

Pattern and instructions for baby sleep sacks

This pattern will make a sleep sack for a baby between 6-18 months. The finished garment measures 13 ½" wide at the chest and 25" long from the neckline to the bottom hem. You could shorten or lengthen it as needed for smaller or larger babies.

Materials:

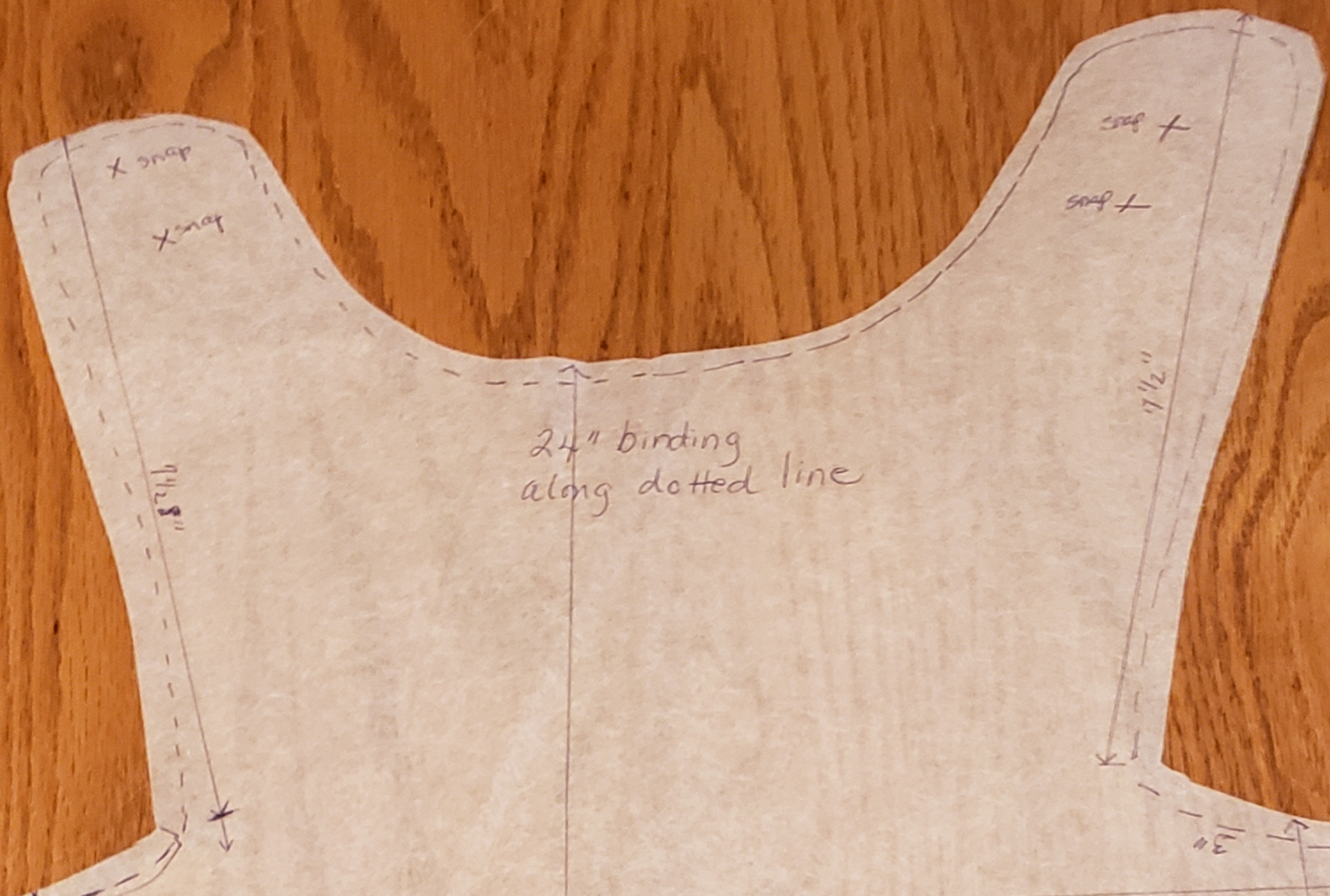
- 1 yard of light fleece or soft flannel (for main pieces)
- 1/4 yard fleece binding (extra wide double fold fleece binding; Wrights is a good brand to use)
- Scissors and a rotary cutter
- Hard ruler and a cutting mat
- Snaps or SOFT velcro (The fastener will be by baby's face, so make sure it isn't pokey or rough!)

