



Creations from the Heart

Pattern Guide

In appreciation for all that you do for the children and babies!



ARNOLD PALMER HOSPITAL
For Children

Supported by Arnold Palmer Medical Center Foundation



WINNIE PALMER HOSPITAL
For Women & Babies

Supported by Arnold Palmer Medical Center Foundation



Volunteer Services
321.841.5932

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Guidelines for Handmade Items

Thank you for making a difference in the lives of the patients and families at Arnold Palmer Hospital for Children and Winnie Palmer Hospital for Women and Babies. Handmade items are given as gifts to our patients as a keepsake. Here are some helpful hints to remember while you are knitting, crocheting, sewing or quilting items to donate.

- Our nurses request that colors for baby items be pastels (we ask that yellow not be used as it may make babies appear jaundiced)
- Blue, pink, green, lavender and multi-color yarns are great (no yellow)
- Due to infection control, all handmade items must be made of all new materials (not recycled)
- We ask that items be new and free of any fragrances, musty odors, cigarette smoke, food aromas or pet hair. Many of our patients have breathing problems or are sensitive to odors
- Currently we are **not** in need of any tiny preemie hats or baby booties as our babies do not wear these items
- Currently we do **not** need any hats in large sizes (toddler through teen)
- We do need hats for full-term babies

Items of greatest need include:

- Baby hats for full-term babies. Hats can be knit, crochet or sewn from soft stretchy fabric that holds its form. (College football colors are a plus)
- Blankets—knit or crochet. Varied sizes from 20" x 24" or larger
- Prayer squares
- Prayer shawls
- Bereavement gowns and burial pouches—sewn and lined only
- Fleece blankets
- Quilts—size appropriate for babies up to teens
- Quilts to cover incubators
- Pillows—varied shapes
- Pillowcases—standard size pillowcases that are appropriate for all ages toddler through teenage, boys and girls, for our patients at Arnold Palmer Hospital. For our patients at Winnie Palmer Hospital, we need pillowcases in patterns suitable for our moms-to-be and GYN surgical patients
- Snoedles



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WINNIE PALMER HOSPITAL
For Women & Babies
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Guidelines for Handmade Items

Donated items for Arnold Palmer and Winnie Palmer Hospital may be delivered or mailed to:

Arnold Palmer Hospital for Children

92 W. Miller Street, MP367

Attn: Volunteer Services Office

Orlando FL 32806

We have included our donation form (page 30) for your convenience. Please be sure to enclose a completed form each time you donate items. The donation form may be copied as needed.

The following pages contain sample patterns for some of our needed handmade items.

Other patterns and items may be accepted. Please check with the Volunteer Services Office before making any different items other than what is in this pattern book.

There are many sites on line that offer free patterns. Here are a few:

www.allfreeknitting.com

www.allfreecrochet.com

www.favequilts.com

www.yarnspirations.com

Reminder: We ask that all donated items be new and free of any fragrances, musty odors, cigarette smoke, food aromas and pet hair. Many of our patients have breathing problems or are sensitive to odors.

Crocheted Baby Blankets

Materials:

Afghan takes about 12oz. each of variegated pastel colors (color #1) and (color #2) knitting worsted weight yarn. Use crochet hook size K or size needed for gauge.

For small head it should stretch to 10-12" a around. (circumference)

For a medium-size head it should stretch to 12-14" a around. (circumference)

Gauge:

4 rows equal 2½ inches

Pattern: In color #1, ch 109

Row 1: Dc in 4th ch from hook * sk 2ch, 2dc in next ch repeat from *across — 36 V-clusters, ch3, turn

Row 2: Dc between first and second dc to make first V-stitch, *2 dc between dcs of next cluster, repeat from *across, ch3, turn. Repeat row 2 from pattern. Work 4 rows color #1, fasten off. Join Color #2, work 3 rows color #2 in pattern. Repeat until there are 10 sections color #1 and 9 sections color #2.

Border: Rnd 1: with Color #1, sc around, working 2 sc over each row and 5 sc at each corner

Rnd 2: Working through back lps only, sc in each sc around.

Fringe:

Wrap color #2 around a 4 inch cardboard. Cut one end. Hold 2 strands together; fold in half. With hook, draw folded lp through back lp in border, pull strand through and tighten. Knot fringe in each sc; trim, fringe.

