

## NICU Pillow Case Sheets

Use cotton or flannel fabric only.

Wash and dry all fabric before cutting out. Special detergent is not necessary but do not use one with added scent. Do not use fabric softener.

These pillow case sheets do not have a cuff or flange. They are just hemmed.

### Instructions:

- Cut piece of cotton or flannel 31" wide by width of fabric (WOF)
- Turn the WOF side 1/2" and press
- Turn again 1/2" and press
- Top stitch
- Fold in half with right sides together
- Stitch around the side and bottom
- Zig-zag the edges or serge or do a french seam
- Turn inside out

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## NICU Lifting Pads

Use cotton or flannel fabric only.

### Instructions:

- Cut 2 pieces 15" x 15" square of fabric
- Cut 1 piece 15" x 15" square of cotton batting
- Lay the fabric right sides together
- Lay the batting on top
- Stitch around leaving 2" - 3" open
- Turn inside out
- Top Stitch around.
- Quilt with either a random stitches or just straight stitch with walking foot 3 or 4 times.

When done, wash and dry. No special detergent. No dryer sheets.

You can also cut 10" x 15" and make them a little smaller.

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