



FIBER ART BOOKLET





Florida Hospital will soon be AdventHealth.



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Introduction

Welcome to the Fiber Artist Booklet for Florida Hospital—Celebration Health. Enclosed within these pages you will find patterns and information on creating wonderful keepsake gifts that bring warmth and comfort to our patients whether they are newborn or at any stage of life.

We would like to take this opportunity to thank all our creators for their hard work and dedication in creating these craft pieces.

At the end of the booklet you will find a volunteer contact update form for completion when you start creating for us along with a donations forms to log your creations for volunteer hours.

Once again thank you for the time you give to our patients.

Remember we always welcome your ideas on other projects or craft prices we can pass onto our patients, just contact Volunteer Services with your ideas.



Florida Hospital Volunteer Program

For information please bring your lovingly created craft pieces to the Volunteer Office at the Florida Hospital locations nearest to you.

*Florida Hospital for Children
601 East Rollins Street
Orlando FL 32803
Tel: 407-303-5600*

*Florida Hospital Kissimmee
2450 North Orange Blossom Trail
Kissimmee FL 34744
Tel: 407-932-6165*

*Florida Hospital Altamonte
601 East Altamonte Drive
Altamonte Springs FL 32701
Tel: 407-303-2263*

*Florida Hospital Orlando
601 East Rollins Street
Orlando FL 32813
Tel: 407-303-1813*

*Florida Hospital Apopka
201 North Park Avenue
Apopka FL 32703
Tel: 407-889-1976*

*Florida Hospital East Orlando
7727 Lake Underhill Road
Orlando FL 32822
Tel: 407-303-6797*

*Florida Hospital Winter Park Memorial
200 North Lakemont Avenue
Winter Park FL 32792
Tel: 407-646-7090*

*Florida Hospital Winter Garden
2000 Fowlers Grove
Winter Garden FL 34787
Tel: 407-889-1976*

*Florida Hospital Celebration Health
400 Celebration Place
Celebration FL 34747
Tel: 407-303-4463*

*Nussi Afroz
Special Events & Donation Coordinator
Florida Hospital for Children
401 East Rollins Street
Orlando FL 32803
Tel: 407-303-9456*

Easiest Knitted Baby Hat Ever!

Remember, no hat is too big or too small. There will always be a baby to fit the hat. Every hat is a unique creation just like the new baby it was made for.

Materials:

Worsted Weight Yarn (#3)

Size 8 to 10.5 needles

Pattern:

Cast on 42 stitches. Knit 80 rows (40 garter stitch ridges) Piece will measure approximately 7.5"X10".

Bind off loosely.

Sew hat along bound-off and cast-on edges.

Gather top.

Make pom-pom by winding yarn around two fingers about 24 times. Place another piece of yarn round the center and tie securely, leaving enough to sew to top of hat. Cut top even and fluff out.

Turn bottom edge up to form brim.

Note: For a preemie hat cast on 30 stitches. Knit 60 rows (30 garter stitch ridges).

Baby Crochet Hat



Hat Size Guidelines

Size: full term newborn (13" circumference)

Materials: size F hook, 1.5 oz. baby yarn

Gauge: 9 sc = 2 inches

Pattern:

1. ch 4, join w sl st to form ring 2. ch 1, work 10 sc in ring, do not join w sl st, keep working in rounds
3. 2 sc in ea sc around (20 sc)
4. work 1 rnd even (20 sc)
5. 2 sc in ea sc around (40 sc)
6. work 1 rnd even (40 sc)
7. *1 sc in next sc, 2 sc in next sc*, rep from * to * around (60 sc)
8. continue working sc in rounds until cap measures 8" from top to bottom
9. end off, weave end into outside edge
10. turn up 2" cuff

www.allfreecrochet.com/Baby-Hats/Barbs-Seamless-Crocheted-Baby-Hat

Preemie Ribbed Knitted Hat



Materials

Fingering yarn and size 3 needles.

Instructions

1. Cast on 68 stitches.
2. Work in K2, P2 rib for 48 rows.
3. 1st decreasing row: (K2 together, P2) and repeat until the end of the row.
4. Next and all alternate rows: purl.
5. 2nd decreasing row: (K1, P2 together) and repeat until the end of the row.
6. 3rd decreasing row: (K2 together) and repeat until the end of the row. 2

To make up:

Break off yarn leaving a tail of about 14 inches. Thread this yarn through the stitches on the needle and sew up the seam. Do not press because this will flatten the ribbing and make it less easy for the hat to stay on the baby's head.

Knots of Love—Crochet Chemo Hat

Materials:

4-ply yarn

G crochet hook

Tapestry needle, if desired

Special stitch:

Front Post Double Crochet (fpdc) - Yarn over hook (YO), insert hook under post of dc in row below, right to left; YO hook, pull under post (3 loops on hook); YO, 2 loops offhook; YO, 2 loops off hook

Directions:

Chain 4, join with slip stitch (sl st) to form ring

Rnd 1: ch 2 (doesn't count as dc), make 12 dc in ring; join with sl st in first dc.

Rnd 2: ch 2, 2 dc in same stitch and in each dc around; join with sl st to first dc.

Rnd 3: ch 2, dc in same stitch, 2 dc in next dc, *1 dc in next dc, 2 dc in next; repeat from * around; join with sl st to first dc.

Rnd 4: ch 2, dc in same stitch and in next dc, 2 dc in next dc, *dc in next 2 dc, 2 dc in next dc; repeat from * around; join with sl st to first dc.

Rnd 5: ch 2, dc in same stitch and in next 2 dc, 2 dc in next dc, *dc in next 3 dc, 2 dc in next dc; repeat from * around; join with sl st to first dc. Rnd 6: ch 2, fpdc in same stitch, dc in next 2 dc; *fpdc in next dc, dc in next 2 dc; repeat from * around; join with sl st to first fpdc.

Rnd 7: ch 2, dc in same st, *fpdc in next dc, dc in next 2 dc; repeat from * around, ending with 1 dc; join with sl st to first dc.

Rnd 8: ch 2, dc in same stitch and in next dc, *fpdc in next st, dc in next 2 dc; repeat from * around; join with sl st to first dc.

Repeat Rnds 6-7-8 until cap measures approx. 7.5 inches.

Final 2 rows: ch 1, sc in same stitch and in each stitch around.

Cut yarn, secure with knot, and weave in all ends.



Spiral Knitted Chemo Hat

Materials

Worsted weight yarn

Two single pointed knitting needles - size 8

Tapestry needle

Instructions:

Cast on 82 sts.

Work in St st for 2 rows (i.e., K 1 row, P 1 row).

Row 1 - (RS) K1; (*K10, P10* 4 times); K1.

Row 2 - P2; (*K10, P10* 4 times).

Row 3 - K9; (*P10, K10* 3 times); P10; K3.

Row 4 - P4; (*K10, P10* x3 times); K10; P8.

Row 5 - K7; (*P10, K10* 3 times); P10; K5.

Row 6 - P6; (*K10, P10* 3 times); K10; P6.

Row 7 - K5; (*P10, K10* 3 times); P10; K3.

Row 8 - P8; (*K10, P10* 3 times); K10; P4.

Row 9 - K3; (*P10, K10* 3 times); P10; K9.

Row 10 - P10; (*K10, P10* 3 times); K10; P2.

Row 11 - K1; (*P10, K10* 4 times); P1.

Row 12 - K2; (*P10, K10* 4 times).

Row 13 - P9; (*K10, P10* 3 times); K10; P3.

Row 14 - K4; (*P10, K10* 3 times); P10; K8.