Baby Blanket Pattern

Materials Needed:

4 ply yarn in pastel colors. pattern uses 4 skeins

Instructions:

- Use #8 or # 9 needles; it may be easier to use a circular needle after many sts on the needle
- Cast on 2 sts. First row K, 1 st, inc in next st
- 2nd row k 1 st inc in 2nd st K to end of row
- Continue to always K 1 inc in 2nd st and K to end of row
- Do this until the side measures 30 inches
- And then start to decrease, K 1 st and then K 2 tog
- K to end of row, do this every row until 2 sts remain on needle and then bind off

Fleece Blanket Pattern

Materials Needed:

1½" yard piece of double sided polar fleece. Fleece is usually about 55" wide.

Directions:

When purchased, sides of polar fleece have a rolled edge. This edge may be trimmed and finished by turning under and stitching, or simply left as is.

Place a piece of masking tape 6" in from the edge on top and bottom of blanket to be used as a cutting guide.

Cut top and bottom sides into 1" x 6" strips (cut toward center of blanket to make fringe).

Remove masking tape. Tie overhand knot on each strip to create a finished fringe edge.



Masking Tape



Cut top & bottom edges 6" in from edge

Fleece Baby Blanket Pattern

Materials Needed:

1 yard of fleece = 2 baby blankets

Directions:

Fold the material in half widthwise and cut on the fold. You now have 2 pieces of material 30" x 36" (you will be fringing the 36" sides)

To make the fringed edge, simply cut fringes approximately 3" deep and $\frac{3}{4}$ " wide

Snip a cut about 3" around edging (they don't have to be perfect)

Cut both ends of the blanket with this fringe

Now tie each fringe across the row into single knots

Tie a single knot on each fringe

Baby Quilt Pattern

Instructions:

- Cut 64 total 6" x 6" squares. Use at least two or more different fabrics
- Arrange the 6" squares in rows with every other color. Put 8 across and 8 down
- Pick up the first row of 8 and pin it together with a number one on it. Do the same for the other rows
- Now you are ready to sew each row. Sew all the squares together in row one and then do row 2, etc.... Use a $\frac{1}{4}$ seam
- After the rows are done, you are ready to sew the rows together
- Press seams toward the border. Layer and quilt by hand or machine

You will need strips to use as borders. Cut strips $2\frac{1}{4}$ " and the length of the quilt on all sides. Put right sides together and sew strips to quilt top. Turn under to wrong side and sew strips down by hand.



Quilted Incubator Cover Pattern

The incubator cover is used to completely cover the baby's incubator (Isolette) to block light, reduce noise and help retain heat.

Fabric Requirements:

- 1 yd. 28" of a child happy print for main front panel
- 20" of a coordinating fabric for borders
- 2 yards dark fabric for backing, 60" wide, (adapt if using 45")
- 2 yards light weight mostly cotton batting
- Sewing thread and floss to match your fabric

Instructions:

Cut main panel to 42" x 62", cut borders into 3" strips. Trim batting and backing after quilt top is complete.

Sew strips onto main panel starting at top, attaching clockwise, keeping your seam allowance to the middle, (eases in ditch stitching later).

Press well, turning both seam allowances to middle.

Lay right sides together with your backing material, then layer onto your batting. Trim batting and backing so that all three pieces measure 48" x 66" plus seam allowances. Pin well. Sew starting on the bottom edge (reinforce starting and stopping) with 1/4" seams, continuing around leaving an opening for turning the quilt right side out. Trim corners for neat corners when quilt is turned. Turn quilt right side out. Close opening with a suture or blind stitch. Align fabric edges, stitching in the ditch between main panel and border strips to secure edges with batting. Using embroidery floss in a coordinating color, tie quilt at close, regular intervals (example - 6" intervals) rather than machine or hand stitching.

You may use your own pattern as long as your completed quilt measures 48" x 66" and is dark on one side with happy child colors on the other side.

IMPORTANT: When choosing fabrics, pick bright and cheery baby prints for the top but use **ONLY dark solids** for the backing/inside (the side which will face the baby)

Knitted Baby Hat Pattern #1

Newborn nursery hats need to be made from yarn that is *soft & stretchy, yet holds its form*.

