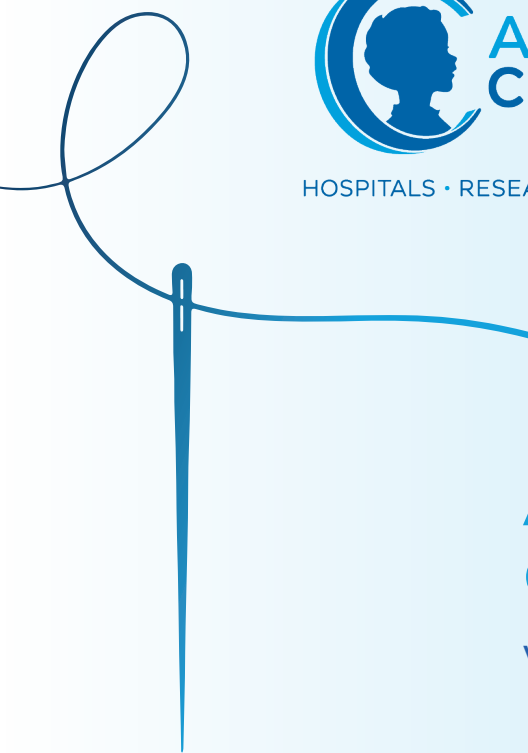




**Arkansas
Children's**

HOSPITALS • RESEARCH • FOUNDATION




HANDMADE DONATIONS AND PATTERNS GUIDE

VOLUNTEER ENGAGEMENT

Dear Stitching Friends,
Whether you are already a treasured handmade donor or are looking for an opportunity to hand make something special for the patients at Arkansas Children's, we hope you enjoy this new book of patterns we have put together just for you!





SAFETY GUIDELINES for donating handmade items:

- All materials must be new and unused
- Avoid working on your project when you are ill
- Pre-wash the material of any handmade cloth items
- Items that have a strong odor such as smoke, moth balls, perfumes, or pet hair cannot be given to patients
- Do not pin notes, logos, or include donor identification etc. on the items
- All sewing pins and needles must be removed prior to donating
- Store completed handmade items in an unscented plastic bag to keep them clean until delivery
- Do not giftwrap items

All accessories must be sewn on the item as part of the original design (eyes, nose, flowers, decorative items, etc.). Plastic buttons and eyes that are sewn on are a choking hazard should they become detached, and cannot be given to patients.

