



# Mending Souls Fabric Books

More pictures at [www.LoveMendingSouls.org](http://www.LoveMendingSouls.org)

**Need:** ♥Light-colored cotton/poly (2) of 12x38" ♥(1) home decor/denim 14x20"

**Options:** ♥Velcro ♥plastic snaps ♥felt, minky, realistic fabric prints

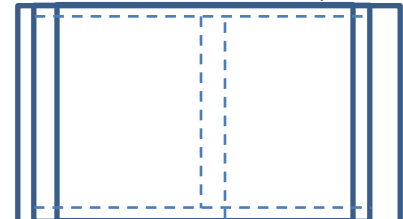
♥ribbon ♥plastic rings ♥fabric markers

**Prep:** Outside (short edges) will be stitched into center so leave them raw. Top and Bottom (long edges) are either pinking-cut (zig zag), serged, have blanket binding/bias tape, or double-folded-over hemming (then 2 pieces are of 13x38", Cover is 15x21").



2 pieces of 12 x 38"

Solid = Fold Lines  
Dotted = Stitch Lines



Pages 1-8 inside cover

## **Assembly:**

Compose 4 equally sized pages (8.5x11" with leaving .5" margins all around) on one side of 12x38" by creating any safe activities listed below. When finished, fold outer two pages into center, along fold lines, and stitch onto itself, the center two stitch lines, creating 4 book pages. Stitch one horizontal line across the top and one across the bottom to seal the pages. Repeat with other 12 x 38. Place spine centers on top of one another, covering the raw edges, with 14 x 20" behind them as the book cover, stitch along center stitch lines.

## **Be sure your Book can pass 3 tests:**

- Will it hold up to regularly cleaning in the **Washer and Dryer**?
- **Smooth and Tug test:** nothing sharp, no pieces easily pulled off, or fraying off, to put in mouth.
- **Circulation test:** 4" max strings - can any string be wrapped around finger to cut off circulation?  
Each of the two cotton/poly pieces are for 4 pages.

## **Tips:**

- Velcro is great for textures, but over time as closures they won't work well. Plastic snaps are best.
- Anything metal and stone fall apart and hurt washing machines. Jean buttons or rivets, or bra hooks/extendors are great because they have small, coated metal that is designed for washers/dryers. NO glitter; very serious hazard, but metallic-thread fabric is fine.
- Anything noisy like bells (but crinkle fabric is ok) are not only annoying to staff monitoring patient groups, but also dangerous because they need to hear cries or other 'bad' sounds from patients.
- Real home décor fringe is not recommended because it easily falls apart when washed repeatedly. Be sure all knots, that are meant to stay knots, are securely sewn shut.
- Ribbon loops allow for attachments that can be removed like loofahs with a loop that is pulled through on itself to stay attached until washing. Just remember these items will be washed by hand and is more work for staff to attach/detach. Secure ribbons by stitching under items like pads/appliques. Don't use ribbons of craft paper quality or with metal in them for shaping.

- If one is made for children you personally know, creating a theme around their favorite colors and animals, or printed fabrics to include their loved ones or pets, are great. Realistic 'photo' images of nature, and everyday objects around home or work are great for playing the 'what is it?' game.
- Avoid Soft plastics and vinyl (often cat toys/squishable plastic) - melt in dryers and are easily torn.

### **Top 10 List of Suggestions** (Add multiples of these Top 10!):

Try to add all of these items securely, in any creative fashion to stimulate with TEXTURES AND COLORS. Try layering these. Be sure to WAIT until the END with the **Final 'Touches' of Sensory Tracing Appliques**. You can add the smaller items around or ON TOP OF others. For example: the pocket/pet pad/ button can be under the Fabric Book; zipper can be on top of the Memory Game.

1. **Applique Textures & Images** *Be sure all edges are either secured by zigzag stitch, or if they are loose, edges are either hemmed, serged or pinking-cut (zig zag scissor cut) to avoid fraying.* Some felt or fleece are non-fraying and can be used as well. Ideally use textures like flannel, minky, home décor, brocades, satins, corduroys, AND Designs that are very realistic prints and familiar to be named like animals, nature and food items, sports, etc. Remember stereotypical 'masculine' items too like tools and sports –nurses complain about books that have *only* stereotypical feminine items. Cut out fabrics in shapes of animals, numbers or letters that you can trace from books or from printed internet images.
2. **Pocket** secured on 3 sides, 4" x 4" works well. Or "finger-size" **Tunnel** secured on 2 sides. Home décor fabrics like denim are best. Use actual upcycled pockets from clothing! Soft items that can 'swing' in and out of pocket on 4" max string can be fun. Avoid buttons for easy play.
3. **Petting Pad** section that is heavily secured around edges to avoid fraying. Use faux fur / minky. Stuff with fiberfill and sew down as raised pad OR cut into shape of animal, make pocket to keep.
4. **Oversized Button with Ponytail Holder** or elastic loop to wrap around button. 1.5" with texture or interesting shape, larger is best, super secured down. Attach button first. Test loop stretch to be sure just long enough to loop button – stitch down until NO HAND can slide into ponytail holder.
5. **Zippers** Larger tooth the better. Use candle wax to coat for smoother slide. If zipper pull has a hole, add ribbon for easy pull.
6. **Three strings** 5" total length, then stitch 1" down, leaving 4" long, *right beside each other* for tying knots or braiding. Be sure tips are hemmed, serged or shoestring tips. Can be more than three!
7. **Slider** secure one string of shoestring, stitched bias tape, cord, grosgrain, non-fray ribbon, and place empty (hard plastics) spool/bobbin/rings to slide across string 2" in both directions. If long string, multiple sections can be stitched down for multiple other sliding objects in those sections.
8. **Flip cover or Ruffled Skirt** Surprise and reveal by covering any item or applique.
9. **Ribbon loops** Use durable fabric ribbon for sewing, NOT craft ribbon (feels like paper), or grosgrain, shoestrings or entire section of jean belt loops. These loops are for attaching and detaching items on clips rings like loofahs, light-up balls, etc. *Ribbon loops often placed around the Pet Pad or Pocket to maximize use of space. Avoid ribbon with metal (craft-shaping ribbon).*
10. **Fringe Memory Game:** **Along one of your borders, have a long strip of fleece at least 3.5" tall and as wide/long as you desire, stitched only across the top.** Our strip that was 11" x 3.5", 1/2" stitched at top and sides, sliced every 2" apart, created 5 flaps. Under each fringe 'flap' sew in a surprise fun applique. Fun game of memory: *What's under this one?*

