

Hide My Eyes (Eye Shields)

Adapted From AdventHealth Orlando

“Creative Team Handbook”

The tiniest patients in the Neonatal Intensive Care Unit (NICU) use these hide-my-eyes to protect their sensitive eyes from light exposure during therapies and procedures.

Dimensions

Final size - 2” wide x 10” long. Cut material 2-1/2” by 10-1/2”.

Materials

- Black flannel is best for one side, which will be placed face down over the eyes. It must be very dark and soft.
- Front side can be a cute or pretty cotton fabric.

Instructions

- Right sides together, sew the 2 pieces together with 1/4” seams, leaving an opening at one end.
- Clip corners and turn.
- Only sew opening closed, either by hand or machine. **Do not** top-stitch around the entire piece.
- Iron

