

SHARE Atlanta's 5B's program



Instructions on how to make *easy no sew blankets, fiberfill bears and bunnies, baby bracelets, and bonnets* for bereaved families in the hospital.

Easy No Sew Blanket Directions

Blanket Sizes:

x-small: 15 x 15

small: 22 x 22

medium: 24 x 26

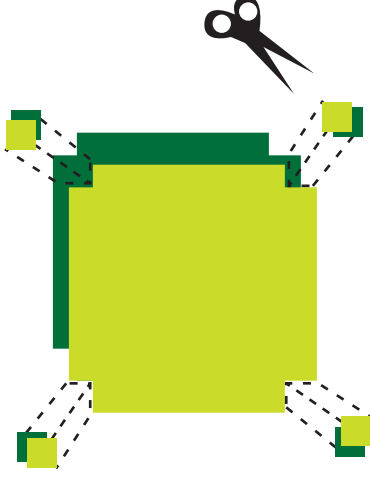
large: 25 x 29

x-large: 28 x 30

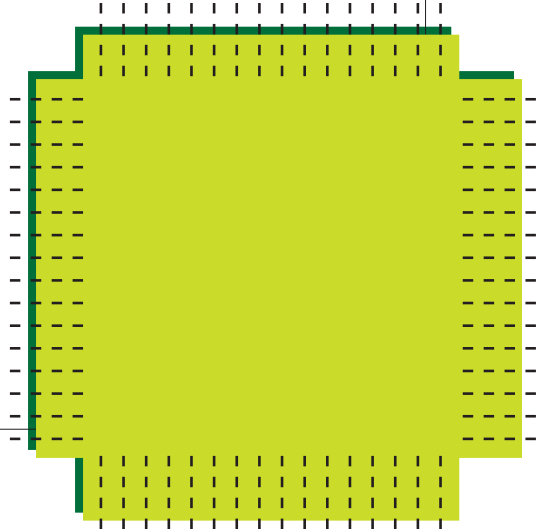
cut 2 pieces of fleece to size



cut off about a 1.5 in square on all 4 corners of both pieces. I find it easier to put them on top of each other



next cut out strips from both pieces about 0.5in from each other. do this on all 4 sides (these will be used to tie the 2 pieces together)



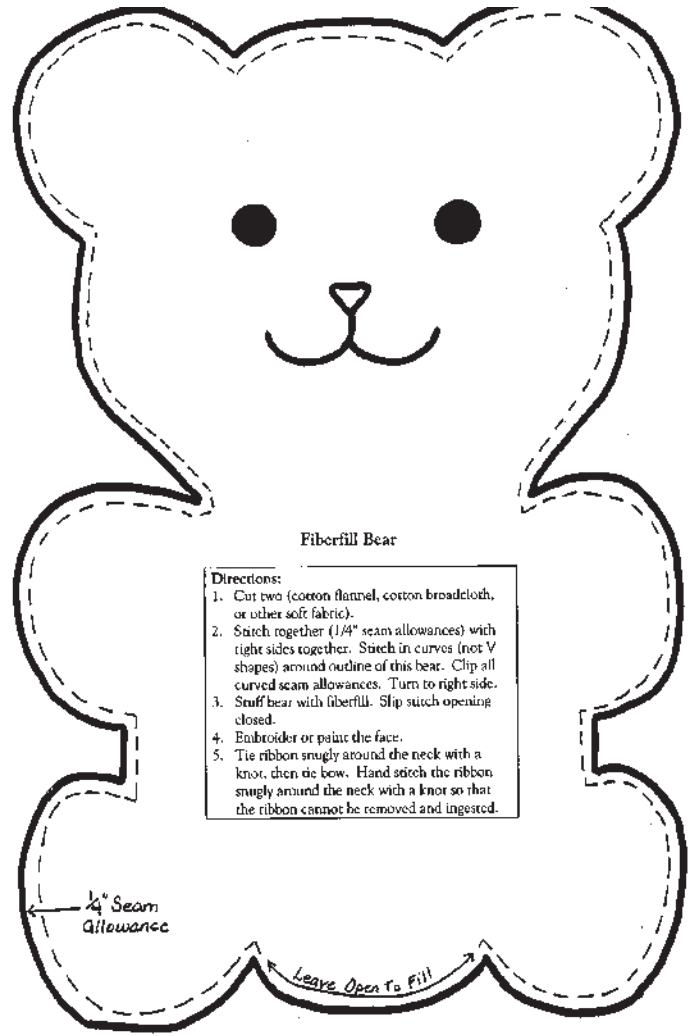
close up



then tie one strip from the top layer of the fleece to the strip right below it from the other layer of fleece. do it all around the blanket til it is all tied together.