*Add Mending Souls LABEL and Sign Your Name in Permanent Marker!*

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## Fill in FINAL 'TOUCHES' AKA Sensory Finger Tracing Appliques

Think contrasting textures and colors for finger tracing! Fun hand-eye coordination games like *"can you follow the yellow string?"* Use strips of **Lace**, **sequins**, **rick rack**, **elastic pulls** with max stretch 4", different colored **shoe strings** in wave, circular or zig zag patterns that (are stitched down), or stuffed fiber fill 'speed bumps/pillow pads.' Use appliques or fabric markers for objects, letters, and numbers. These great fussy-cuts or appliques can fit around, or on, the activities.



#1/8 Textures/prints



#2 Pocket #7 Spool Slider



#3 Petting Pad



#4 2" button w/ ponytail



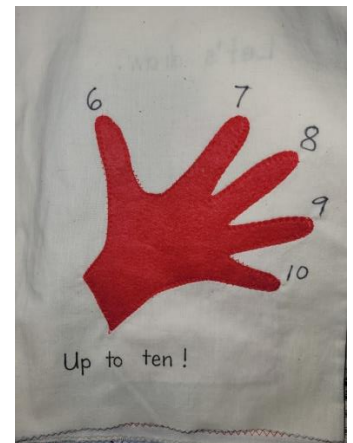
#10 Memory Game with Zipper / Lace on top, appliques underneath #2 Pocket w/ Pull Out & #9 Loops



#3 Pillow pad, #6 strings, #5 zipper



Applique felt hand and label w/Fabric Markers

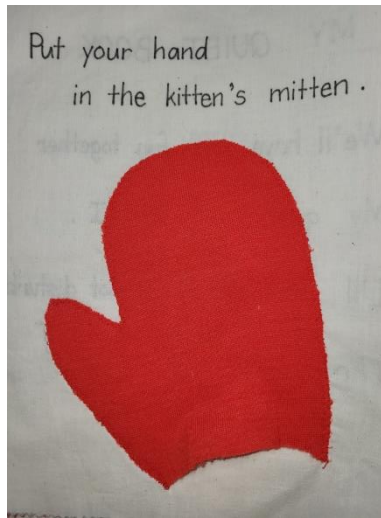




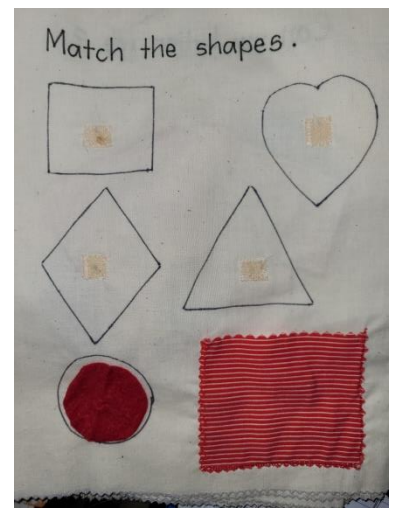
**MORE Ideas:**



Applique faux fur in animal shapes



Felt mitten to insert hand



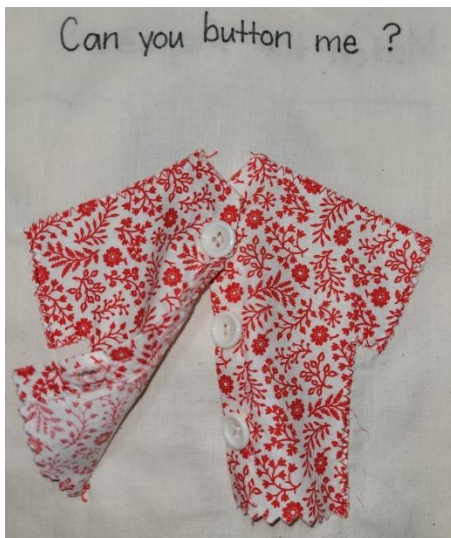
Velcro Felt Shapes & pocket



Applique shapes, zippers, yarn



Eyelet tool with shoe string



Applique shirt with 3 buttons



Paper fastener on laminated hands



I Can Do It at [sewbaby.com](http://sewbaby.com)