Please do not glue on pom-poms or tassels.

For small head it should stretch to 10-12" a around. (circumference)

For a medium-size head it should stretch to 12-14" a around. (circumference)

Materials Needed:

2 oz. soft 4 ply yarn

Size 8 knitting needles

Directions:

Cast on 54 stitches

1" in k2 across to form ribbing. (hat will measure about 11" across without stretching it.) Knit each row from now on for 6". Total height will be about 7". Stitch up open side seam with same color yarn. Weave around through top stitches and pull tightly. Sew on a pom-pom in contrasting color. These look adorable in pastels, with matching pom-poms.

Pom-Pom:

Take a 2 inch wide piece of cardboard, wind yarn around it at least 30 times

Slide yarn off cardboard carefully; tie in the middle and cut edges (to make separate strands). Trim loose ends. Use yarn to sew on pom-pom to cap.

Newborn nursery hats need to be made from yarn that is *soft & stretchy, yet holds its form*.

Suggested brands of yarn:

- Bernat Softee Baby®
- Red Heart®
- Baby Clouds®
- Baby TLC®
- Lion Brand®
- Caron Simply Soft®

****Do NOT use yellow yarn. Yellow may make babies appear jaundiced****

Knitted Baby Hat Pattern #2

The best yarn for this hat is Bernat Softee Baby® yarn as it is very *soft & stretchy, yet holds its form*.

For small head it should stretch to 10-12" a around. (circumference)

For a medium-size head it should stretch to 12-14" a around. (circumference)

Materials Needed:

Bernat Softee Baby® yarn

Size 3 knitting needles

Directions:

Cast on 72 stitches

1st row: knit 2, purl 2 to end of row ending with purl 2

2nd row: knit 2, purl 2 to end of row, continue until it measures 5½ inches

To make the crown: Knit 2 together, knit 1, continue to end of row;
next row: knit all stitches across, continue with these two rows until you have 15 stitches on needle. Pull tight, run thru stitches and sew together at the back. Fasten off. This will leave about a 2" brim.

Pom-Pom:

Take a 2" wide piece of cardboard, wind yarn around it at least 50 times. Slide yarn off cardboard carefully; tie in the center and cut edges—then trim to form a ball and tack securely thru hole at the top. Trim loose ends.

Special note:

To make the hats a little special, after 3 rows, add a little white to the to the brim, continue in pattern. Do 2 rows white, 2 rows colors, 2 rows white, then continue the rest in color.

****Do NOT use yellow yarn. Yellow may make the babies appear jaundiced****

Pumpkin Hat Pattern

(only between Sept—Nov)

Materials:

Size 9 US (5.5 mm) 16 inch circular needles
Size 9 US (5.5 mm) double points
1 ball heavy worsted (or 2 strands of lighter weight yarn held together)

Gauge:

16 sts = 4 inches

Instructions:

CO 63 stitches or a multiple of 9
Join, mark beg of round
*k8, p1; rep from * around
Work until about 5" for a standard baby hat



Then begin decreasing:

Row 1: *K6, k2tog, p1; rep from * around
Row 2: Work even in pattern, knit the knit sts, and purl the purls
Row 3: *K2tog tbl, k5, p1; rep from * around
Row 4: Rep Row 2
Row 5: *K4, k2tog, p1; rep from * around
Row 6: Rep Row 2
Row 7: *K2tog tbl, k3, p1; rep from * around
Row 8: *K2, k2tog, p1; rep from * around
Row 9: *K2tog tbl, k1, p1; rep from * around

Use green or brown yarn for the stem:

Row 10: *K2tog, p1; rep from * around
Row 11: *K2tog tbl around

Work for 3 rows on these few stitches, then decrease 1 st every row until 3 remain.
Work I-cord until 3 to 4 inches in length, k2tog, k1 and BO.
Cut yarn and thread a tapestry needle. Put needle down through stem, and attach to the inside. Fasten off the end of orange yarn.

Themed Baby Hats



Themed Sport Hats



Themed Holiday Hats



Crocheted Baby Hat Pattern

Newborn nursery hats need to be made from yarn that is *soft & stretchy, yet holds it form*. Please do not glue on pom-poms/tassels.