Row 15 - P7; (*K10, P10* 3 times); K10; P5.

Row 16 - K6; (*P10, K10* 3 times); P10; K6.

Row 17 - P5; (*K10, P10* 3 times); K10; P7.

Row 18 - K8; (*P10, K10* 3 times); P10; K4.

Row 19 - P3; (*K10, P10* 3 times); K10; P9.

Row 20 - (*K10, P10* 4 times); K2.

Row 21 - P1; (*K10, P10* 4 times); K1.

Row 22 - P2; K10; (*P10, K10* 3 times); P10.

Row 23 - K9; (*P10, K10* 3 times); P10; K3.

Row 24 - P4; (*K10, P10* 3 times); K10; P8.

Row 25 - K7; (*P10, K10* 3 times); P10; K5.

Row 26 - P6; (*K10, P10* 3 times); K10; P6.

Row 27 - K5; (*P10, K10* 3 times); P10; K7.

Row 28 - P8; (*K10, P10* 3 times); K10; P4.

Row 29 - K3; (*P10, K10* 3 times); P10; K9.

Row 30 - (*P10, K10* 4 times); P2.

Row 31 - K1; (*P10, K10* 4 times); P1.

Row 32 - K2; (*P10, K10* 4 times).

Row 33 - (Decrease Row) - P7; P2tog; (*K8, K2tog, P8, P2tog* 3 times); K8; K2tog; P3. (74 sts)

Row 34 - K4; (*P9, K9* 3 times); P9. K7.

Row 35 - P6; (*K9, P9* 3 times); K9; P5.

Row 36 - K6; (*P9, K9* 3 times); P9; K5.

Row 37 - (Decrease Row) - P2; P2tog; (*K7, K2tog, P7, P2tog* 3 times); K7; K2tog; P7. (66 sts)

Row 38 - (*K8, P8* 4 times); K2.

Row 39 - (Decrease Row) - P1; (*K6, K2tog, P6, P2tog* 4 times); K1. (58 sts)

Row 40 - P2; (*K7, P7* 4 times).

Row 41 - (Decrease Row) - K4; K2tog; (*P5, P2tog, K5, K2tog* 3 times); P5; P2tog; K3. (50 sts)

Row 42 - P4; (*K6, P6* 3 times); K6; P4.

Row 43 - (Decrease Row) - K1; K2tog; (*P4, P2tog, K4, K2tog* 3 times); P4; P2tog; K5. (42 sts)

Row 44 - K1; (*P5, K5* 4 times); P1.

Row 45 - (Decrease Row) - (*P3, P2tog, K3, K2tog* 4 times); P2. (34 sts)

Row 46 - K3; (*P4, K4* 3 times); P4; K3.

Row 47 - (Decrease Row) - P2tog; (*K2, K2tog, P2, P2tog* 3 times); K2; K2tog; P4. (26 sts)

Row 48 - P2; (*K3, P3* 4 times).

Row 49 - (Decrease Row) - K2; (*P1, P2tog, K1, K2tog* 4 times). (18 sts)

Row 50 - P1, P2tog 8 times, P1. (10 sts)

Cut yarn leaving 18" tail. Thread yarn through 10 remaining sts and pull up tight. Then use remaining tail of yarn to sew seam. Finish off.



How to Make Fleece/Hug Pillows

Items you need:

Two pieces of 13" x 18" fleece

Thread

Sewing machine

Fiberfill

Instructions:

Stitch together on all four sides leaving a 5" gap on one side to allow for stuffing the pillow.

Be sure to place stuffing in the corners. Stuffing should be smooth and somewhat firm like a favorite pillow. Not too thin and not too full.

Sew closed after stuffing.



How to Make a To Do Pillow

Items you need:

Two pieces of 13" x 18" fleece or fabric

One piece 4" x 6" to fold for handle OR a 6" piece of ready made handle.

Thread

Small pony tail holders or elastic

Fiber fill

8 or 9 items that are safe for safe for patients. (think of small children)

- No connecting item should be able to fit over a patients head.
- No item should be able to be torn off the pillow.
- No item should be sharp.
- No items that would demean the dignity of the patient.

Suggestions

- Large buttons
- Empty thread spools
- Small whiffle balls
- Large beads
- Spiral key rings
- Large jingle bells
- Nylon net
- Clean onion bag material
- Easy to open and close zippers
- A 4" x 6" pocket



Instructions:

Attach the TO DO items securely to the ONE piece of the 13" x 17" fabric in an interesting configuration that will catch the interest of the patient. Everything must be attached securely. Nothing must come off at any time. Attached the handle to the top and stitch together on all four sides leaving a 5" gap on one side to allow for stuffing the pillow. Be sure to place stuffing in the corners. Stuffing should be smooth and somewhat firm like a favorite pillow. Not too thin and not too full.

Sew closed after stuffing. Note the back piece has no attached items.

Marble Maze Instructions

Materials

Two pieces of material approximately 8-inch by 8-inch (bright colors are ideal).

Matching cotton

One or Two marbles

Instructions

1. Cut the material to two pieces the same size – about 8-inch by 8-inch.
2. With right sides together pin and then sew the two pieces leaving a 2-inch gap along one side.
3. Turn the maze right side out by pulling the inside through the gap you left. Iron the fabric flat.

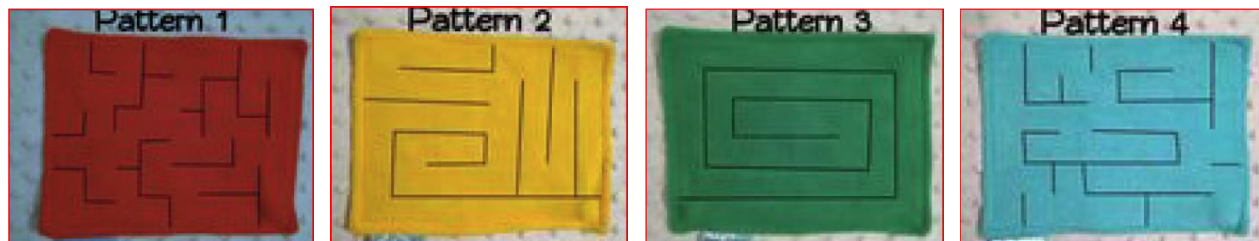


4. Using pins, or a fabric pen that fades, mark out the maze pattern as the black lines on this pattern shows, with the paths 1-inch wide.
5. Sew along the lines you have marked out ensuring you don't sew the end of each line so the marble can pass at the end of each line of sewing.
6. Insert a marble into the open gap at the side then hand sew the gap closed.

Variations

Alter the size – for example use 8-inch x 12-inch by fabric.

Alter the pattern – examples below or create your own (ensure there's room for the marble to move along the maze)



Pillowcases

Finished size: Approximately 20" x 30"

Materials

100 % soft cotton or flannel fabric
 ¾ yd. main fabric (1¼ yd. for directional print fabric)
 ¼ yd. border fabric
 2" crosswise strip of trim fabric
 Coordinating thread

Instructions

1. Cut the main fabric into a 27" x 41" rectangle.

Note for directional fabric: Cut two 21" x 27" rectangles, with the 21" side running parallel to the selvage. Place 27" edges right sides together,, and stitch a ½" seam; press open. This allows the fabric on each side to be the correct orientation when the pillowcase is finished. Complete following instructions. Press seam open;

the directional pattern is correctly oriented for finished pillowcase

2. From the border fabric, cut a 9" x 41" rectangle; set aside.

3. Fold the 2" strip of trim fabric in half, wrong sides together, aligning the lengthwise edges; press.

4. Pin trim to the right side of the 9" x 41" border rectangle, aligning raw edges of trim with one lengthwise edge of the rectangle. Machine baste in place. Set aside.