Instructions:

- Cut your back panel out of the light fleece (fold the fabric vertically just enough to fit the pattern on it and place the fabric on the fold). Then, refold your fabric and cut the front panel.
- To make your binding pieces, cut a strip of fleece binding that is 2 ½" wide and as long as the width of the fleece. You'll need this strip to be at least 50" long.
- Place the main front and back pieces right sides together and stitch along the sides and bottom. I used a serger, but you could also use a regular sewing machine and stitch since fleece won't fray. Use a 1/2" seam allowance.
- Then, pin your binding strip (right sides together), all around the top opening and the straps of the sleep sack as shown. Leave at least an inch at the beginning and end, overlapping them. Stitch using a 1/4" seam allowance.
- Fold the binding over and around to the inside of the sleep sack, pin, and stitch it to the sleep sack from the wrong side. Trim any excess binding off with scissors on the inside.
- Attach velcro squares or snaps to the shoulders to use as fasteners. Choose a fastener that's easy to use and that will be gentle on baby's skin.







24" binding
along dotted line

BACK OF GOWN
(FRONT
SIDE OF
FABRIC)

FOLD

SEW BACK SIDE TO RIGHT SIDE FRONT
20"

SEW BACK SIDE TO RIGHT SIDE FRONT
20"

SEW RIGHT SIDE TO BACK SIDE FRONT
17"

Crochet -Breast Prosthesis Oct 2012

With a G Hook and Worsted weight yarn natural fibers cotton, 100% acrylic bamboo etc:

Note: At the end of each round, join with a sl st to first sc and ch 1.

- 1. Sc 6 in magic loop.
2. sc around
3. In FLO, 2 sc in ea around (using FLO makes the nipple, just 2sc in ea around if no nipple is wanted)
4. (sc, 2 sc) around
5. (sc 2, 2 sc) around
6. (sc 3, 2 sc) around
7. sc around
8. (sc 4, 2 sc) around
9. (sc 5, 2 sc) around
10. (sc 6, 2 sc) around
11. (sc 7, 2 sc) around
12-14. sc around
- Change to a size smaller hook

15. In BLO, (sc 7, dec) around
16. (sc 6, dec) around
17. (sc 5, dec) around
18. (sc 4, dec) around
19. (sc 3, dec) around
20. (sc 2, dec) around
21. (sc, dec) around

22. dec around. Fasten off, leaving long tail.
- Sew long tail through remaining loops. With same long tail, sew through both pieces loosely so that the back is slightly concave.

Makes approximately an A cup. Add increase rows and rows between 12 and 14 to make larger cup sizes.

Abbreviations:

sc – single crochet **ch** – chain **FLO** – front loop only **BLO** – back loop only **dec** – draw loop in each of next 2 stitches, yarn over and draw through all 3 loops on hook

Magic loop – See here : <http://www.crochetme.com/forums/t/28917.aspx>

Contact us at www.BosomBuddiesoftheQC.com, BosomBuddiesoftheQC@gmail.com or Facebook Bosom Buddies of the QCA.

This pattern courtesy of Linda with Bosom Buddies Bloomington, Il.

SOFT LIGHTWEIGHT KNITTED BREAST PROSTHESIS (July 2015)

NEVER A CHARGE - ALWAYS FREE TO RECIPIENTS

Volunteers provide all material and their expertise

YARN: Any soft acrylic yarn, any color, baby, sport or worsted weight, 1-50 gr skein. Approximate gauge of 6 sts. per inch. If you need to buy yarn CARON SIMPLY SOFT is recommended; otherwise use whatever soft acrylic you have. No nipple is preferred by most women. Beginning with 3 knit rows makes a small nipple, but if you want to make a no nipple prosthesis, just cast on the first 3 stitches and begin the increasing rows.

Adjust needle size to yarn. Finished sizes are approximate depending on the type of yarn used, needle size, and your tension, so the number of stitches per cup is just a guide.

1 set (4 needles) Size 6 (3.75mm), Size 7 (4mm) or Size 8 (5mm) Double Pointed Needles, One Large Tapestry Needle. Fiberfill. OPTIONAL: Stitch marker.

Using 1st double pointed needle and yarn, cast on 3 stitches, leaving a 6 inch tail.