For small head it should stretch to 10-12" a around. (circumference)

For a medium-size head it should stretch to 12-14" a around. (circumference)

Materials Needed:

Baby or sport weight 2 ply
Size F needle
Red Heart® baby yarn (½ ounce)

Instructions:

All rows are worked back loop only (blo) of each st to create ribbing for stretchability

Chain 35

Sc in second ch from hook, sc in each st across. Ch 1, turn - 34 scs

Row 2: Sc in blo of each st across. Ch 1, turn - 34 scs

Continue in this pattern for 56 rows

Using tapestry needle, weave at end st of every other row along the 56 row portion, pull thread tightly and whip-stitch to firmly secure top crown

Hold weave side of row 1 and right side of row 56 tog, sl st with crochet hook, or weave through the blo of row 56, matching 34 corresponding sts

Fasten off, weave in ends

Sew on a small pom-pom for the crown

****Do NOT use yellow yarn. Yellow may make the babies appear jaundiced****

Newborn Sport Caps

Hats need to be made from yarn that is *soft & stretchy, yet holds it form*. Please do not glue on pom-poms/tassels.

For small head it should stretch to 10-12" a around. (circumference)

For a medium-size head it should stretch to 12-14" a around. (circumference)

Materials:

Size G hook
Darning needle

Instructions:

Ch 3 does not count as a DC

Rnd 1: With team color # one yarn, Ch 4. 10 DC in 3rd chain from hook (10 sts)

Join with slip stitch to top of DC

Rnd 2: Ch 3. 2 DC in each DC (20 DC) Join

Rnd 3: Ch 3. (1 DC in first stitch, 2 DC in next stitch) repeat around (30 DC). Join

Switch to team color # two yarn

Rnd. 4: Ch 3. (1 DC in first two stitches, 2 DC in next stitch) repeat around (40 DC).
Join

Switch to team color # one yarn

Rnd 5-10: 1 DC in each stitch. Join. Switch to team color # two yarn

Rnd 11: 1 DC in each stitch. Join. Switch to team color # one yarn

Rnd 12: Repeat
ends



Rnd 11. Weave in

Cotton Baby Hat

Instructions:

Step One: Start by printing out the pattern onto standard white paper. Cut the pattern from the paper. (Patterns on pages 18-19).

Step Two: Lay out the fabric (you will only need about 1.5 square feet of fabric at most). The fabric should be folded in half so that when you cut the pattern piece you will have 2 equal pieces. Pin the pattern to the fabric (or use pattern weights) and use the pattern as a guideline to cut the pieces from the fabric.

Step Three: With right sides together and a $\frac{1}{4}$ " seam allowance, sew the outer edges of the hat.

From here you have to decide which kind of hat you want to make. The rustic raw edge jersey cotton baby hat or the folded over infant cap.

For the raw edge infant cap you're almost done. All you need to do is turn the fabric right side out and give it a little bit of a press with a hot iron.

For a Stitched Folded Brim Baby Cap...