5. Fold the 27" x 41" fabric rectangle in half, right sides together, aligning the 27" edges.

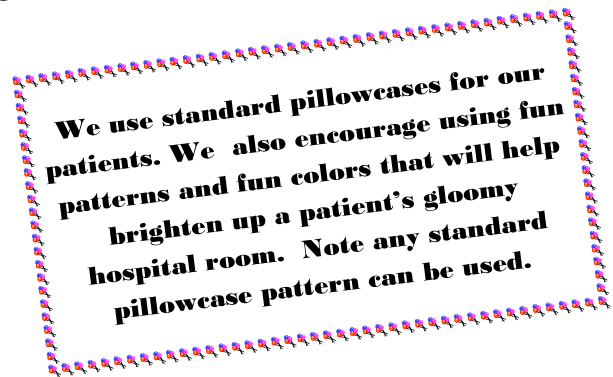
6. Stitch or serge across the 20½" end, using a ½" seam. Wrap the corner by folding the seam toward the pillowcase along the stitching line and stitch or serge the side seam.

7. With right sides together, stitch or serge the short ends of the border fabric. Fold and press wrong sides together, aligning the lengthwise edges.

8. Pin border fabric over the main fabric meeting cut edges, right sides together.

9. Stitch or serge the layers together. If raw edges are not serged, clean finish them. Press seam toward main body of pillowcase.

10. Optional: Topstitch, catching the seam allowance.



How to make a Cloth Heart

Materials

- Two squares of cotton fabric, each around 15 inch square.
- A copy of the cloth heart template
- Fabric scissors
- Thread
- Sewing machine

Instructions

1. Place the two squares of fabric together, front sides facing. Put them on a flat surface and pin the Cloth Heart template on top of both squares, ensuring you pin securely through both pieces of fabric. Cut all the way around the template then remove the pins and the template. This will give you two heart-shaped pieces of fabric. If you prefer, you can cut each heart out separately, just reuse the template.
2. Keeping the two fabric hearts together, front sides facing, pin the two hearts together. You need to be sewing the two fabric hearts together inside out, so the pattern will be on the inside.
3. Using a sewing machine, with thread to match your fabric and leaving a 1/2 inch border from the edge of the fabric, sew the two hearts together around the perimeter of the heart using a basic running stitch and leaving a 2 inch gap before you get to the end. You must leave this gap or you won't be able to turn your Heart right side out. It's normally easiest to leave this gap on one of the straighter sides of the Heart. Once you've finished sewing, remove the pins.
4. To help with the shape of the Heart, once it's turned right side out, you need to very carefully cut through the border of fabric from the edge, down to just above your line of stitching. Do this at the top of the heart, in the dip, and at the bottom of the heart, where it comes to a point. Then do it again at three equal points on either side of the Heart. This allows the fabric to curve better.
5. Once you've done your cuts, turn the Heart right side out, through the gap you left earlier. Using your finger, smooth out the border of fabric inside the Heart so it lies flat and push out the corners until your desired heart-shape is achieved. Where you left the gap, fold the edges underneath. Then use a warm iron to flattened down the fabric and keep the edges in place.
6. Go back to the sewing machine and once again use a running stitch to sew around the entire perimeter of the Heart, leaving a 1/8 inch gap from the edge. Trim off excess thread and you're done.



How to Make a No Sew Superhero Cape from Old T Shirts

Instructions

1. Call family and friends and collect all their old T Shirts. Kids come in all sizes, so all sizes of T shirts are welcome! Wash the t shirts and you will be ready to begin.
2. Cut up both side seams of the T shirt and cut off the sleeves.
3. Open the T shirt out flat on the table so the neck opening is in the middle and cut about a two inch band around the neck to remove the front panel of the shirt.
4. Round off the bottom edges to form your cape. How easy was that! Now you are ready to decorate as you like.
5. You can purchase iron on designs or cut out super hero designs from the left over T Shirt pieces or use felt.

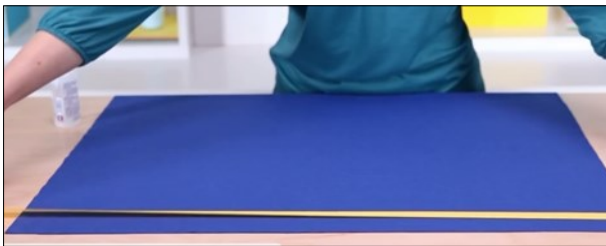


How to Make A No Sew Superhero Cape

Materials

27"x 30" piece of knit fabric
Ribbon
Fabric glue
Scissors
Self-adhesive Velcro dots

1. Lay ribbon 1 ½ inch from one of the shorter



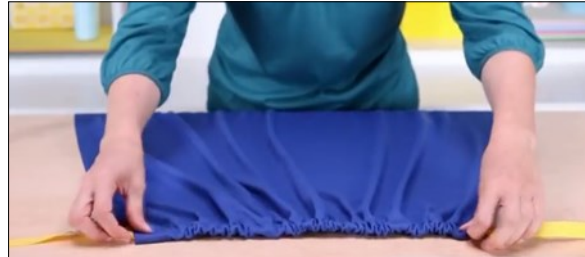
2. Then place fabric glue below the ribbon.



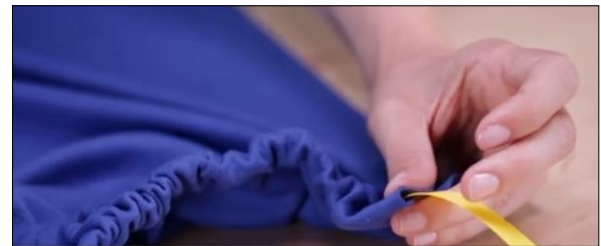
3. Fold over and seal.



4. Gather the fabric.



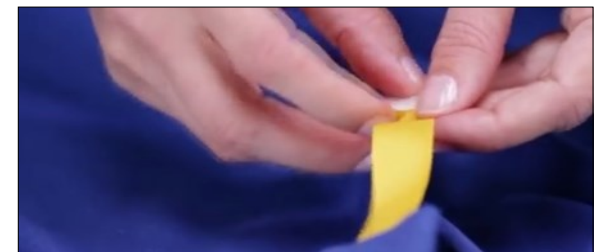
5. Add glue at openings to secure.