ISOLETTE COVERS

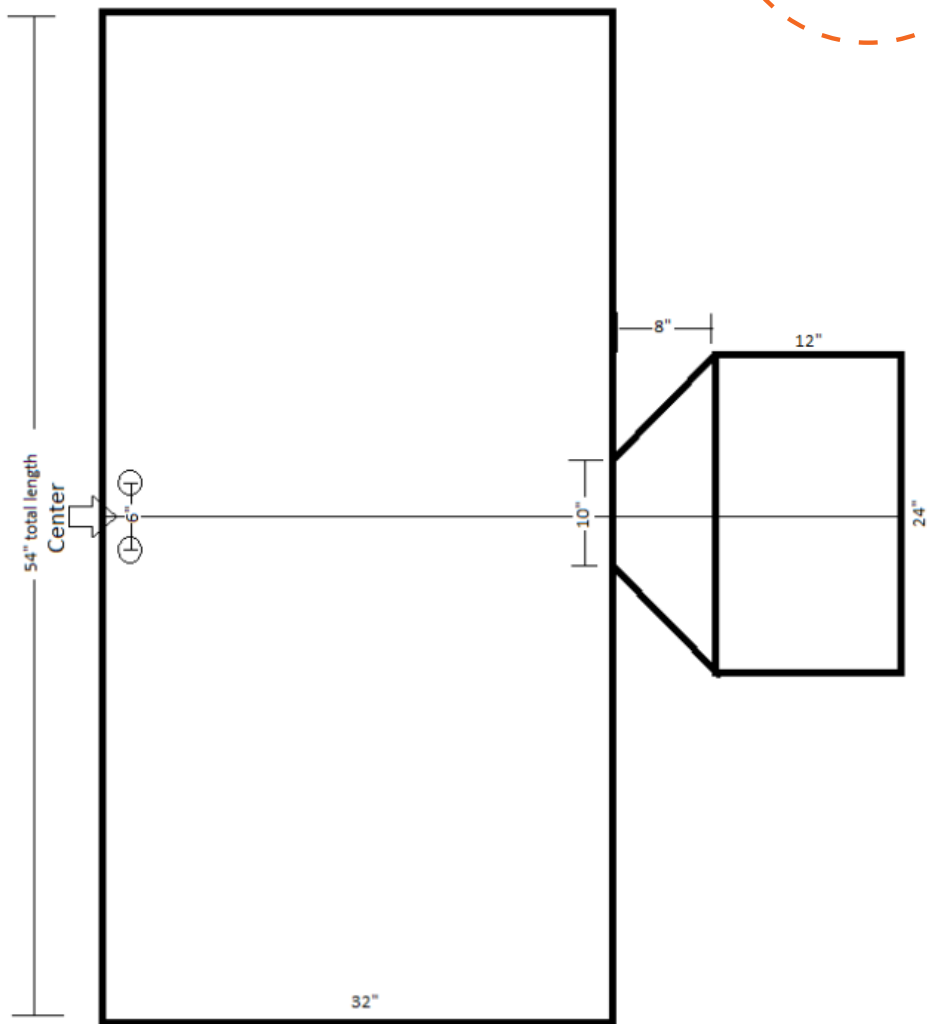
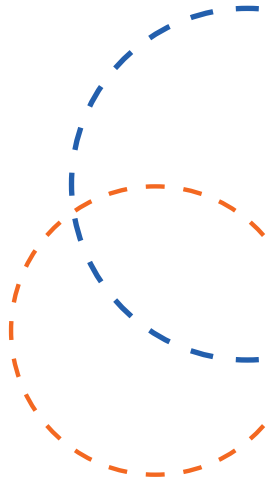
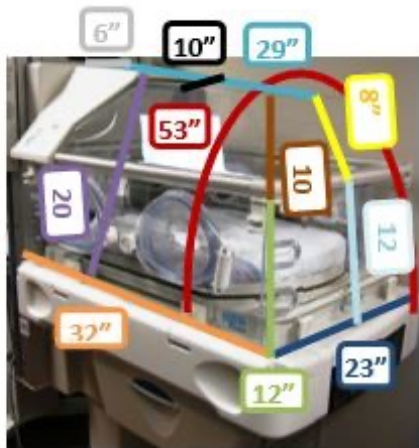
Preemies are very sensitive to light and sound and too much can cause them to lose weight, sleep less, and have sensory overload. Thicker, layered isolette covers made with dark, solid colors on one side (that faces the baby) best reduce noise, light, and visual stimulation (what the baby sees) to help the baby grow and develop like they would if still in the womb. Giraffe isolettes are specially designed for babies needing the most intensive care and are typically home to ACH NICU's smallest preemies.

MATERIALS:

- Cotton, jersey knit, or flannel
- Material must be machine wash/dry
- Layers:
 - Outer/Top: Child/baby friendly pattern (Disney, baby print, tractor/farm, camo, etc.) or solid (pink, purple, green, blue, yellow, etc.)
 - Batting/Lining (optional): room darkening (used in curtains) is preferred
 - Inner/Bottom: **dark, solid** colors (black, navy, forest green, dark brown)

DIRECTIONS:

- The thick lines are the desired dimensions on the final project.
- The two circles indicate button holes that will fit a 3/4inch button. They are to be located 6" from each other (3 inches from center line) and 3" from the edge of the material. These secure the cover to the isolette.
- The easiest way to start is to see the large piece as one (1.5yds x 32") and the end piece as another. When connecting them, attach so the centers of both pieces align.
- It may be easiest to mark the centers with a fabric pencil or pins. See diagram.



NICU SCENT HEART

NICU Hearts are an amazing way for parents and babies to bond while a child has a NICU stay. Mothers and fathers may wear a heart inside a shirt for a time and then the hearts are taken to the NICU and placed in the isolette with the baby. This allows the baby to smell and bond with the parents in such a sweet way.

