FOLD

Use under supervision and never when baby sleeps due to suffocation / overheating risks.

Head/Neck Pillows: Child & Adult Template*

More Pictures and Information at www.LoveMendingSouls.org

Mending Souls

Need (2) of 14"x11" minky or flannel, poly-filling stuffing, MS Label

If you need labels please come to headquarters and we'll help you finish!

Fold <u>flannel</u> at the 'Fold', cut double-layer of template for a Front and Back. *If using <u>minky</u>, make a WHOLE template first due to minky is too slippery for cutting at a fold.* Right Sides Together stitch along outer using 3/8" seam, leave approx. 3" TURN OUT opening along an outer side where not touching baby. (See arrow.)   Turn right side out and stitch in MS Label at the top of opening. OVER stuff with poly-filling until tight (needs to support baby's head) EXCEPT leave near empty at the opening so you can topstitch closed. Massage filling to evenly distribute when finished.

*For ADULT TEMPLATE: <u>Add 1.5"</u> to this template outline

Leave 3" open to TURN OUT

Mending Souls

v.032623