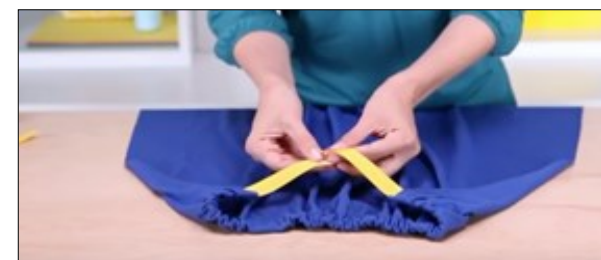
6. Trim ribbon with scissors



7. Attach Velcro on each end of ribbon.



8. Then you are ready to decorate your cape!





Cardiac “Huggy” Pillow

Instructions

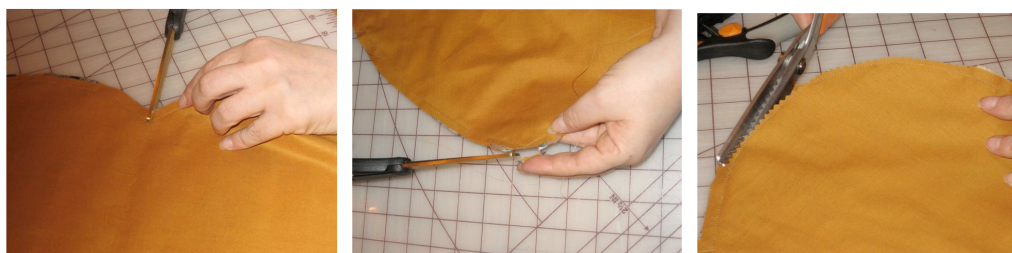
For the pattern use a legal sized (8 ½" x 14") sheet of paper, & draw a half heart to fill the sheet, which results in a pillow that is a good size for chest compression when the pillow is hugged. Fold the fabric along the straight of grain and place the straight edge of the pattern on the fold. Use either a rotary cutter to cut the fabric by following with the blade along the edge of the pattern, or trace the pattern with a fine tip marker and cut with scissors, being careful not to let the fabric shift as you cut. You can combine compatible fabrics, sewing the leftover half hearts from two companion fabrics with a seam down the middle, making the two sides of another pillow. Remember when you cut these half hearts to try to keep the straight edge of your pattern on the straight of grain, and to add a seam allowance to the straight edge. In this way you will get two sides of another pillow out of every two yards of fabric. If your group has quilters who strip piece, you can also create fabric from strips left over from other projects.

For material, use quilt quality cotton fabrics because they handle and wash well. Often patients have nausea and vomiting. More men than women will need these pillows, so stay with neutral fabric choices. To include a strap of some kind so the patients can hang on to them more easily, machine sew the seam around the contour of the heart, and insert a folded piece of an 18" cut of 1/4 or 3/8 inch grosgrain ribbon into the seam at the side of the heart. It lets the pillow hang from the wrist like a camera on a strap. In addition to fabric and ribbon, you will need sewing thread (stick to shades of gray) and hand sewing needles to close the seam after the pillow is stuffed. Select a polyester fiberfill that is more resilient and won't bunch. Fill the pillows firmly, so they will provide good support when compressed.

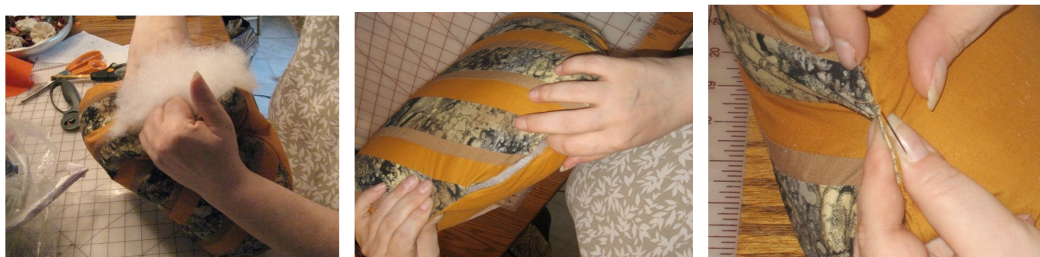
When sewing the heart, remember to place right sides of the fabric together, and to leave about 3 inches open for turning and stuffing. Layering and pressing the fabric together before sewing will keep the fabric from shifting or sliding without the need to pin. Sew the seam, leaving about 4 inches open for turning and stuffing the pillow. Backstitching at the beginning and end of your sewing will ensure that the pressure of stuffing doesn't unstitch your seam. Sewing toward the point, start with a backstitch about two inches from the point and continue around the heart to within about 6 inches of the starting stitch. In this last inch or so, before you reach the stuffing opening, insert your ribbon with the loop inside the partially sewn pillow. Stack the cut ends of the ribbon and align the cut edges along the edge of your heart fabric, and finish sewing to the beginning of the opening with a backstitch. Return to the area where the ribbon was inserted and apply another few stitches in the seam allowance to reinforce the ribbon.



Before turning the sewn heart right side out, clip the cleavage of the heart seam up to the stitching line, and snip off the tip of the heart point within about 1/8 inch of the sewing line. Either snip the seam up to the stitch line every inch or so around the curved lobes of the heart, or use a pinking shear around the curve within 1/8 inch of the sewn line. This will minimize bulk in the seam fabric, and allow the fabric to ease and stretch around the contour of the heart when it is turned right side out.



Turn the heart right side out. Stuff through the open seam, being careful to fill each lobe and the point, and ease the fiberfill so the fabric lays smoothly over it. Finger press crease into the fabric at the stuffing opening where the seam line will be. Holding the fabric together, sew in to the finger creased seam line to close the opening.



How to Make Hide-My-Eyes

Instructions

Our tiniest patients in the NICU use these hide-my-eyes to protect their sensitive eyes from light exposure during therapies and procedures.

Dimensions and materials used: These are made with a soft cotton blend. They are about 2 inches wide and 10 inches long. Black felt is sewn inside of the hide my eyes, where the eyes (of the patient) would be; it is sewn into the seam so that it is not able to move around.



How to Make Infant Scratch Mitts



Materials

Scratch Mitt pattern

Fabric (cotton jersey or flannel)

Two pieces of 1/4" wide elastic, cut 4 3/4" long for a newborn and 4" for a preemie.

Coordinating thread and other miscellaneous sewing supplies

Instructions

1. Cut your fabric from the pattern. For each pair of scratch mitts, you will need to cut 4 pieces.
2. Put the right sides together and sew 2" up on one side of the mitt. Press the seam to one side.
3. Press the bottom of the mitt up 1" to make a casing. Sew the top of the casing inside the edge. Sew 1/2" from the fold. Thread the elastic through the casing. Pin ends of the elastic to each opening. Sew the ends to tack down the elastic. Pushing the gathers of the mitt to the center will help flatten the ends to make tacking the elastic down easier. Make sure the elastic does not become twisted in the casing.
4. Fold the mitt in half right sides together lining up the elastic casing. Sew around the mitt across the elastic casing to end at the top of the seam in Step 2. Press the mitt. Turn right side out. Press the mitt again.

<https://www.graciesgowns.org/>



How to Make NICU Smocks (for 3-5lb and 5-8lb babies)



Materials

1/3 yard each of 2 different soft 100% cotton flannel

Sew on Velcro preferably round/oval shaped.

Pattern (copies available from Valerie Lamm, Volunteer Services. Tel: 407-303-4463. E-mail: Valerie.lamm@flhosp.org)

Instructions

1. Cut one each of pieces A (on fold), B and C, for each different fabric, plus four sets of Velcro 3/8" x 3/8".
2. For fabric 1 lay piece A right side up and then put piece B right side down on top of it so the shoulders match up and pin. Then lay piece C right side down matching it up with the other shoulder and pin. Sew a 1/4" seam on both shoulders attaching all 3 pieces. Repeat for fabric 2.
3. Put fabric 1 right side up and the put fabric 2 right side down on top of fabric 1. Line them up and pin together. Sew a 1/4" seam all the way around it leaving a 2" unsewn section at the bottom center. Clip the corners.
4. Turn the smock right side out using a turning aid (e.g. chopstick) . Iron the smock and make sure the opening is folded under 1/4", then pin closed.
5. Using a 1/8" seam allowance topstitch the entire outer edge.
6. Sew on the Velcro. Sew the rougher sides to BOTH pieces A's where the +'s are marked on the pattern piece. Then sew the softer sides to both piece B where the +'s are marked on the pattern piece. No Velcro is used on piece C.