1st row: Increase (knit once into back of stitch, and again into the front of the same stitch, or front then back, whichever is easiest for you) in the first stitch. Now you have 2 sts on the right hand needle. Slide them to the middle of the needle. With each of the next two doublepointed needles repeat row one. You will now have 2 stitches on each of the 3 needles.

Holding the 3 needles in a U shape (| |) with the ball yarn on the right hand needle join to knit in the round. With the 4th needle knit the first st on the left hand needle, taking care not to twist. Pull this stitch a little tight to avoid loose yarn between needles.

Start knitting in the round:

Continue knitting in rounds from left needle to the right, increasing one stitch per needle in the last stitch on each needle.

Tip: After the first few rounds, (f.ex. 8 sts on each needle) place a marker, a bit of colored yarn, or the cast-on tail to mark the beginning of the next round. This way you don't need to continuously count stitches, until you get close to the size you're aiming for. Then you only need to count the stitches on the needle before the marker. You can remove it at the purl rows.

Knit for:	A Cup 15 - 17 stitches <u>on each needle</u> (Total 45-51 stitches)	very few needed in this size
	B Cup 18 - 20 stitches	(T 54-60) only a few needed in this size
	C Cup 21 - 25 stitches	(T 63-75) this appears to be a much needed size
	D Cup 26 - 30 stitches	(T78- 90) this appears to be the most needed size

When the desired number of stitches have been reached, purl one row even without increasing or decreasing.

Purl another row decreasing at beginning and end of each needle. This makes the back slightly smaller than the front and the corners less pointed.

Now knit all remaining rows, decreasing by (k2tog) on the last two stitches on each needle, essentially reversing the front shaping. (You will now have what seems like a triangular "thingy", that in no way resembles a Bosom, but don't despair, it will work out!) Stop when you have 15 sts left, 5 on each needle. Cut the yarn, leaving an 8" tail. Thread the tail through the remaining sts. (The easy way to do this is to **KNIT A STITCH, BUT INSTEAD OF PLACING IT ON THE RIGHT HAND NEEDLE, PULL THE YARN THROUGH THE STITCH AND KNIT THE NEXT STITCH, PULLING THE YARN THROUGH, UNTIL ALL STITCHES ARE DONE, AND THE CUT YARN HOLDS ALL THESE STITCHES.** Or use a tapestry needle to pull yarn through all remaining stitches. Leave this hole open for fiberfill to be inserted.

Thread the tail from the starting point, center front, to the inside. You can use it to firm up any loose stitches, and there's no need to cut the yarn, you can leave it to be part of the filling inside.

Now, stuff fiberfill through the hole in the back side. We leave the hole open for adjustment, in case more or less fill is needed, and when finished, draw the stitches closed and secure. The back of the prostheses should not be "filled-in" but be "concave." This is accomplished by tacking the end thread through the "nipple" with a few stitches and then leaving the yarn inside to be part of the filling. The bosom itself should be soft and pliable.

It is recommended, that a small safety pin be used to anchor the prostheses in the bra cup if necessary. - It has come to our attention that some safety pins RUST in salt water, so Velcro is recommended for salt water swimming.

These prostheses are completely machine washable, air dry, and there is no need to remove the filling before washing.

Edited **JULY.2015 (T.C.)**

Better measurement chart for the knitted prostheses, because of differences in yarn, needle size, and knitting tension. These measurements are between increases while the prosthesis is on the needles:

Prosthesis	# stitches:	CM	INCHES:
A	17	8 cm	3 1/8
B	20	9 cm	3 1/2
C	25	11 cm	4 1/4
D	28	12 cm	4 3/4
D	30	13 cm	5 1/8
DD	33	14 cm	5 1/2
DD	36	16 cm	6 1/4
DD	38	17 cm	6 3/4
E	40	18 cm	7 1/8
E	45	19 cm	7 1/2
F	50	20 cm	7 7/8

How To Make A Chemo Port Pillow

4.5 Stars (11 Reviews)

A port pillow is a small, rectangular pillow that chemotherapy patients use with a seat belt to relieve pressure and possible irritation around the port.

A chemo port pillow can also be used around the strap of a purse or bag strap to make carrying things more comfortable.

After gathering the necessary materials, this DIY port pillow take around 5 minutes to make and is the perfect fabric scrap buster.