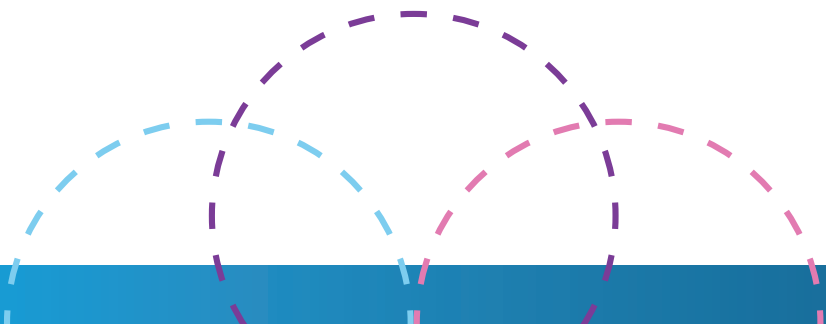
MATERIALS:

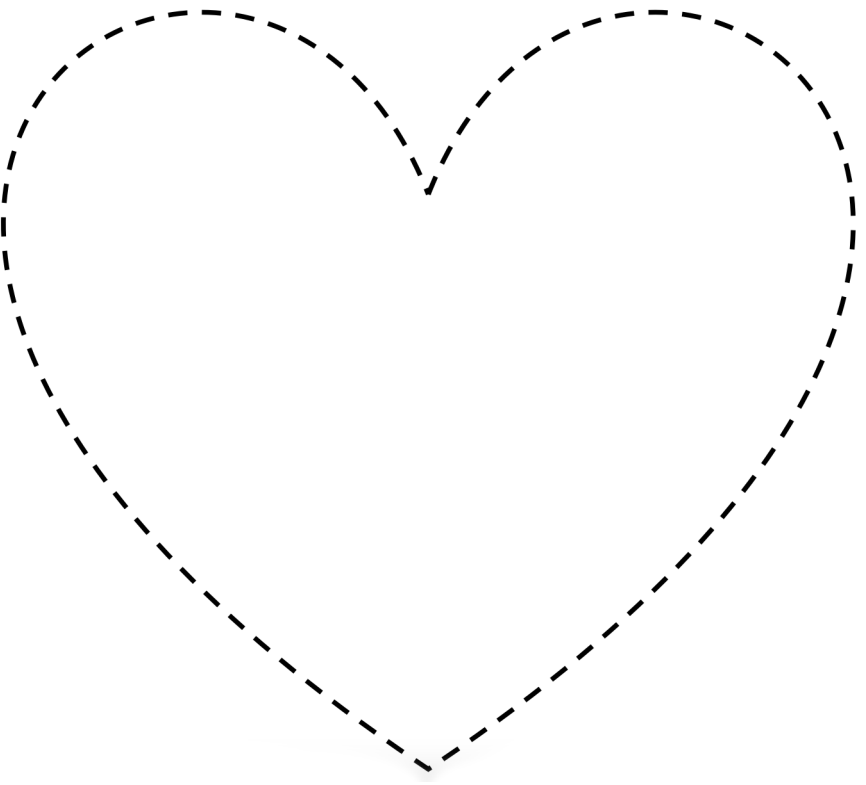
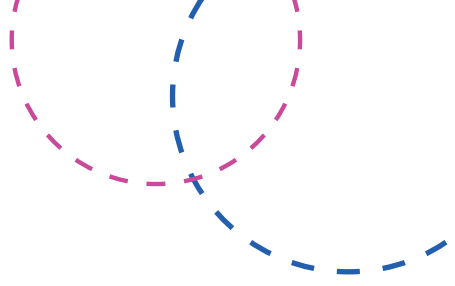
- 100% cotton flannel

Approximately 5x5 inches (note: a ¼ yard cut of fabric will yield appx 4 hearts)

DIRECTIONS:

1. Wash fabric using unscented detergent, dry and flat iron the fabric.
2. Cut two hearts from fabric. With right sides together, sew hearts together using a ¼ inch seam and leaving a 1-2 inch opening on the lower side.
3. Clip around curves. Turn right side out and gently press with warm iron.
4. Hand-sew the opening closed.