<https://www.graciesgowns.org/>

<http://www.eymm.com/product/free-nicu-friendly-smocks/>

How to Make a No Sew Fleece Baby Blanket

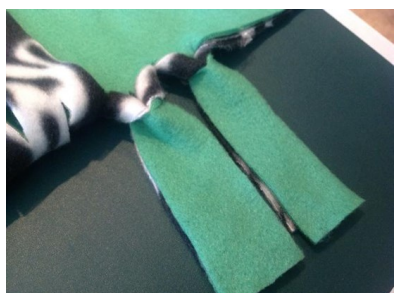
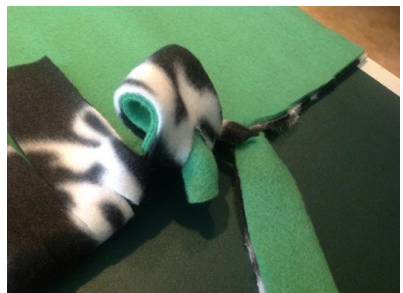
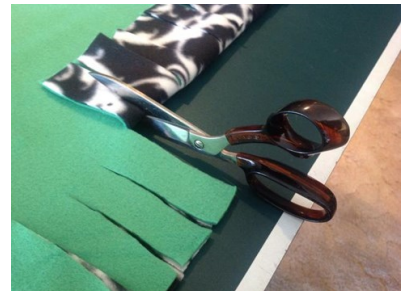
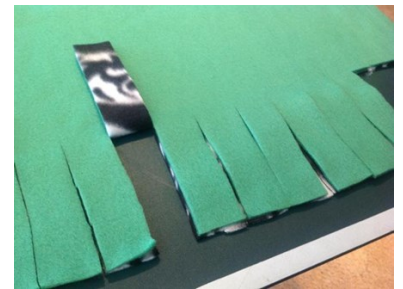


Materials

- 1 yard of plain color fleece
- 1 yard of patterned fleece
- Sharp sewing scissors or rotary cutter
- 4 inch square template

Instructions

1. Layout your fleece on top of each other. Smooth out wrinkles and match up edges as best you can. Don't pull too much as fleece has a bit of stretch to it.
2. Trim edges. Using your template, place on corner and cut out. Do this on all four corners.
3. Start cutting a four inch strip along the edge. These are 1 1/4 inch strips.
4. After you cut the four inch strips, fold them up.
5. Carefully make a small slit on the fold. This is your hole for 'tying', so the smaller the better.
6. Turn the strip up & pull down inside, through the slit.
7. Tug gently to make it taut.
8. Continue down the row with each strip., to finish.



www.facebook.com/loganshopeforbabies

Email: loganshopeforbabies@gmail.com

How to Make a Portacath Pillow



Materials

Fabric for two 7 x 4 inch rectangles.

Sew on Velcro 1 inch wide.

Stuffing

Thread

Instructions

1. Cut two pieces of 7 x 4 inch rectangles.
2. Cut a 4 inch strip of Velcro. Sew one side of Velcro to right side of fabric – fuzzy side up. Stitch only one end of Velcro, leaving the other end free.
3. Baste other half of Velcro strip to opposite side of fabric – loopy side down.
4. Put fabric pieces right sides together and make 1/4-inch seam all the way around, leaving an opening about 2 inches at one end. Be sure not to catch the “free” ends of the Velcro pieces in the seam.
5. Turn right side out and stuff.
6. Machine stitch opening to finish.



New Project To Try

JELLY BUDDIES



Materials: 100% Cotton Yarn (Approved Yarn Only)

Paton's Grace [Weight: 3-Light]

FAQ's for Paton's Grace Yarn: About 2.5 Octopuses can be made from one single skein of this yarn. Recommended hook size: 2.25mm (+/- .25mm).

I Love This Cotton [Weight: 4-Medium]

I Love This Cotton! Yarn: Solids, Prints, Ombre, and Twist. (No Metallics)

FAQ's for I Love This Cotton Yarn: About 2 Octopuses can be made from one single skein of this yarn. Recommended hook size: 2.5mm (+/- .25mm).

Lion Brand 24/7 Cotton Yarn [Weight: 4-Medium]

FAQ's for Lion Brand 24/7 Yarn: About 1.5 Octopuses can be made from one single skein of this yarn. Recommended hook size: 2.5mm (+/- .25mm).

Universal Yarn Cotton Supreme: Solids, Batik, and Splash (No Sequins) [Weight: 4-Medium]

Recommended hook size: 2.5mm (+/- .25mm).

Universal Yarn Cotton Supreme DK: Solids and Seaspray [Weight: 3-Light]

Recommended hook size: 2.25mm (+/- .25mm)

Instructions

R1: 6 sc in a magic ring

R2: 2 sc in all st (12sts)

Place a marker in first stitch to keep track of rounds.

R3: *1sc in next st, 2sc in next st*, repeat between ** around (18 sts)

R4: *1sc in next 2 sts, 2sc in next st*, repeat between ** around (24 sts)

R5: *1sc in next 3 sts, 2sc in next st*, repeat between ** around (30 sts)

R6: *1sc in next 4 sts, 2sc in next st*, repeat between ** around (36 sts)

Measure your head the width should be under 4 inches preferable 3 inches if it is bigger than this you may not be crocheting tight enough!! (Patons grace may need another increase row like above)

R7-14: 1sc in all st (36 sts)

Stitch face, making sure each stitch is only 1 sc in length and must not go through both sides of head.

Note regarding yarn for embroidering features: Approved yarn, or any 100% cotton embroidery thread (DMC floss, pearl cotton, crochet thread, etc.) may be used.

THEY CANNOT HAVE ANY ATTACHABLE FACES OR THINGS LIKE HATS, MUST ALL BE EMBROIDERY

Fold flat with working yarn at one end.

With working yarn edge at right, working through all thicknesses, *sc in first stitch, ch 45-50 (depends on how tightly you work – I stitched 45 and it measured 7 inches when stretched out) The Jelly buddy will be crocheted shut through this process!

Tentacles – should be no longer than 8 inches when STRETCHED out.

Starting in 3rd chain from hook, 2 sc in each chain back to base (yarn should curl on itself), finish with 1sc in the same st you started the tentacle with*

There should be a sc before and after each tentacle

Stitch between ** across the bottom. You should have at least 7 tentacles.

Finish off, weave in ends

Check for holes in between tentacles spaces there cannot be any holes. If you have trouble with holes, try closing the head first with sc across then make tentacles.

Notes: These jellyfish should be crocheted rather tightly.



TWIDDLE-MUFFS

A twiddle-muff is a hand muff that can give comfort to dementia patients. The hand muff is crocheted or knitted with bits and pieces attached. These hand muffs help encourage movement and brain simulation.



Materials

Sturdy Yarn

Decorations

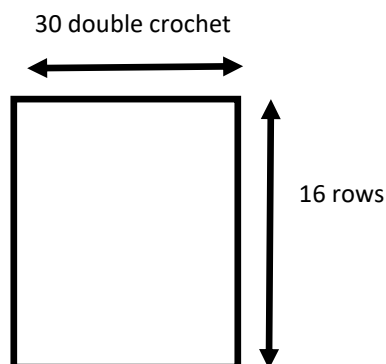
Size J crochet hook

Instructions

Chain 32, turn, double crochet in 3rd chain. Double crochet across (30).

Connect. Chain 2, double crochet, across (30).

Complete 16 rows.



Use any stitch or yarn to obtain the desired size. Double thin yarn.

Finished piece approx. measures 5 inch x 10 inch.

Use sturdy yarn as it is going to be decorated.

Decorate top side.

Ribbons, bows, large beads, crocheted circles. Add different yarns, cloth flowers, trinkets.

