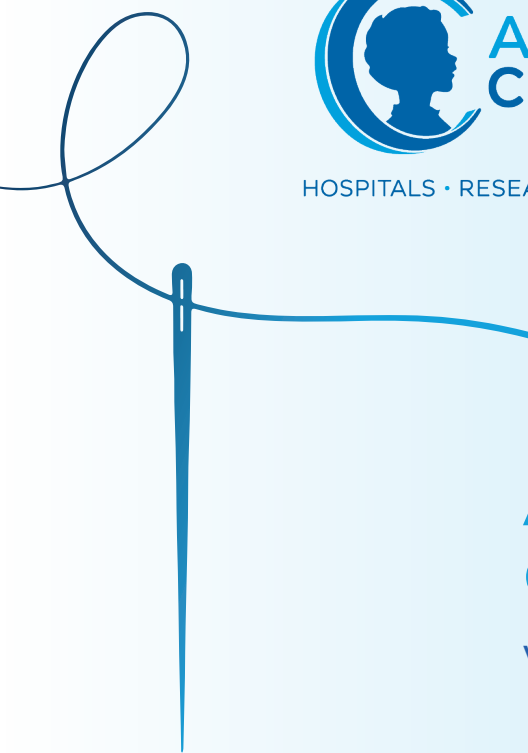




**Arkansas
Children's**

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.

G-TUBE BELTS

The purpose of a G-tube belt is to hold a tube in place while attached to a feeding port. Loops on the belt are used to guide the tube. An opening in the belt is used to access the feeding port. Suggested lengths are 29", 27" or 25". Those lengths along with adjustable Velcro should fit most children.

MATERIALS:

- Soft flannel or cotton fabric
- Velcro

DIRECTIONS FOR BELT LOOPS AND OPENING FLAP:

Loops:

1. Cut strip of fabric measuring 11" long and 3" wide.
2. Fold right sides together and stitch along 11" side; turn and press.
3. Top stitch along edges. Cut in half making two belt loops.

Flaps:

1. Cut two 5" squares.
2. Place right sides together; stitch around three sides; clip two corners; turn
3. Press and top stitch leaving one side open.

DIRECTIONS FOR G-TUBE BELT (29, 27, OR 25" LONG):

1. Cut 2 pieces of fabric 29" long and 5" wide. Round corners of one end.

2. Lay one piece of fabric on flat surface, right side up. Pin belt loops 6" and 9" from rounded end. (Note: loops are 5 ¼" so there will be extra length when edges are pinned to belt.)
3. Pin flap 8" from square end; raw edges of flap should be matched with raw edges of belt.
4. Place second piece of belt fabric on top with right sides together.
5. Stitch around edges leaving and 3" or 4" side opening for turning.
6. Clip corners; turn; press. Top stitch around edges. Opening will be closed in top stitching.
7. Cut 2" square in belt underneath flap. Finish edges. (Zig zag or turn under and stitch)
8. Sew Velcro on underneath top side of flap; sew Velcro on belt.
9. Sew two to three Velcro strips (1" x 3") on top side of square end of belt.
10. Sew one to two Velcro strips (1" x 3") on underneath side of rounded end of belt.



Pattern created by Hilda Turner and Henryetta Thompson (Logan County EHC)
Reviewed by Nancy Ewing (Logan County EHC) and Charla Hammonds (U of A Extension Service-Logan County)

PORT PILLOWS

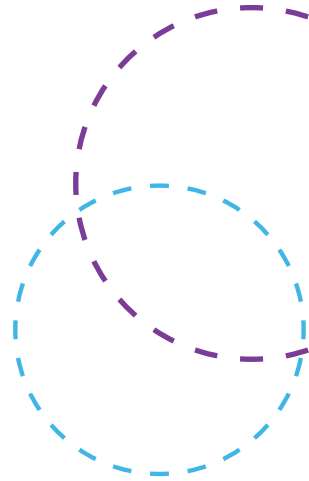
MATERIALS:

- Soft flannel or cotton fabric
- Velcro
- Polyester fiber fill

DIRECTIONS FOR BELT LOOPS AND OPENING FLAP:

1. Cut two pieces of fabric into rectangles that measure 7" x 4"
2. Cut two pieces of Velcro that measures 3.5"
3. Secure the Velcro. Put the Velcro on the right side of one piece of fabric. Place the soft part (aka the loops) of the Velcro on a long edge of the rectangle at about the half-way mark.
4. Use a 1/8" seam. After sewing the soft side/loop side onto the fabric, place the rough side/hook side face down along the edge of opposite side of the fabric and baste it with a 1/8" seam too.
5. Fasten the pieces of Velcro together so they wouldn't move around when completing the edges of the pillow (repeat steps for second loop- place each piece 1.5" away from the top and bottom edges)
6. Sew the two pieces of fabric together, placing the right sides of the fabric together and sewing around the edges.