Provided by Project NICU.



PJ BAG PILLOWCASE

MATERIALS:

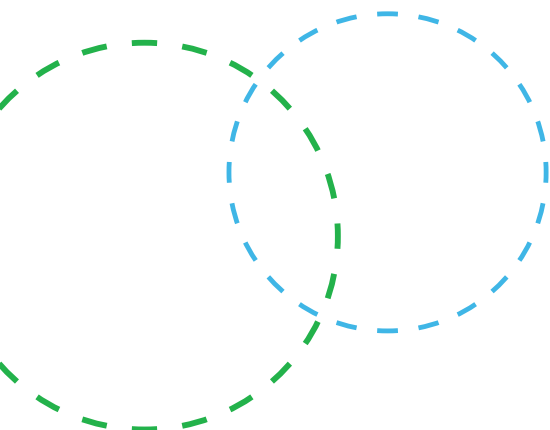
For one pillowcase:

- 3/8 yard fabric for band
- 1 yard fabric for pillowcase body and drawstring
- All-purpose sewing thread
- Large safety pin
- Marking pen or pencil and ruler
- Unsharpened pencil with eraser on top

Finished pillowcase: 30×20"

Yardages and cutting instructions are based on 42" of usable fabric width.

Measurements include 1/2" seam allowances. Sew with right sides together unless otherwise specified.





WATCH ME ▶
**FULL TUTORIAL - HOW
TO MAKE A PJ BAG
PILLOWCASE**



<https://static.onecms.io/wp-content/uploads/pdfs/sites/42/2021/01/05/PJ-Bag-Pillowcase-Sailboat.pdf>


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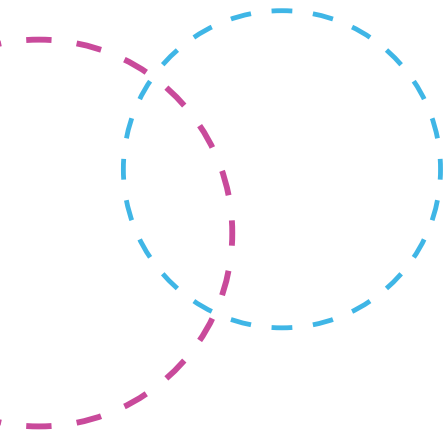
TEACHING DOLLS