PREP TIME5 minutes

ACTIVE TIME5 minutes

TOTAL TIME10 minutes

DIFFICULTYEasy

Materials

- 100% Cotton Fabric
- Hook and loop tape

Tools

- Sewing clips
- Sewing machine

Instructions

PREPARE MATERIALS

1. Cut two pieces of fabric that measure 4" x 7".
2. Cut two 3.5" pieces of hook and loop tape.

PLACE & BASTE HOOK AND LOOP TAPE

1. Place one piece of fabric right side up.
2. Take the loop tape (the soft part), line it up with the right outside long edge, and place it 1.5" from the top edge.
3. Clip the loop tape in place.
4. Take the hook tape (the rough part), line it up with the left outside long edge, and place it 1/5" from the top edge.
5. Fasten it to the loop tape and clip it in place.
6. Follow the same process for the other piece of hook and loop tape 1.5" away from the bottom edge.
7. Baste the tape to the fabric using 1/8" allowance.

CLIP FABRIC TOGETHER & SEW

1. Take the second piece of fabric and place it right side down onto side of fabric with the hook and loop tape.
2. Place sewing clips around the whole rectangle to prepare for sewing.
3. Remember to leave a 2" turning hole on one of the bottom edges.
4. Use a 1/2" seam allowance to sew around the whole rectangle leaving the 2" hole for turning.
5. Turn the port pillow form right sides out.

STUFF PILLOW THEN CLOSE HOLE

1. Stuff the port pillow to medium firmness.
2. Whip stitch or top stitch with your machine using 1/8" allowance to close the turning hole.

Notes

- Basting the hook and loop tape isn't required but it does make the overall process easier to manage because the tape doesn't move around when you're sewing all of the pieces together.

- If you want, you cut one long strip of fabric at 4" x 14" and just fold it over. Since I use this as a scrap buster project, I like to mix and match fabrics and therefore use two pieces.
- It's easier to stuff the pillow if you detach the hook tape from the loop tape.

No Sew Fleece Blanket

You will need:

Polar Fleece: 1½ yard piece or choose your own custom size. (Fleece is usually 50-60" wide)

"Ruler or Shape Cut Ruler and Rotary Cutter": Works best to create neatly cut fringe. If you are using scissors, make sure your cuts are clean, even and straight with no frayed edges.

This blanket is simply made in 5 easy steps.

Step #1: Before you begin, trim off selvage edges and square uneven edges as needed. (Fig. 1)

Step 2: (Fig. 2)

Cut a 4" square from each corner of the fleece.

Cut 4" x 1" wide fringe around blanket



Figure 1

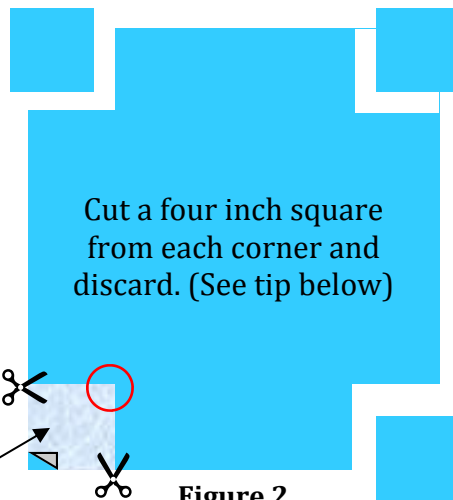


Figure 2

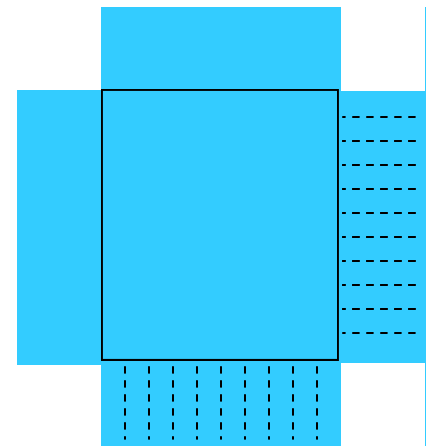
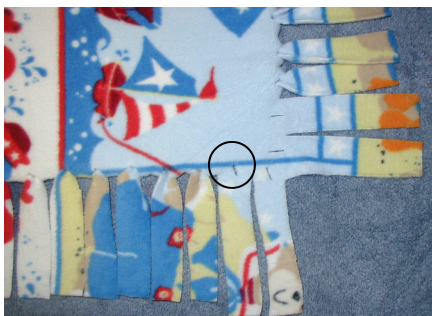
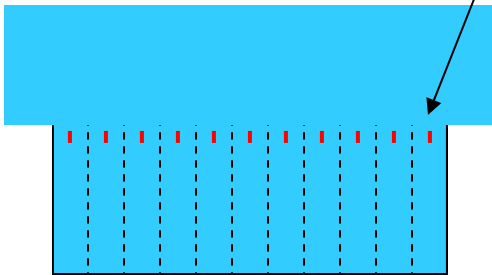


