

MEDICAL DOLL – INSTRUCTIONS

SUPPLIES

Doll:

Use cotton muslin or brown/beige fabric. One yard/44" wide makes 4 to 5 dolls.
Cut 2 from pattern. See Nancy Still for doll body pattern.

Gown:

Use child-friendly cotton fabric. About 18-36" fabric makes one gown.

Pattern Front – Cut 1, place pattern on fold.

Pattern Back – Cut 2. To get left/right sides, cut 2 with right or wrong sides
of fabric together. Watch for directional fabric designs.

Double-fold bias tape 1/4" or 1/2" - 24" length

Stuffing

*Wash all fabric & press; NO fragrant detergent/fabric softener.

SEW DOLL *see Tips below

1. Use 1/4" seam. With right sides together, sew around leaving ~3" opening at top of head to stuff.
2. Clip curves.
3. Turn right side out. Push seams all the way out.
4. Stuff
5. Sew opening shut, either neatly by hand or sew tiny seam on machine.

SEW GOWN

1. Use 1/4" seam, and backstitch.
2. With right sides together, stitch shoulder seams. Press open.
3. Turn in edges of sleeves once and zigzag.
4. Turn edges of center back pieces **twice** and sew, otherwise it frays.
5. Sew on neck binding with zigzag, placing evenly around neck edge.
This leaves ~6" on each side for ties. Zigzag helps to catch fabric in binding.
Sew to ends including ties to close binding.
6. With right sides together, sew side seams. Clip seams under arms. Press open.
7. Turn bottom/hem edge **twice** and sew.

8. Add pocket.
 - * Fold top edge under 1/4", sew/zigzag
 - * Fold under/iron 1/4" seam around
 - * Sew on embellishment if desired (i.e., heart, fancy stitch; NO buttons or glue)
 - * Sew/zigzag to front gown

9. Press entire gown.

Tips on Sewing Dolls

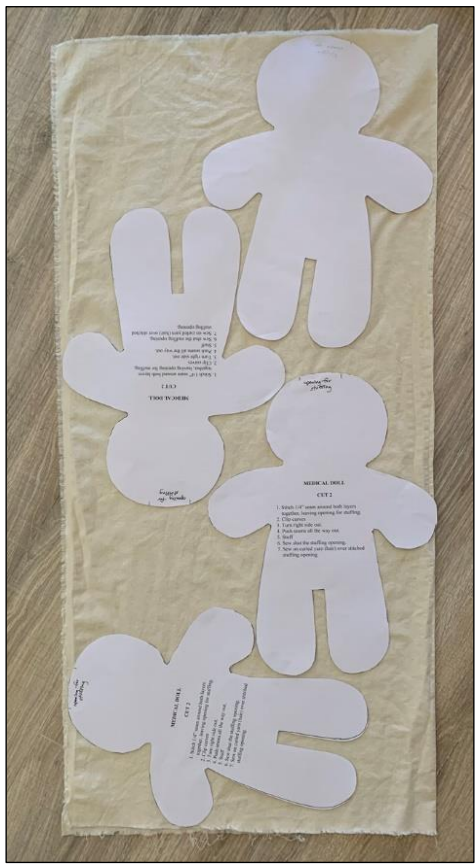
Layout – Position dolls on the diagonal and you can get 5 dolls from one yard of fabric. The grain does not matter on this project.

Sewing – Best to use polyester thread. Stitch length 1.5 or 2mm. Backstitch at beginning and end. Sew only a 1/4" seam allowance. Go slowly around tight curves -- sew a few stitches, needle down, lift presser foot, rotate slightly, take another stitch, etc. Under arms, at neck curves, and at crotch, can be easier to sew with 90 deg. turns with only a few stitches inbetween. Do not sew a "V" at the curves or the fabric will not turn smoothly on the outside. Leave ~ 3" opening on top of head. Do not clip seam allowance on top of head. Clip only at neck, under arms, & crotch, being very careful to NOT cut through seam stitching. When doll is turned, if seam is not sewn well and there are any seam openings, turn it back and sew better. Avoid sewing seam closed on the outside.

Stuffing – Use small hunks of polyester. Large hunks make the arms/legs too firm and may not fill to the ends. If the polyester is lumpy, pull apart to fluff up. See stuffing tips below.

Closing head seam – Crease the 1/4" seam allowance before you turn it right side out - makes sewing easier. To sew closed by hand, use a single thread with a ladder stitch.

Doll Patterns on Muslin



Doll Front



Doll Back



Sample Dolls



How Dolls Are Used

Medical play dolls are used in hospital settings as a communication tool for explaining an invasive procedure to a child or for diagnosing a child's discomfort. The child is given the doll as their own to hold for security. Child can add a face.

Yarn Hair

Use only acrylic yarn, worsted works well, Size H/5 hook.

Easy crocheted hair in one piece: Chain ~ 18. SC in each chain (to make a "tab"). Continue around tab with "loops" (ch 8 & join in same st, slip st in next st, repeat around). Make loops across top of tab as well if desired. Can also add crocheted curly cues to one side of tab for longer hair. Sew tab on top of head using thread to match hair. Never use glue on doll.

Curly cues: Chain 10-12, 2 SC in 2nd chain from hook, 3 SC in each chain to end.

More tips:

- * **Be sure to capture gown neck edge inside bias tape.** This is the most common sewing problem.
- * Do not add a face.
- * Most hospitals want dolls in various colors, so we use a mixture of light muslin & brown colors.
- * We know some prefer to make only certain parts - dolls, gowns, yarn hair, or just stuff. That works for us.
- * If you want to add a doll "surgical cap" and not hair, contact Nancy Still for pattern. Make sure the stuffing opening is neatly sewn closed for a "bald" doll.
- * Stuff so they are neither super tight like a rock or loose/floppy. That means assuring stuffing gets into the "joints."

Stuffing tips:

- * Stuffing should be "fluffed" before putting it in a doll. Take a small bunch from the pile of stuffing and pull it apart a few times until it "fluffs" up. This makes the supply of stuffing go further and the doll feel smoother.
- * Stuffing removed from a doll is usually compressed. It can be reused, but it must be "fluffed."
- * A wooden spoon handle or blunt end of a chopstick are good stuffing pushers.