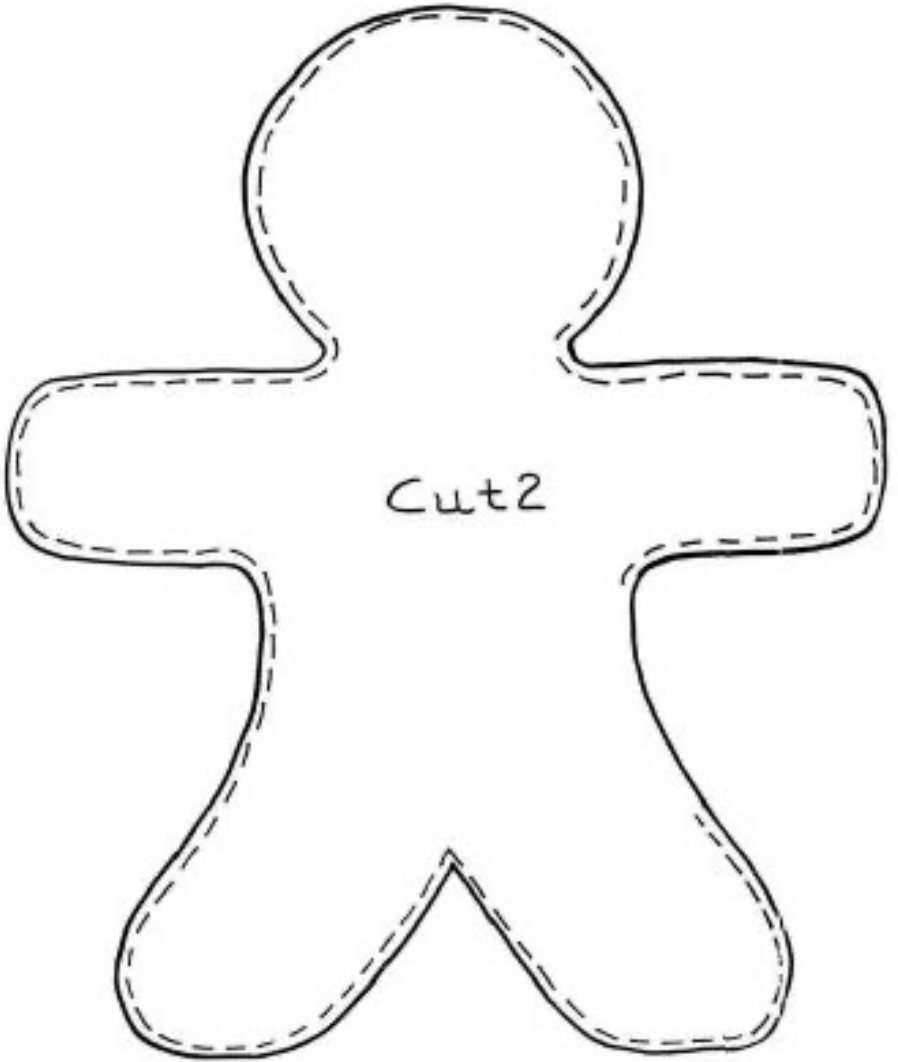
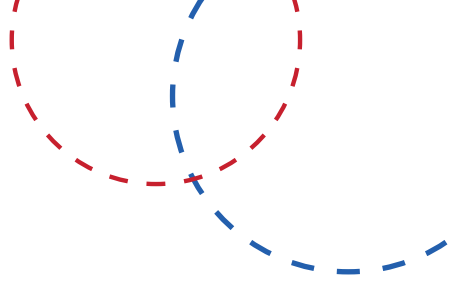
MATERIALS:

- Cotton or muslin
- Polyester fiber fill

DIRECTIONS:

1. Fold fabric so it has two layers.
2. Place pattern on fabric, pin and cut.
3. Sew pieces together leaving one side open for stuffing.
4. Clip curves-this allows room when turning.  Be careful not to cut stitching.
5. Turn doll right side out.
6. Stuff with fiber fill and stitch doll close.
7. The doll is finished. Faces and clothing are not needed.





BOWL COZY

A soup bowl cozy is the greatest invention since the microwave! It's a cozy little cover for your bowl to help keep hands from being burned after heating soup, noodles, leftovers, or even cooking a potato. Because this project is intended for use in the microwave, it is important to use 100% cotton fabric, cotton thread, and cotton batting.

MATERIALS:

- Cotton fabric in 10" layer cake squares, fat quarters, yardage, or pieces of fabric at least 10" square.
- Cotton thread
- Wrap-N-Zap cotton batting from Pellon
- Cutting tools: scissors, rotary cutter, acrylic ruler, and cutting mat
- A sewing machine
- Sewing pins

WATCH ME ▶
FULL TUTORIAL - HOW TO
MAKE A BOWL COZY



https://sewcanshe.com/how-to-make-a-bowl-cozy-step-by-step-tutorial-with-3-sizes/#google_vignette



Soup Bowl Cozy

free pattern!