7. Use a 1/2" seam allowance around the rectangle and leave an opening measuring about 2" on one of the short edges of the fabric to stuff the pillow with the polyester fiberfill.
8. Take the polyester fiberfill and start stuffing the pillow to give it shape.
9. Use either a whip stitch or top stitch to close the hole.



WATCH ME ►
CREATE TO DONATE -
HOW TO MAKE A
CHEMO PORT PILLOW



<https://createtodonate.org/how-to-make-a-chemo-port-pillow/>

ISOLETTE COVERS

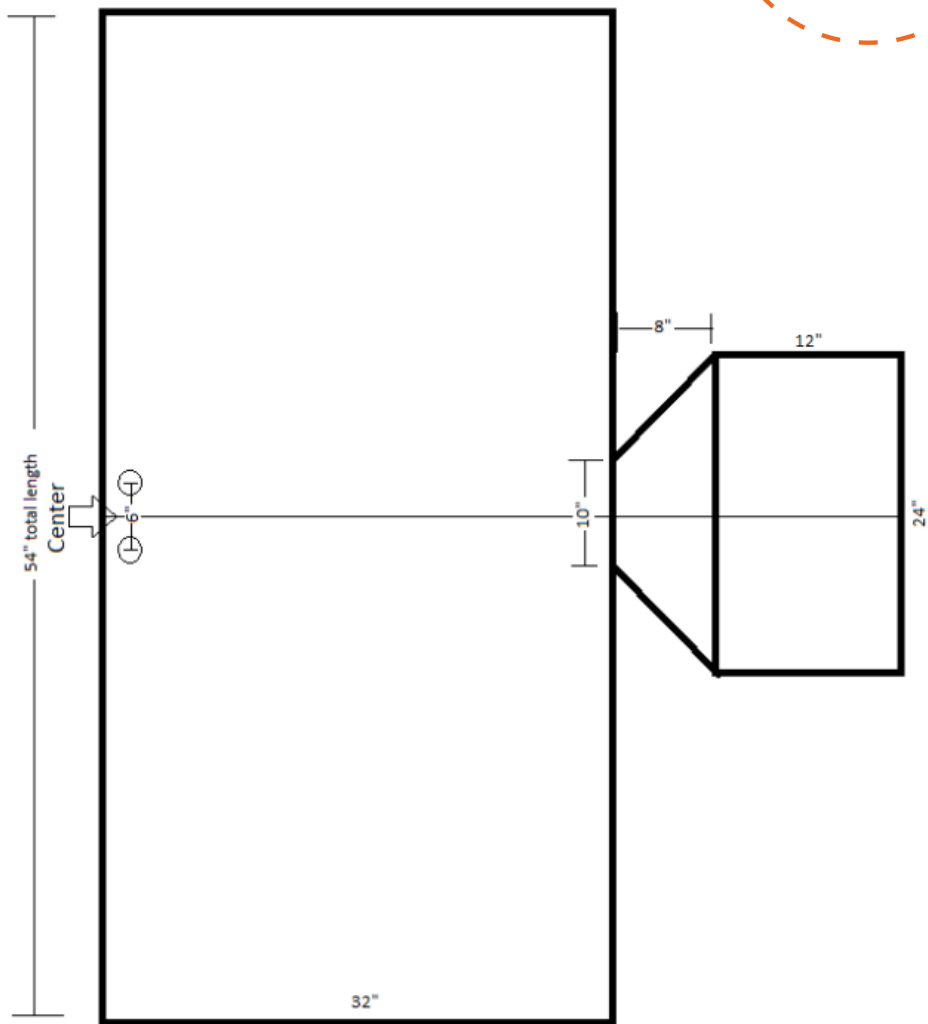
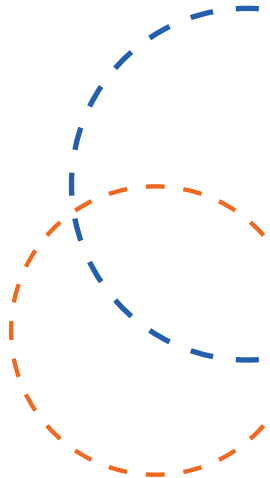
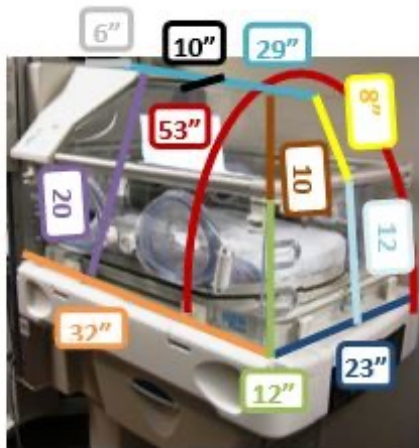
Preemies are very sensitive to light and sound and too much can cause them to lose weight, sleep less, and have sensory overload. Thicker, layered isolette covers made with dark, solid colors on one side (that faces the baby) best reduce noise, light, and visual stimulation (what the baby sees) to help 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.