All decorations must be secure. Triple knots. Must be hot washable, chewable, pull able. No pom poms as they fall apart.

Baby Pumpkin Crochet Beanie Pattern

Materials

Size I-9 (5.5 mm) hook
1 oz green worsted weight yarn
2 oz orange worsted weight yarn
Yarn needle

Instructions

. Beanie

- Using orange, ch 25.
- Row 1: hdc in BL of 3rd ch from hook, and in each st across, ch 2, turn. (23 hdc)
- Rows 2-23: hdc in BL of each st across, ch 2, turn.
- Row 24: hdc in BL of each st across, ch 1, turn.
- Joining both ends, sl st down entire length of hat through both sides, fasten off and weave in ends.

Stem

- Using green yarn, join with sc at top of hat near back seam.
- Sc evenly around (about 24 sc), do not join. When you arrive back at your 1st sc, begin sc2tog continuously around, until 4-5 stitches remain.
- Now, sc in each st around for about 6 rounds so that you create a 1-1 ½" stem. Fasten off, tuck tail inside hat, and weave in ends.

Vine

- Using green, ch 20.
- Work 2 sc in 2nd ch from hook and in each ST to end. Fasten off.
- Using starting and ending tails, tie the vine between any 2 stitches on stem. See photo for suggested placement.

Notes:

- Crochet leaf instead of vine.
- Use red yarn to make an apple, blue yarn for a blueberry, etc.



Only between September and November

Helpful Hints

- We ask that all crafted items are lovingly created in a pet free and smoke free environment. Please ensure when you donate items they are free of any fragrance, musty odors, cigarette smoke, food aroma and pet hair/odor.
- Any detergent used must be fragrance free and suitable for sensitive skin.
- Research has proven that tobacco and tobacco smoke clings to furniture, clothes, walls. This is called “third hand smoke”. “Third hand smoke” cannot be adequately washed out of fabrics and thus raises the risks for many illness in children.
- Preferred yarn for creating items is 100% washable that will withstand a 160°F temperature.
- For any seasonal items created please could you ensure we receive them at least one month before the date.

After Your Gifts Is Received

All of your donated handmade items are given as gifts to our patients as a keepsake. Once we receive your handmade items we sort and organize every single item and create gift packages. Then we ensure they reach the patient in most need for that beautifully created item.

Local Fiber Art Groups

For information these are the contact details for our dedicated fiber arts groups, feel free to contact or join a group.

Chronicles of Yarnia—Fiber Arts Group

Cagan Crossings Community Library

16729 Cagan Oaks

Clermont FL 34174

Contact: Jane Lee

E-mail - chroniclesofyarnia2015@gmail.com

Facebook - www.facebook.com/chronicles.of.yarnia

Meet Up - Every Thursday from 4:00 pm—6:00pm.

Ties That Bind

Community Presbyterian Church Conference Room

511 Celebration Avenue

Celebration FL 34747

Contact: Connie Small

E-mail - candpsmall@yahoo.com

Tel - 617-653-0482

Meet Up - Every Friday from 1:00 pm—4:00pm.

Prayer Shawl Group

Community Presbyterian Church St Andrew Room

511 Celebration Avenue

Celebration FL 34747

Contact: Alice Jonus

E-mail - apjonus@icloud.com

Tel - 716-672-9920

Meet Up - First Monday of the month from 1:00 pm—2:30pm

Local Fiber Art Groups

For information these are the contact details for our dedicated fiber arts groups, feel free to contact or join a group.

*Knit Wits of Faith
United Methodist Church
9120 Teacher Lane
Davenport FL 33897
Contact: Jane Lively
Tel - 978-502-8223
E-mail - janeelively@gmail.com*

*Corpus Christi Catholic Church
Prayer Shawl Ministry
St Mary's Room
1050 Celebration Avenue
Celebration FL 34747
Contact: Paulette O'Neil
E-mail - pon10@optonline.net
Meet Up - Every Tuesday from 12:00 noon—3:00pm.*

*Ellen's Quilters and Sewing Group
50989 Hwy Lot#243
Davenport FL 33897
Contact: Ellen Beshears
E-mail: beshearseellen@aol.com
Tel - 526-322-2436/863-353-3183
Meet Up— Every Thursday 10:00am - 3:00pm.*

Other Items for Creating

How to create a knitted twiddle muff.

www.rdehospital.nhs.uk/docs/trust/pr/2015/Twiddlemuffs_Instructions_24-01-15.pdf



How to create a costume for Boo in the NICU for Logan's Hope for Babies

www.facebook.com/loganshopeforbabies



These costumes are designed and created using felt that can be placed on top of wires without disturbing the baby. Logan's Hope for Babies partner's with Capturing Hopes Photography to offer Photography Services to NICU families.

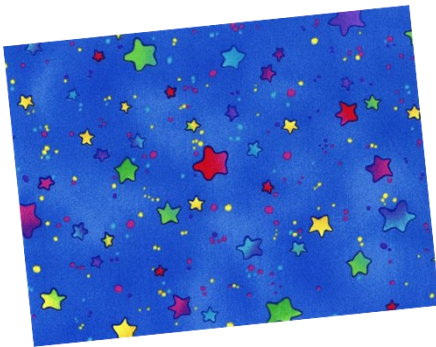
Other Items for Creating

STAR Pillowcases

STAR fabric pillowcases! We call our patients with special needs “STAR patients”.

S.T.A.R. stands for “sensory, tactile, auditory, rock stars!” We love receiving pillow cases with any type of star pattern on them to celebrate these ROCKSTAR patients!

Dimensions and materials used: We would like 100 percent soft cotton or flannel fabric for our patient’s gentle heads.



Heart Pillows

These heart pillows are used for our pediatric patients who receive open heart surgery. The pillows provide comfort to the children the days after surgery while recovering. Many children place the pillows over their incision/heart when walking and moving to help them feel secure as they begin to heal.

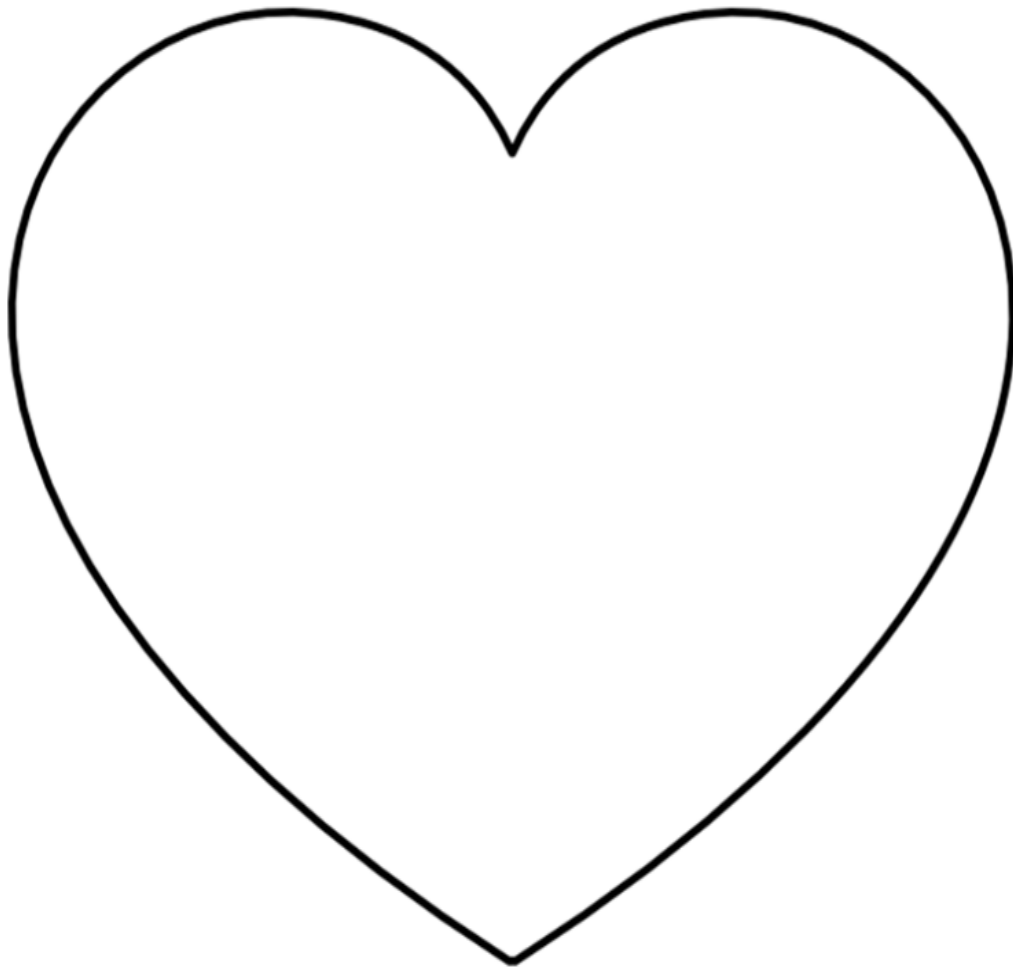
Dimensions and materials: These pillows can be made out of any soft material (soft cotton or fleece).