Figure 3

Tip: Cut a 4" piece of fabric or batting to use as your corner template. (Fig. 2) It won't slip and it will make cutting easier. Using your ruler and rotary cutter cut vertically and horizontally—(arrows) ALMOST to the corner (red circle) but NOT QUITE. Then use your scissors to finish the corner cut. This will give you a crisp, clean cut and you won't cut into the neighboring fringe. NOTE: Fringe may be cut in 1/2" or 1" increments.

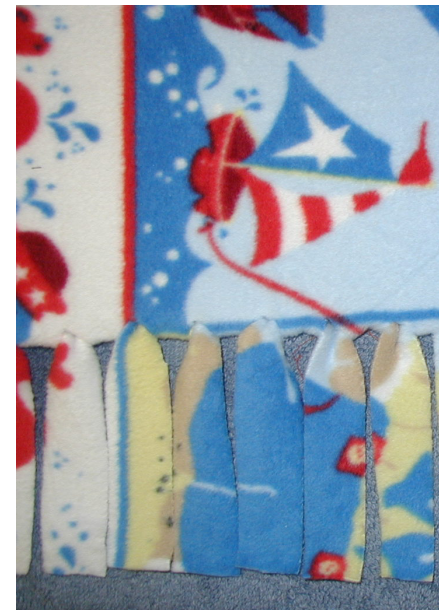
Step #4:

Using a seam ripper, make a tiny slit in the top of each piece of fringe



Step #5: Feed the end of the fringe through the back side of

the slit you just cut and pull through to create a neat and secure fringed edge.



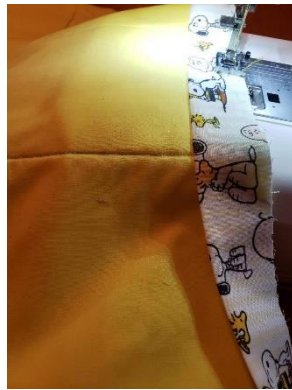
Visit us at:
www.projectlinus.org

Pattern for Lap Blankets

Materials needed:

- Fabric: 1 ¼ yard/side
 - Leftover fabric is used for edging
- Iron-on batting (used between layers to keep it in place)
 - Recommend one-sided low loft pellow fusible fleece (style 987F)
- Sizing

Sew all edges together. Finished size is: 36" x 45".



Memory Mat Assemble Instructions

1. Each mat should be about 12 ½ x 7 ½ inches.
2. To create the mat, you will use a 2-strand pattern that makes a chain of between 36-40.
3. Any stitch to make the mat is welcome. It can also be assembled with fabric, following the size guideline.
4. Once mat is made, adhere various items to mat to help with busy hands such as hair cords, pop fidget toys, squeeze toys, etc. These items can be attached with a sewing stitch. Please consult pictures below for ideas of these items.





PHOTOGRAPHY BY: MYNOMADHOME.COM

Blogger Gosia of [My Nomad Home](#) is offering tips and patterns for anyone who is interested in helping the cause. "There is a fantastic group here in Denmark called [spruttegruppen](#), which encourages crocheters to make little octopuses for premature babies," she says. "The group collects the octopuses for Denmark's 16 neonatal units, so all a person needs to do is to decide to which hospital they want to send the animal, contact the hospital's ambassador and send it to the given address."

Instructions for making Pocket Prayer Quilts

Needed materials:

- Fabric
- Small wooden cross, no bigger than 1 ½ inch in height
- Poly-fil
- Small gold safety pin
- Paper to print off small copies of prayer (provided below)

Instructions:

- Cut fabric into small squares (2 ½ inch square)
 - Can be one solid sheet (as shown in figure #1 below), or multiples to give the appearance of a quilt (as shown in figure #2 below).
- Place two squares of fabric together, back-to-back, with backing facing outward.
- Sew ½ inch around, leaving an opening to put in the cross with a small amount of Poly-fil.
- Turn the quilt inside out and stuff with Poly-fil and the small wooden cross.
- Sew the open side closed with a ½ inch seam.
- Use pinking shears, or a special blade on a rotary cutter, to trim the edges to ¼ inch from the seam stitches.
- Attach the prayer (shown below) with a small gold safety pin.