Actual size for
 Bear and Bunny Patterns
 (directions on next page)

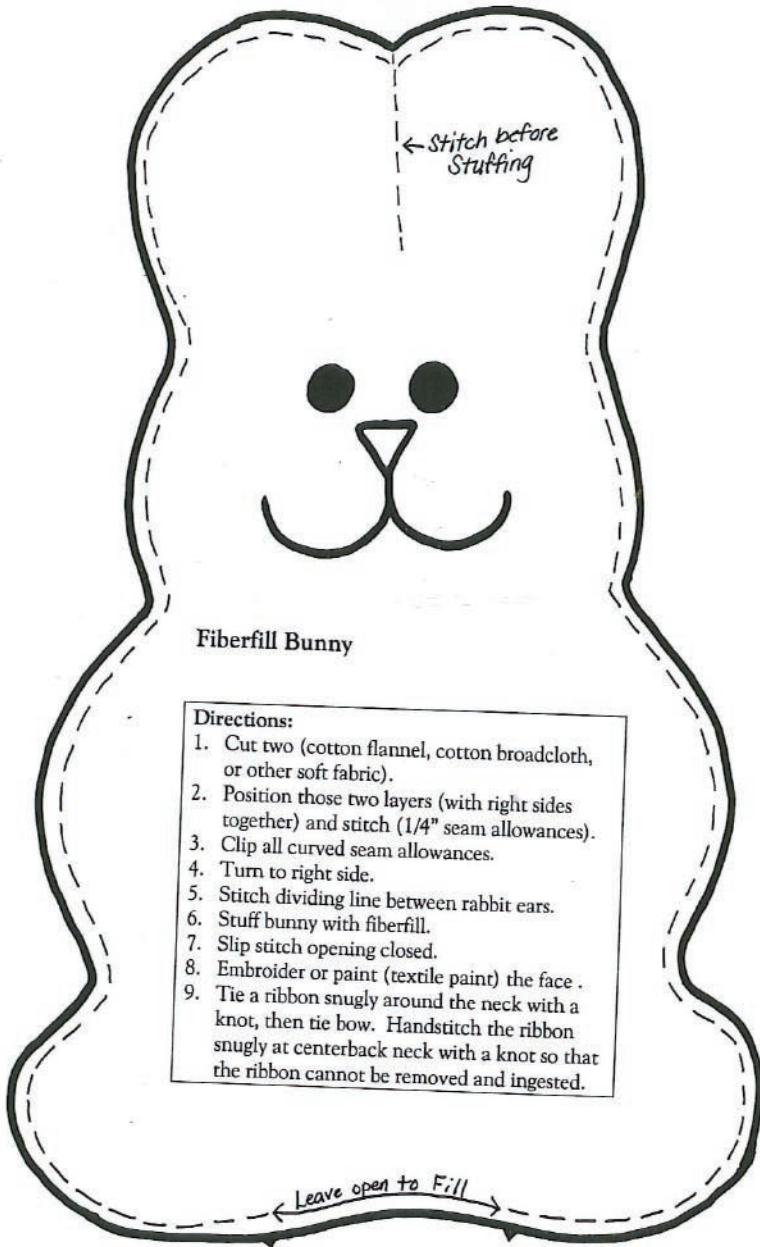


Fiberfill Bear

- Directions:**
1. Cut two (cotton flannel, cotton broadcloth, or other soft fabric).
 2. Stitch together (1/4" seam allowances) with right sides together. Stitch in curves (not V shapes) around outline of this bear. Clip all curved seam allowances. Turn to right side.
 3. Stuff bear with fiberfill. Slip stitch opening closed.
 4. Embroider or paint the face.
 5. Tie ribbon snugly around the neck with a knot, then tie bow. Hand stitch the ribbon snugly around the neck with a knot so that the ribbon cannot be removed and ingested.