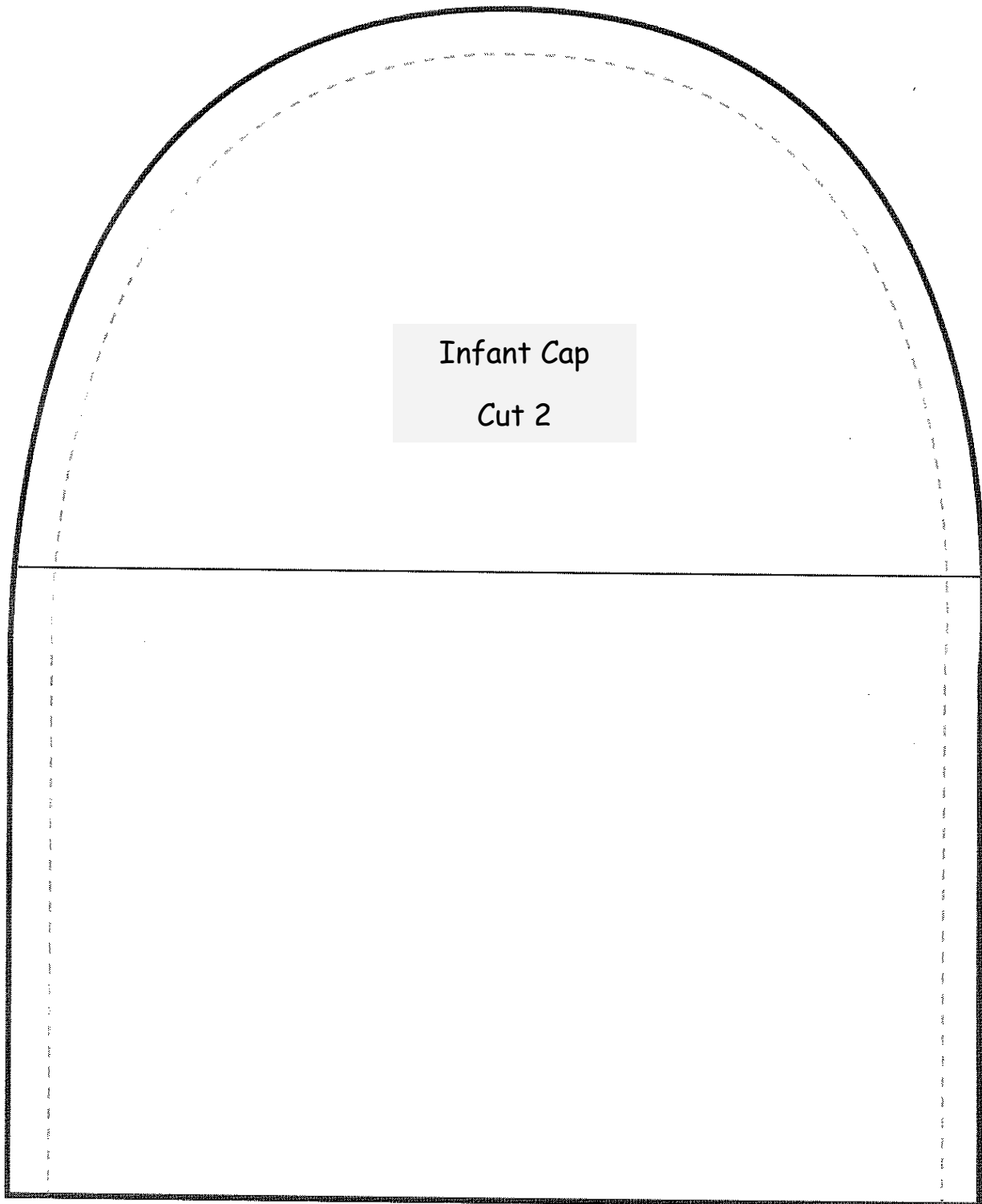
With the hat still facing wrong side out, fold the bottom edge up to meet where the horizontal line crosses on the baby hat pattern. Pin it in place and iron the bottom edge flat. Stitch across the fabric about a $\frac{1}{4}$ " from where the raw edge lays.