Verbiage for attached prayer:

This "Pocket Prayer Quilt" was made especially for you to slip in your pocket or purse. Throughout the day when your fingers touch the cross that is tucked inside this quilt, be mindful of God's love and grace for you. Keep it as a symbol of God's peace or, if you prefer, say a prayer for someone else and pass it along in the form of this tiny gift.

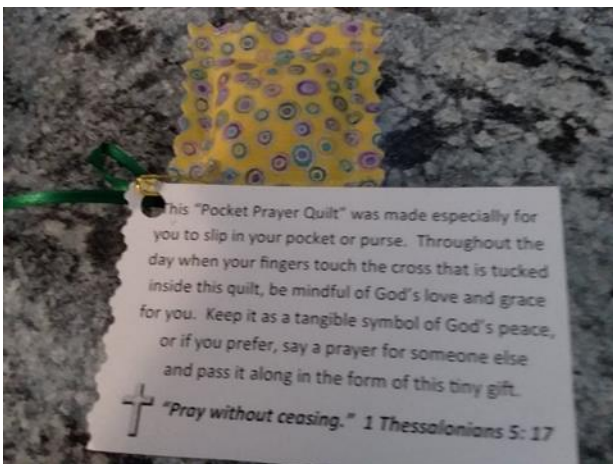


Figure #1



Figure #2

Prayer (or Comfort) Shawls
UnityPoint Health-Trinity Pastoral Care Department

“Shawls...made for centuries, universal and embracing, symbolic of an inclusive, unconditionally loving God. They wrap, enfold, comfort, cover, give solace, parent, hug, shelter and beautify.” Janet Bristow

Volunteers and staff of UnityPoint Health - Trinity can use their knitting and crocheting skills to produce soft, colorful shawls. The shawls are then given to patients who staff members believe would receive comfort from them. They are a tangible sign of the love and prayers of those who have made them.

Yarn

The pattern and type of yarn have been carefully chosen to be easy to make and maintain. A standard shawl (26” x 60”) requires 3-4 skeins (21 oz in total). There is a supply of yarn available from the Pastoral Care Department. Brands include: Red Heart (7 oz), Big Twist (6 oz), or Homespun Lion Brand.

Needles

Knitting: Size 11 or 13

Crochet: Size M (5.00)

Pattern

The pattern is knit or crocheted in patterns of 3. The number “3” has significance in many faith traditions and cultures. In Christianity, God is three in one: Creator, Redeemer, Sustainer. It is said that the number 3 is used 523 times in scripture and is usually associated with wholeness. Three can also be associated with body/mind/spirit and faith/hope/charity.

According to the Chinese, three is a perfect number. Egyptians see it as the number of the cosmos. From Buddhist tradition, comes “The Three Jewels”: the Buddha (the enlightened one, the Dhamma (the teachings), and the Sangha (the community of followers).

Additionally, there are three primary colors from which all other colors can be produced and time has three periods (past, present and future).

Instructions/patterns

- **Knitting:** Cast on 57 stitches for size 13 needles or 63 stitches for size 11 needles. The pattern is simply K3, P3 every row, a modified seed stitch. Knit until it is as long as you want it, or until you run out of yarn. If you are a new knitter and would prefer to knit all stitches, that is satisfactory.
- **Crocheting:** Chain 54 stitches or desired width of shawl. Chain 1, turn, single crochet in each of the stitches to end. Chain 3 and turn. Double crochet in top of each single crochet. Repeat this row two more times. Chain 1 and do 1 row of single crochet to end. Chain 3 and turn. Do 3 rows of double crochet. Repeat pattern to end (1 row single, 3 rows double). End with 1 row of single. Crocheting typically uses more yarn than knitting, so consider using 4 skeins.

Finished shawls

Shawls are presented to patients by staff with the following prayer:

*May God's grace be upon you as you wear this shawl...
Warming, comforting,
Enfolding and embracing.*

*May this mantle be a safe haven...
A sacred place of security and well-being...
Sustaining and embracing in good times
as well as difficult ones.*

*May you who receives this shawl be cradled in hope, kept in joy, graced
with peace, and wrapped in love.*

*Compliments of the Volunteer Office
and the Spiritual Care Department*

Contact Information

For more information call UnityPoint Health-Trinity Pastoral Care:
779-2989 or 779-2991.