GetCanShe.com



HATS AND BLANKETS

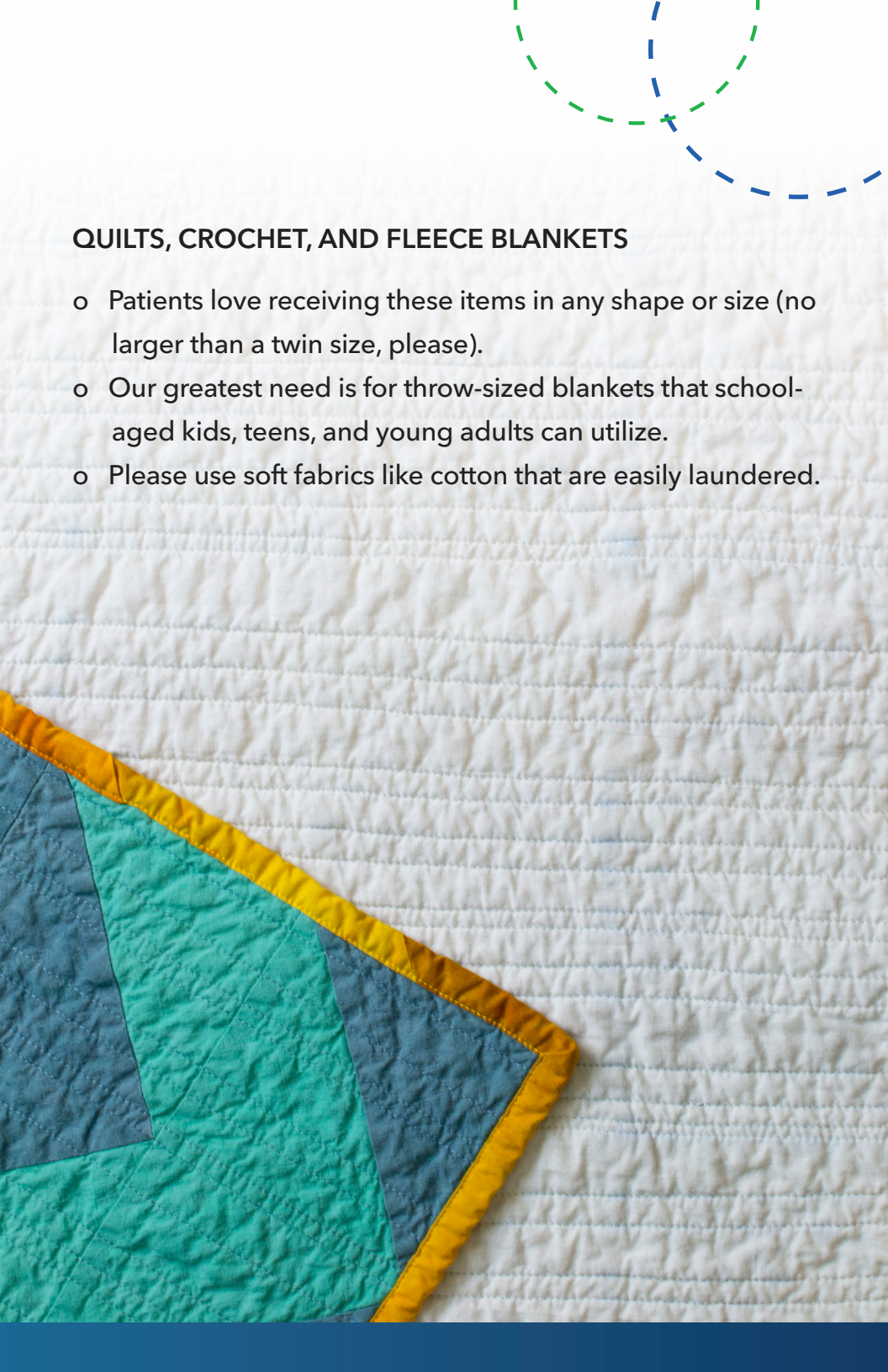
KNITTED AND CROCHETED HATS

- Our greatest need is for large hats for school-age kids, teens and young adults. We ask that hats be approximately the size of an average cantaloupe or larger.
 - Infant size - at least 16" in circumference
 - Child size - at least 18" in circumference
 - Teen size - about 21" in circumference (can be a little larger)
- *Due to storage limitations during warmer months, we prefer to receive hat donations from September through April.*





QUILTS, CROCHET, AND FLEECE BLANKETS

- o Patients love receiving these items in any shape or size (no larger than a twin size, please).
 - o Our greatest need is for throw-sized blankets that school-aged kids, teens, and young adults can utilize.
 - o Please use soft fabrics like cotton that are easily laundered.
- 

THANK YOU FOR BEING A CHAMPION FOR CHILDREN!

Needs are unique to each of our hospitals and can frequently change throughout the year; we encourage handmade donors to call ahead to inquire about the biggest handmade item needs when possible.

For more information, please contact your nearest Volunteer Engagement Office.

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