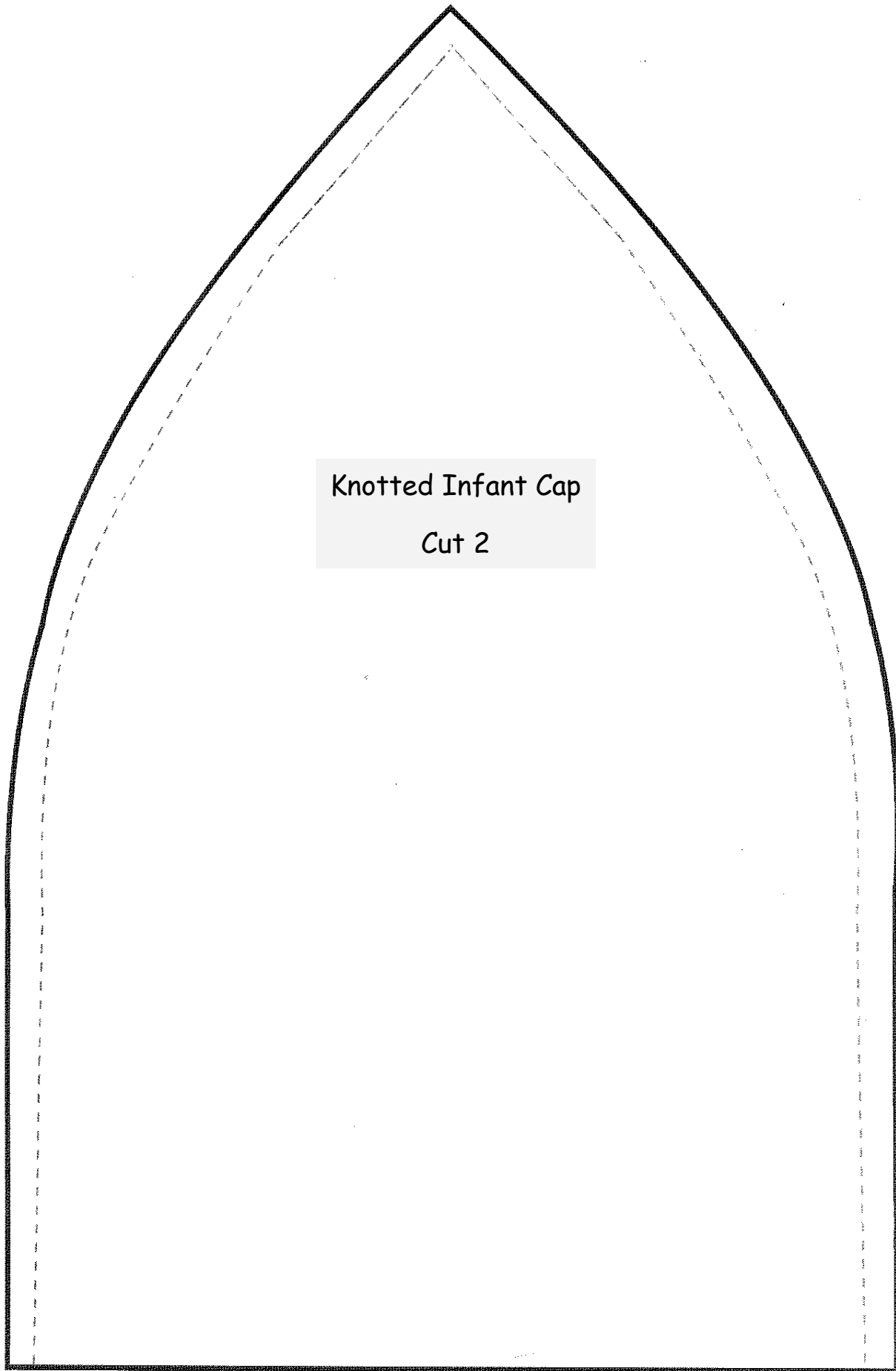
For A Raw Edge Stocking Hat

Like above, you'll be sewing a seam along the outer edges with a $\frac{1}{4}$ " seam allowance. These hats are best left with a raw edge, or with the bottom edge folded under by only $\frac{1}{2}$ ", pressed and sewn in place.

When you are done sewing, fold the hat right side out, press the hat with a hot iron and wear as is, or tie the top into a little knot.

****Do NOT use yellow fabric. Yellow may make the babies appear jaundiced****





Baby Burial Pouch

The loss of a baby is overwhelming for the parents. Having a hand made wrap for a fetal demise can bring comfort to those parents.

- These pouches are used for a mid-pregnancy loss when baby is too fragile to dress
- Pouch is made from soft fabric and is lined
- Finished size should be about 9" x 3½" folded
- Pouches are to be sewn open to the bottom seam and be able to be fastened with Velcro or ribbon
- Colors should be soft pastels or white (no yellow) or a soft pattern is also acceptable.



Baby Burial Gown

The gowns are used for late-pregnancy's or full-term loss:

- Gowns should have a loose neck opening and open at back for easier dressing
- Gowns should be made in preemie and full term sizes
- Gowns may be embellished with lace or appliques. Colors should be white or pastels. (no yellow)



Memory Envelope Pattern

Memory envelopes are keepsake envelopes given to the grieving family after the loss of their baby.

