



# Preemie Pillows

**\*\*Please DO NOT pre-wash the fabrics\*\***

UNM Hospital will launder all pillows before they are distributed to the Newborn Intensive Care Unit

## What's included in your Preemie Pillow Kit:

- Instructions
- Tracing template for C-shaped pillow
- Fabric strips of varying widths (2.5 inch, 5 inch, 7 inch, 8.5 inch)
- Volunteer information card

## Instructions:

Separate your fabric strips by width (2.5 inch, 5 inch, 7 inch, 8.5 inch) and cut the following from each:

- From the 2.5 inch strip
  - Four 2.5" x 8.5" tubes (will make two pillows)
- From the 5 inch strip
  - Eight 5" x 5" squares (will make four pillows)
- From the 8.5 inch strip
  - Six 8.5" x 5.5" rectangles (will make three pillows)
  - Two 8.5" x 2.5" tubes (will make one pillow)
- From the 7 inch strip
  - Six C-shapes (will make three pillows)

Place fabric pieces right sides together and sew 1/4" seam around the entire border, remembering to leave a 2 inch wide opening for adding the poly-fil stuffing. You might want to trim the inside corners and make snips around the interior of the C-shape to make the shapes more crisp.

Once all side seams are sewn, turn pillow right side out. Pillows can be returned to Hip Stitch and will be sent on to UNM Hospital to be stuffed and sewn closed.

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If you would like to complete the pillows yourself, you will need to purchase Poly-fil Premium Polyester Fiber Fill and stuff each pillow, then hand or machine sew closed.

The C-shape and tube pillows should be stuffed with enough poly-fil so they are **FIRM**. The rectangle and square should be 3/4 full and **SOFT**.

Remember to complete the Volunteer ID card so UNM Hospital can recognize you for all your hard work! Thank you!

**In person sew-ins happen on the 3rd Tuesday of the month 1p-3p at Hip Stitch—join us!  
Questions? You can email Becky at [hellohipstitch@gmail.com](mailto:hellohipstitch@gmail.com)**