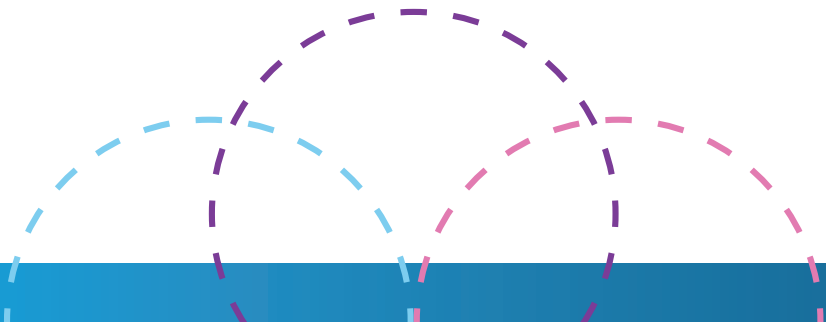
MATERIALS:

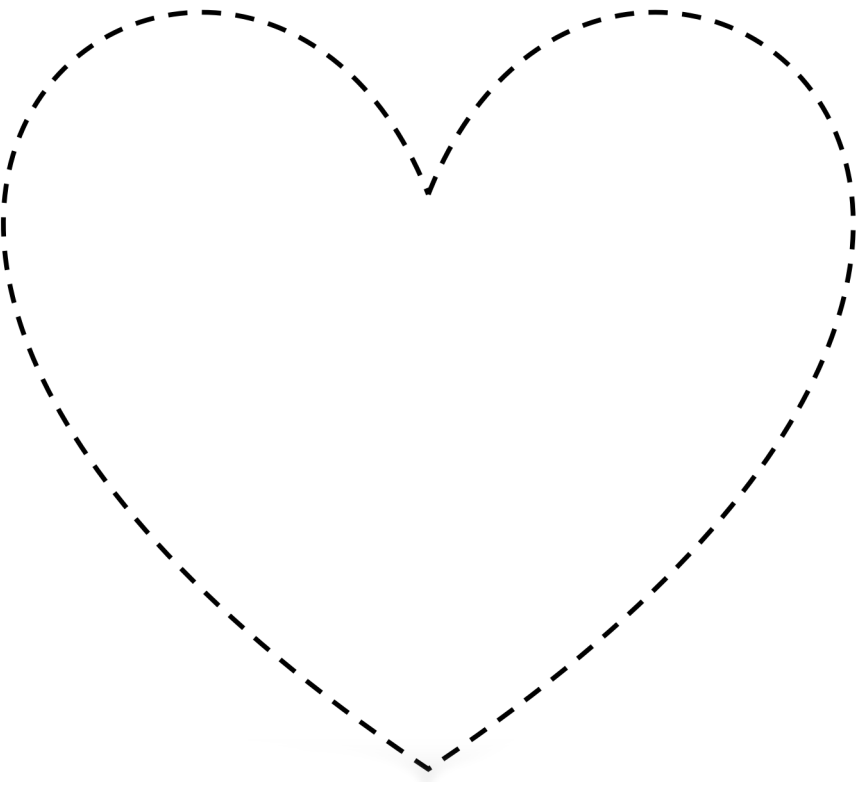
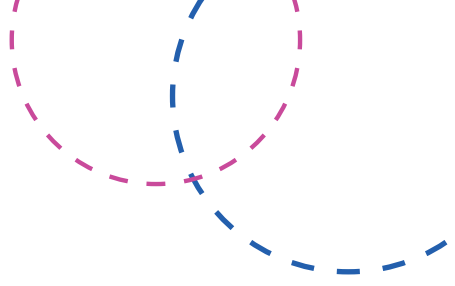
- 100% cotton flannel

Approximately 5x5 inches (note: a $\frac{1}{4}$ 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 $\frac{1}{4}$ 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:

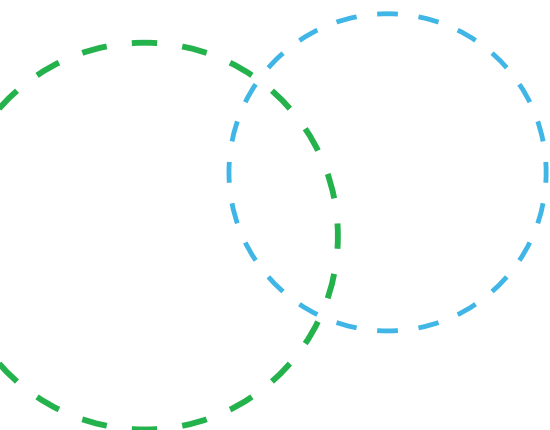
For one pillowcase:

- 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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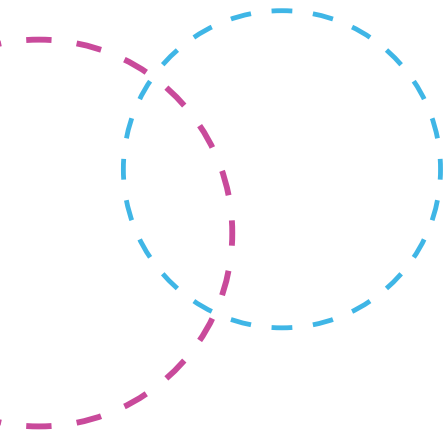
TEACHING DOLLS

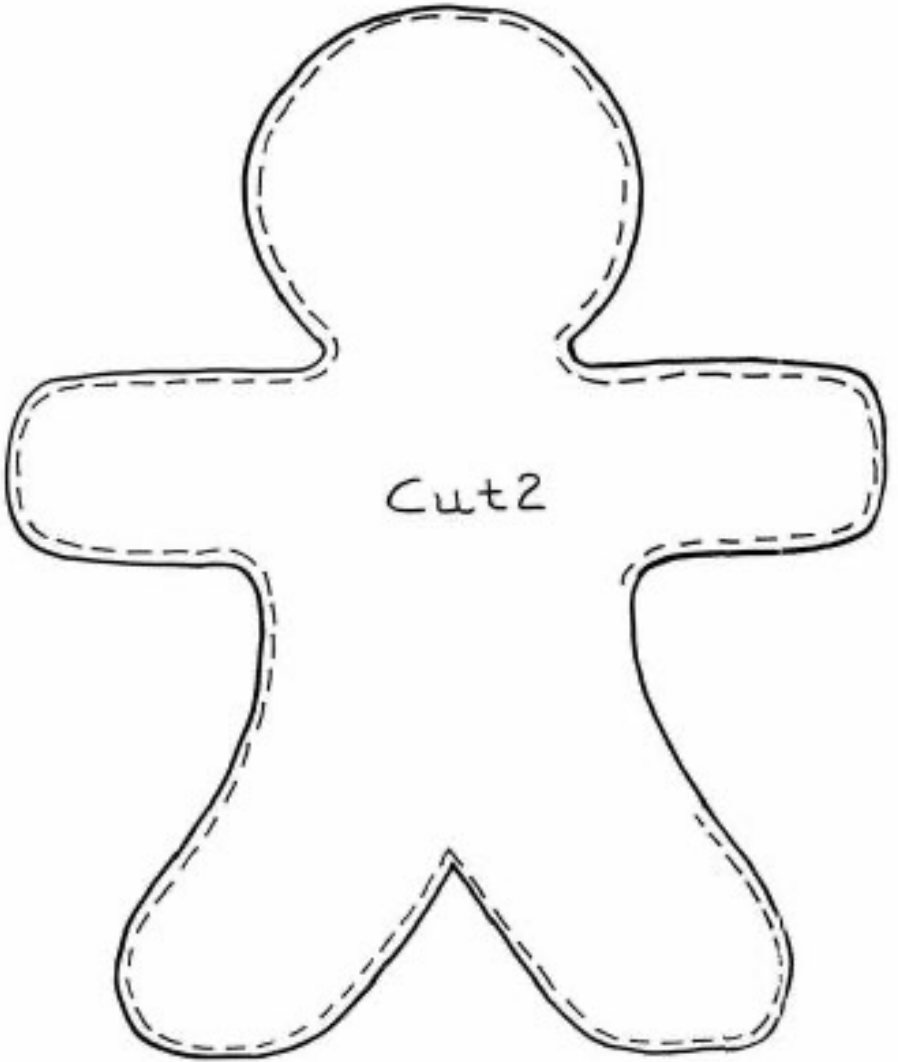
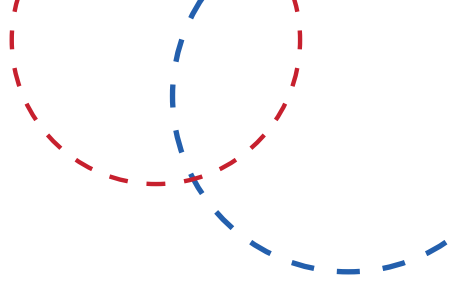
MATERIALS:

- 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!