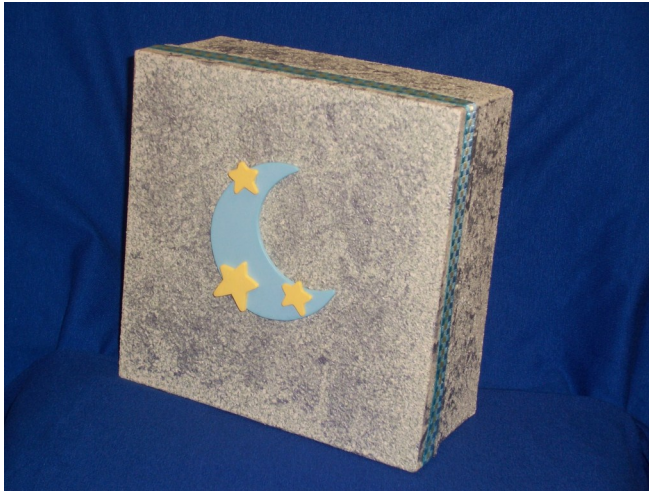
The construction and fabric should be of the highest quality, as it will be a long treasured keepsake to remind the parents of the baby they lost. Colors should be white, ivory, or pastel with a pastel lining. Suitable fabrics include weaver's cloth, linen-look, satin, and fine cottons. The flap must be able to be fastened shut with either sewn on button, ribbon, or Velcro.

Instructions:

1. Cut a piece of fabric and a piece of lining (can be the same or different) 14" x 24". Also, cut a lightweight interfacing or cotton batting the same size to be fused or sewn in. Sew or iron the interfacing to the wrong side of the lining. If sewn, use $\frac{3}{8}$ " seam around the entire lining.
2. Right sides together, pin the lining to the fabric all around. Sew together almost all the way around, leaving a 4" opening to turn right side out. Clip the corners.
3. Turn the whole thing right side out. Press, squaring corners and folding under the raw edges of opening. Top stitch $\frac{1}{8}$ " from the edge along one short end. Fold this end up 9", lining inside, fabric outside, to create the envelope pocket. Pin in place. Stitch $\frac{1}{8}$ " from the edge, starting at fold, going up the envelope side, across top (which will be envelope flap) and down to bottom fold.
4. Keep embellishments on the envelope flap to a minimum.
5. Cut a one yard piece of $\frac{1}{4}$ " or wider ribbon and attach (by hand or machine) to the outside of the flap, centering it close (1" - 1 $\frac{1}{2}$ ") to the short edge. Position ribbon by tying a bow and pinning onto flap; one end should be much longer than the other when attached. Fray check the ends of the ribbon.



Memory Box Pattern



Memory boxes are keepsakes to be given to grieving families after the loss of their baby. Baby's clothing, birth certificate, a lock of hair, arm bracelet or photographs might be placed inside the box.

You may find boxes to decorate at any craft store

Decorate boxes in baby colors with baby themes

Boxes should be approximately 4 inches in depth and 8 inches wide

Note: **NO SHOE BOXES PLEASE.**

Heart & Comfort Pillow Pattern

A comfort pillow needs to be small, soft and washable. It can provide both physical and emotional comfort during treatment and recovery after surgery.

Dimensions can be up to:

12" x 12"

Pillows can be in any shape:

Heart

Square

Rectangle

Animal

Stuffed with poly-fill and sewn shut.



Snoedel

Snoedel is a Dutch term meaning "snuggle". It is designed to be a sleeping and bonding aid. Snoedels bring comfort and "aromatherapy" of the very best kind; the scent of a mom or dad. Hospitals have found that the Snoedels have been particularly helpful for premature babies who are separated from their parents right after birth.

NO embellishments of lace, applique, embroidery, buttons. etc.

Snoedels are made from 100% soft cotton or flannel fabric and hand stitched. The head is stuffed with pure clean and carded sheep's wool.



Prayer/Healing Shawl

Lion Brand® and Homespun®

Gauge:

Exact gauge is not essential

Instructions:

Loosely chain about 43 stitches

First row half-double crochet in third chain from hook and in each chain across.

Repeated row chain 2, turn. Half-double crochet in each half-double crochet across.

Work about 2½ skeins in this pattern. Use the rest of the yarn for fringe, which can be from 3" to 9" long. Knot the ends of the fringes to keep the yarn from frizzing.

NOTES:

Because different knitting ministry groups and individuals make prayer shawls in their own ways, there is a great deal of variation. This pattern gives a sample of how to make a knit or crocheted shawl. Your individual choices in yarn and hook size will affect the finished size and thickness of the shawl, but there isn't one "right" way.