← 1/4" Seam Allowance

← Leave Open to Fill



Fiberfill Bunny

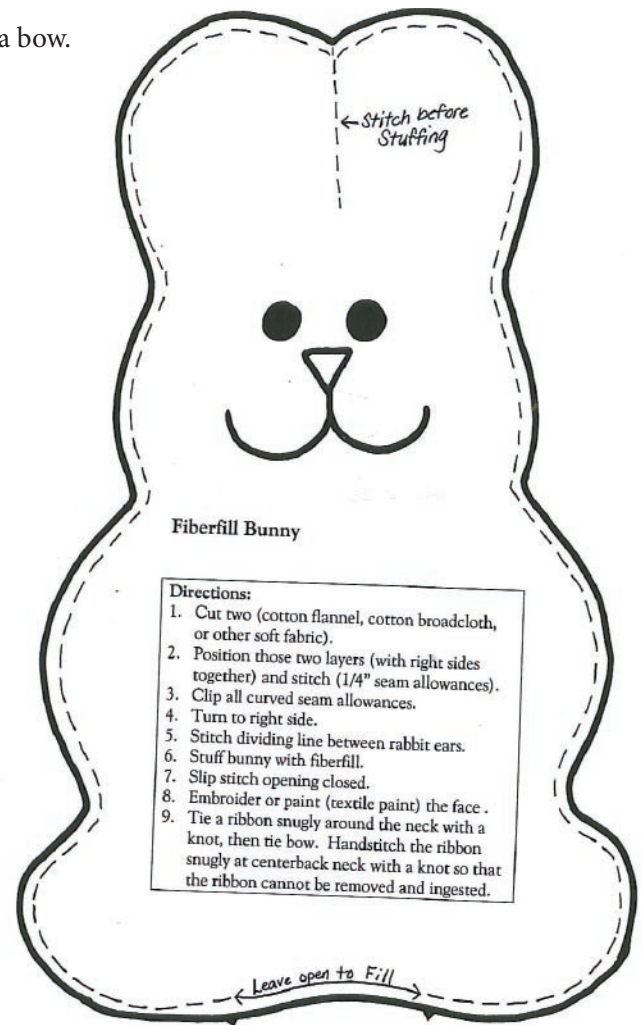
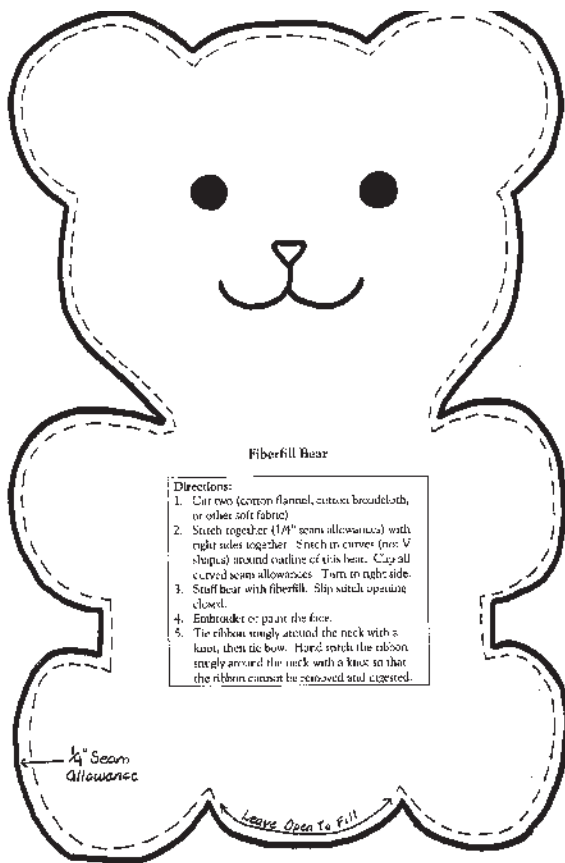
- Directions:**
1. Cut two (cotton flannel, cotton broadcloth, or other soft fabric).
 2. Position those two layers (with right sides together) and stitch (1/4" seam allowances).
 3. Clip all curved seam allowances.
 4. Turn to right side.
 5. Stitch dividing line between rabbit ears.
 6. Stuff bunny with fiberfill.
 7. Slip stitch opening closed.
 8. Embroider or paint (textile paint) the face.
 9. Tie a ribbon snugly around the neck with a knot, then tie bow. Handstitch the ribbon snugly at centerback neck with a knot so that the ribbon cannot be removed and ingested.

← Leave open to Fill

Fiberfill Bear & Bunny

Directions:

1. Cut 2 patterns out of soft fabric (double up the fabric when cutting it out- right sides together).
2. If embroidering the face I recommend you do it before stitching together.
3. Stitch together (1/4" seam allowances) with right sides together. Stitch in curves around outline of bear/bunny. Leave opening on bottom so you can turn it inside out and stuff.
4. Clip all curved seam allowances. Turn to right side.
5. For the bunny stitch line between ears.
6. Stuff bear/bunny with fiberfill.
7. Slip stitch opening closed.
8. Paint the face with fabric paint if you aren't embroidering.
9. Tie a ribbon snugly around the neck with a know then tie a bow.
10. Hand stitch ribbon around the neck with a knot so the ribbon can't be removed.



Baby Bracelets:

You will need:

- Stretch Magic jewelry cord .5mm/.020in diameter
- Multicolored small beads
- Larger center bead (heart, star, flower)
- Clear jewelry bags (optional)

Directions:

1. Cut the stretch cord to appropriate length
2. Add a few multicolored beads then the center bead then a few more multicolored beads. Should fit to the width of your ring finger.
3. Tie cord into 2-3 knots and test it by pulling from the inside. If string holds well tie one more knot for good measure. Cut off excess cord and place in jewelry bag (optional).

Baby Bonnets

Directions:

1. Cut pattern out of knit fabric with good stretch. Follow directions for laying it out on Fig. 1a. Once it is cut out and opened it should look like Fig. 1b
2. Fold hat in half vertically (right sides together) Sew a vertical seam to create a tube (Fig. 2)
3. Fold hat in half along horizontal fold line (see Fig. 3) with seam allowance on the inside. Match seams (mismatched seams will cause twisting)
4. Reposition seam to the side (Fig. 4). Match 4 peaks and sew slanted seam by side of hat.
5. Sew the opposite 4 peaks (Fig. 5)
6. Refold hat so that the 2 sewn seams touch at the peak. Sew remaining 2 slanted seams. (Fig. 6)
7. Hat is done. Turn it inside out and add embellishments of choice.