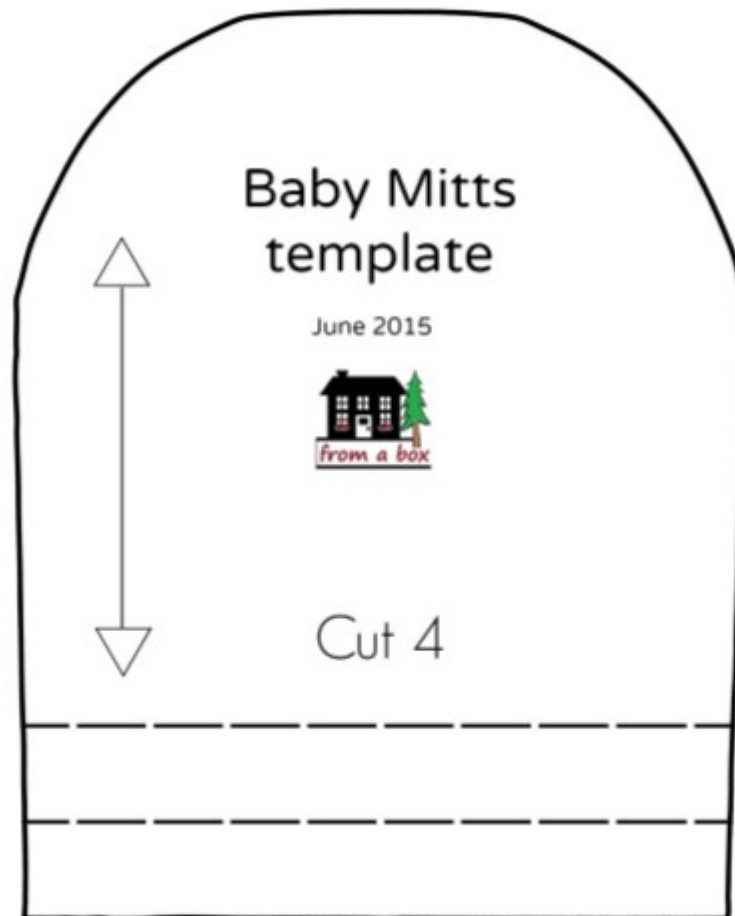
They are usually 12 inches in length and 12 in width or bigger. These pillows are also stuffed firmly.

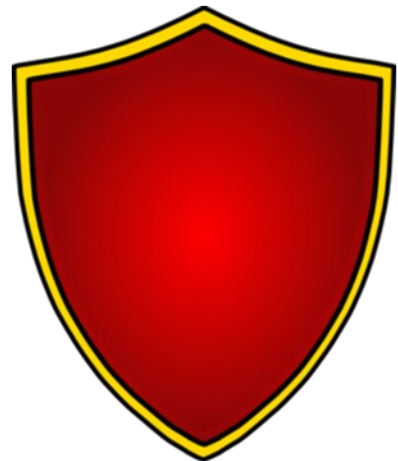
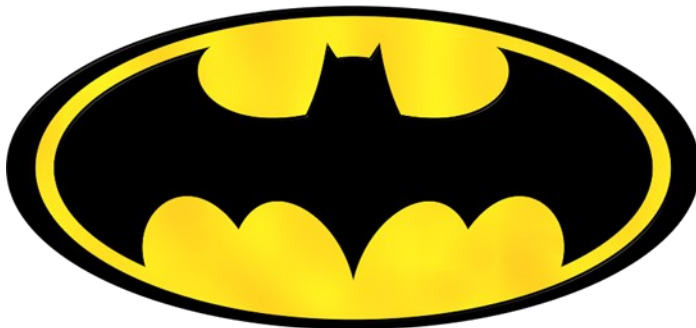




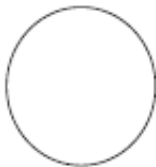
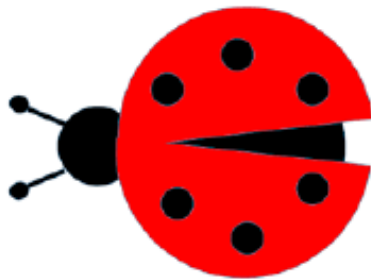
Florida Hospital will soon be AdventHealth.