Crochet uses more yarn than knit, so a crochet shawl will be a bit smaller than a knit one made with the same number of yarn skeins. To make a larger one, start with a longer chain and use an additional skein.

When creating fringe using Homespun® please note that because of the texture of the yarn the fringe will fray when cut. If you prefer a non-frayed look you can knot the ends, knit or crochet a loop fringe, or use hairspray or fray check.



Military Prayer Squares with Hearts

These are worked with worsted weight yarn on size 8 needles. Exact gauge is not as important as general proportion. Make sure the finished product is roughly square and the motif looks right.

Cast on 25 stitches

Rows 1- 4 Knit across

Rows 5-10 Odd rows K across.

Even rows K3, P19, K3

Row 11 K12, P1, K12

Row 12 K3, P8, K3, P8, K3

Row 13 K10, P5, K10

Row 14 K3, P6 , K7, P6, K3

Row 15 K8, P9, K8

Row 16 K3, P4, K11, P4, K3

Row 17 K6, P13, K 6

Row 18-20 & 22 K3, P2, K15, P2, K3

Row 19 & 21 K5, P15, K5

Row 23 K5, P7, K1, P7, K5

Row 24 K3, P3, K5, P3, K5, P3, K3

Row 25 K7, P3, K5, P3, K7

Row 26-31 Even rows K3, P19, K3 odd rows K across

Row 32-35 K across

K one more row, binding off



Me Doll Instructions

Due to the size of this pattern, the pattern and instructions are available upon request.

Supplies:

- 12" x 17" piece of tracing paper (for your pattern)
- $\frac{1}{3}$ yard of 36" or 45" woven cotton or poly/cotton fabric in skin tones
- Sewing thread to match fabric
- Polyester stuffing
- Yarn for the hair
- Fabric for gown

Note: The hospital is in need of Me Dolls in a variety of skin tones (tan, brown and beige) in order to better serve our diverse cultures.



Rolled Pillowcase Pattern

Materials:

Flannel or 100% cotton fabric

Focus fabric – 27" X 42" ($\frac{3}{4}$ " yard)

Contrasting cuff fabric – 11" (11" X 42")

Accent trim fabric – 1 $\frac{1}{4}$ " x 42"



Instructions:

- Fold and press accent trim in half with wrong sides together
- Place cuff fabric right side up with raw edges at top and bottom with the selvages at sides
- On top of cuff fabric, place focus fabric right side up
- Now place folded accent trim on top of focus fabric lining up all raw edges
- Pin all layers together
- Sew with a scant $\frac{1}{4}$ " seam
- Trim selvedge edges so they are even
- Next lay your sewn pillowcase fabrics flat on table in front of you with sewn edge at top
- Roll the bottom of focus fabric to top within a few inches of sewn edges
- Now take the bottom of cuff fabric and line it up with the raw edges at top. Pin and sew with a $\frac{1}{2}$ " seam
- Reach your hand into roll and turn it right side out
- Press pillowcase. Pin being careful to match your accent trim. Sew wrong sides together with a scant $\frac{1}{4}$ " seam
- Turn wrong side out, press again and sew with a $\frac{1}{2}$ " seam. Turn one last time and press



Creations from the Heart ♥ Donation Form

Volunteer Service Department

Donation Date: _____

Please print name: _____

Organization name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Knit or Crochet	Amount	Office Use	Sew or Quilt	Amount	Office Use
Blankets – write in approx. size (Small)			Heart, neck and comfort pillows & Bear Pillows		
Blankets – write in approx. size (Large)			Bereavement Gowns		
Prayer Shawls			Bereavement Pouches		
			Me Dolls with robes		
Prayer Squares			Memory Envelopes		
			Snoedels---		
Baby Hats			cotton		
			flannel		
			Pillow Cases - Standard		
Other – Please List			Pillow Cases - French Seam with banding		
			Memory Boxes		
			Fleece Blankets - crochet edge		
			Fleece Blankets - plain or tied edge		
			Quilts---		
			hand pieced		
			whole cloth		

Office use only below this line

Total Knitted or Crocheted Items _____

Total Sewn or Quilted Items _____

Total Other _____

Total Items Donated: _____

Office Use Total: _____