HATS AND BLANKETS

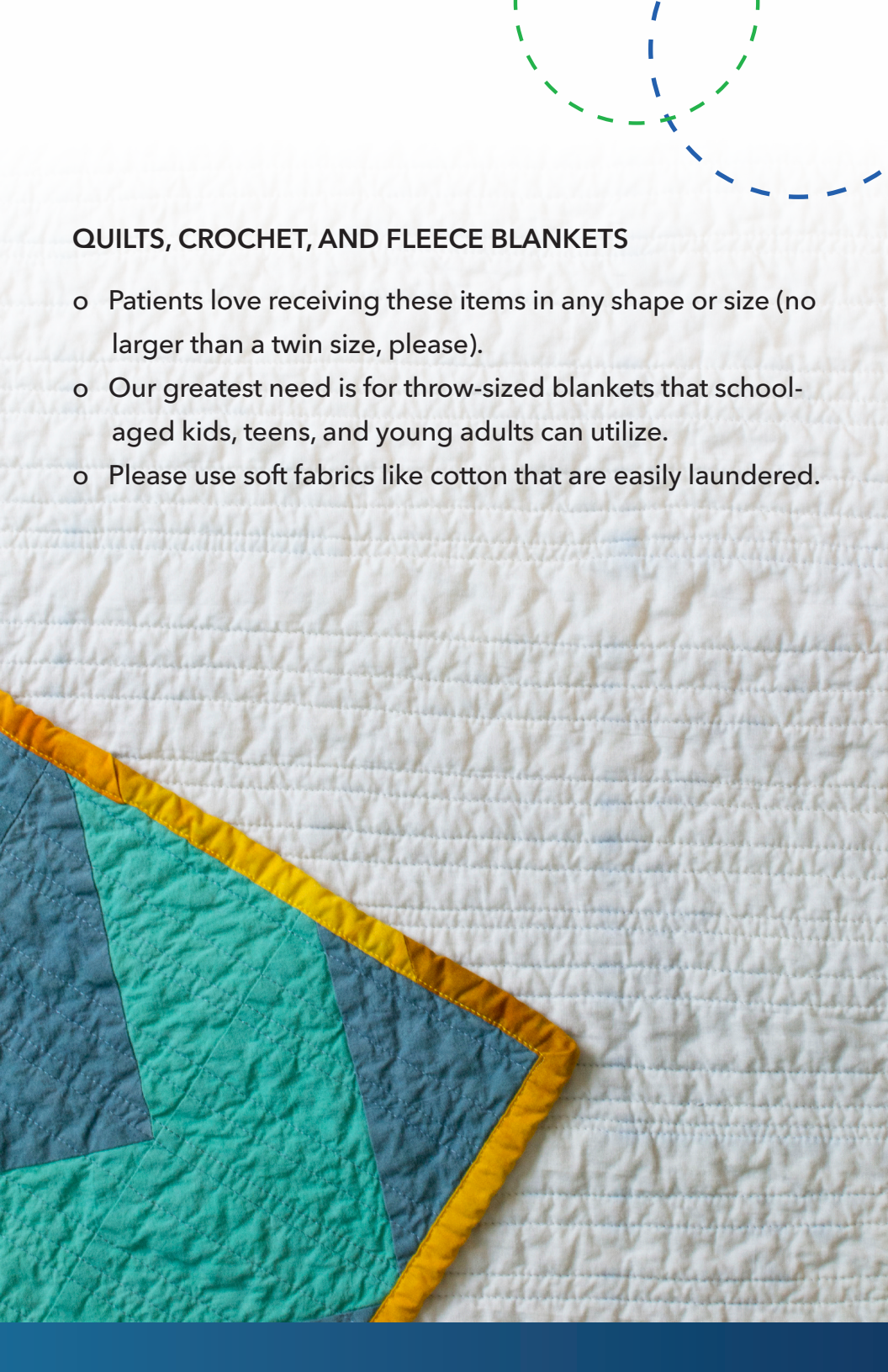
KNITTED AND CROCHETED HATS

- 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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