with border)

- **Back piece**

Right sides together.

Pin carefully.

Match all curves.

Sew completely around:

- **Outer edge**
- **Inner neck opening**

Keep your stitching consistent.

Step 10 – Trim and Clip the Curves

Curved seams need special attention.

Trim bulky seam allowances.

Clip into the curves every few centimeters.

Be careful not to cut the stitches.

This allows the pillow to turn smoothly and eliminates wrinkles.

Step 11 – Turn the Pillow Right Side Out

Reach through the opening.

Slowly pull the pillow through.

Use a blunt tool, chopstick, or turning tool to gently push out all curved edges.

Avoid using anything sharp.

Step 12 – Stuff the Pillow

Fill the pillow with:

300–350 grams of polyester fiberfill

Start by stuffing:

- **Ends**
- **Inner curve**
- **Outer curve**

Finish with the center.

Distribute the stuffing evenly.

The pillow should feel:

- **Soft**
- **Supportive**
- **Evenly filled**

Avoid lumps.

Massage the filling with your hands until smooth.

Step 13 – Close the Opening

Fold the seam allowance inward.

Press lightly if necessary.

Using a hand sewing needle:

Sew the opening closed with an invisible Ladder Stitch.

Pull the thread gently after every few stitches.

When complete, the seam should disappear.

✨ Step 14 – Final Pressing

Lightly steam the pillow.

Do not flatten the stuffing.

Shape the curves with your hands.

Check that:

- **Seams are smooth**
- **Corners are filled**
- **Curves are symmetrical**

Your pillow is now finished.

🧵 Recommended Sewing Stitches

Throughout this project you'll use:

Straight Stitch

Used for all construction seams.

Backstitch

Use at the beginning and end of every seam to secure the stitches.

Topstitch (Optional)

Can be added around the pillow for decoration and extra durability.

Ladder Stitch

Invisible hand stitch used to close the stuffing opening.

Helpful Tips

- **Wash fabrics before cutting if shrinkage is a concern.**
- **Press every seam before moving to the next step.**
- **Use quilting cotton for the best results.**
- **Match thread color to your main fabric.**
- **Stuff the pillow gradually rather than all at once.**
- **Rotate the pillow while stuffing to distribute the filling evenly.**
- **Use clips instead of pins on thick curved sections.**
- **Sew slowly around curves for better accuracy.**
- **Trim seam bulk to reduce wrinkles.**
- **Always test your machine tension on scrap fabric before beginning.**

Care Instructions

To keep your neck pillow looking beautiful:

- **Hand wash in cold water.**
- **Do not bleach.**
- **Lay flat to air dry.**
- **Do not tumble dry.**
- **Do not iron directly over the stuffed sections.**
- **Store in a dry place away from direct sunlight.**

Measurements Summary

| Piece | Measuremen t |
|------------------------------|--------------------------------|
| Finished Pillow | 33 cm × 30 cm |
| Patchwork Squares | 7.5 cm × 7.5 cm |
| Side Border | 8 cm × 110 cm |
| Seam Allowance | 0.7 cm |
| Stuffing | 300–350 g Fiberfill |

Congratulations!

You have successfully completed your Patchwork Neck Pillow!



This comfortable travel pillow is perfect for road trips, airplane travel, reading, relaxing at home, or giving as a thoughtful handmade gift. By carefully following each step from arranging the patchwork squares and sewing the curved pieces to stuffing and finishing with an invisible ladder stitch you can create a professional-quality project that is both beautiful and durable.

Enjoy your handmade creation, and happy sewing!  