Ladybug



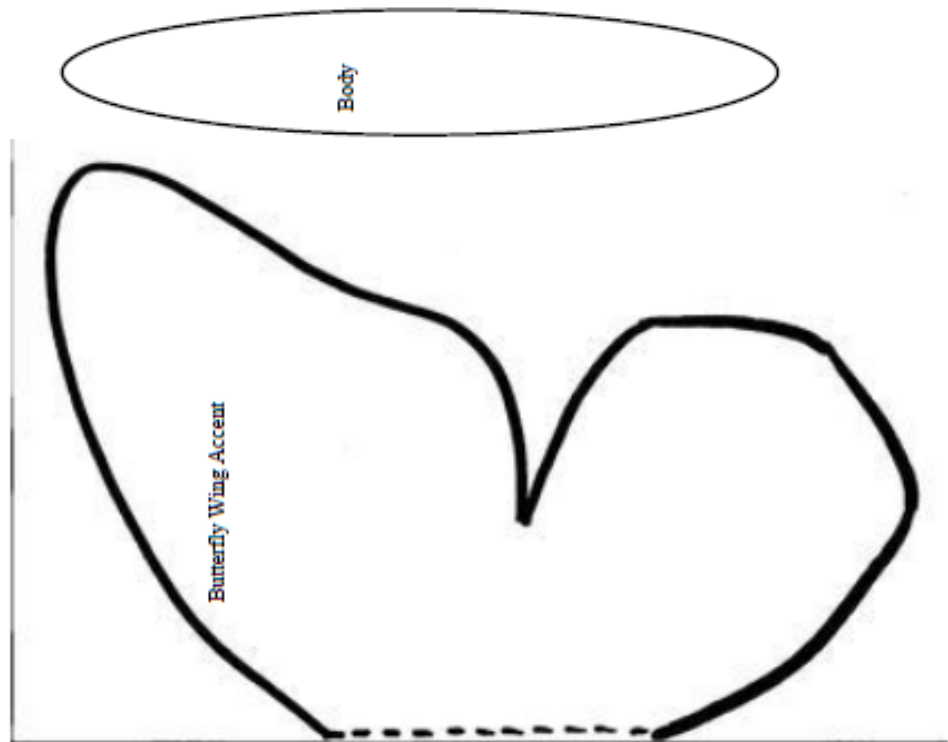
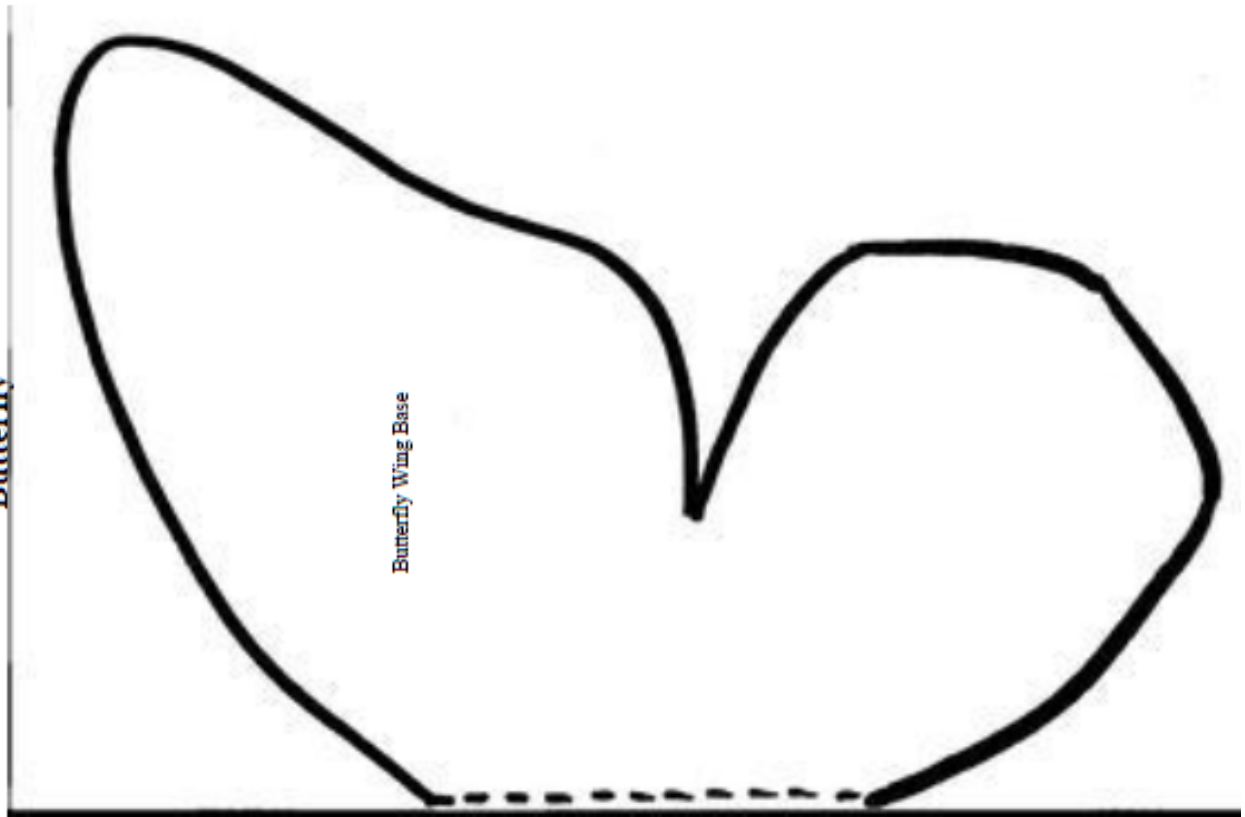
- Materials Needed:** Black Felt, Red Felt, cardstock/
paper, pen, hot glue, scissors
- Trace & Cut 1 circle in Black & 1 circle in Red
 - Trace & cut out 1 triangle piece from the center of the Red circle aligning the base of the triangle with an outside edge of the circle
 - Trace and cut 6 black circles
 - Hot glue red circle on top of black circle
 - Hot glue small black circles to red circle





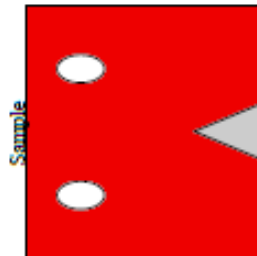
- Materials Needed:** Felt in 2 complimenting colors, black felt, hot glue, pen, scissors
- Fold 8 1/2 x 11 primary felt color in half on the 11 inch side.
 - Trace the Wing Base along the folded edge and cut out
 - Repeat for Wing Accent with another color
 - Trace and cut out butterfly body in black felt
 - Hot Glue Wing Accent to Wing Base, body to the wing accent in the middle

Butterfly

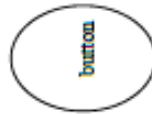




Mickey Shorts

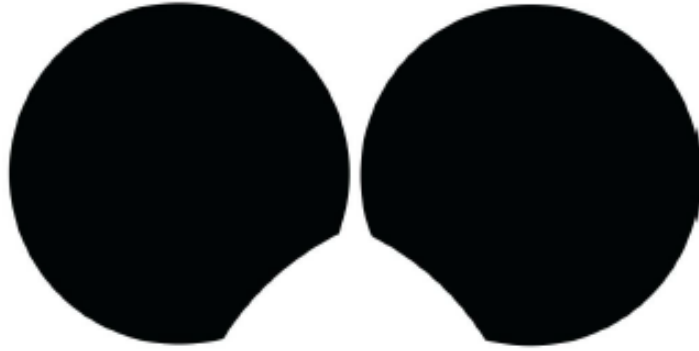


- **Materials Needed:** 8 1/2 x 11 red felt, white felt, paper or cardstock, pencil, hot glue
- Trace and cut out each shape below
- 1 Red felt square
- 2 white or yellow felt ovals
- 1 paper triangle for tracing
- Trace and cut triangle in the bottom middle of the red square felt to create the "legs" of the shorts
- Hot Glue white ovals equal distance about an inch from the top as shown in sample to the left
- Note: Red square size can be adjusted as needed to fit smaller or larger babies
- Note: If baby is on his/her tummy, a piece of black



Mickey & Minnie Ears

- **Materials Needed:** Black Felt, black pipe cleaner, hot glue
- Trace and cut 2 sets of ears
- Place a 4 inch piece of pipe black cleaner between 2 ear pieces back to back—secure with hot glue
- Note: Ear size can be adjusted as needed.
- Note: the pipe cleaner portion will be secured to a black knit hat on either side to look like Mickey Ears



Shorts





FLORIDA
HOSPITAL

AdventHealth

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Super Hero Capes



Materials Needed: Various colored felt, Card stock, printer, hot glue

- Trace & cut out cape of desired colors
- Print in color and cut out logos
- Hot glue logos to cape
- NOTE: Capes and logos can be left separate
- Note: Capes and logos are unisex, they can be used for the following
- Batman Or Batgirl
- Captain America or Ms. Marvel
- Superman or Super Girl

Cape



Name and Date	
Number Created	Item Description



If this is your first time creating for Florida Hospital – Celebration Health please complete a volunteer services contact form or forward your contact details to Valerie Lamm by e-mail to Valerie.Lamm@flhosp.org. Thanks.



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