

PILLOW, SMALL – FOR CHILD TO TEEN (as requested by nursing staff)

Fabric: Two 8x12” pieces in child or teen friendly soft cotton or flannel fabric. Or cut one piece with long side on fold.
(Finished size will be about 7-1/2 x 11-1/2”)

1. With right sides together, sew around 1/4” seam, leaving 4” opening on short end.
2. Turn, clip corners, and iron, pressing seams out. Press seams of opening into pillow 1/4” so it’s easier to sew closed after stuffing.
3. Stuff so pillow is “squishy & comfy,” not hard like concrete.
4. Sew opening shut with about 1/8” seam. Cut away all loose threads.