

BEADS OF COURAGE BAGS



Lucile Packard Children's Hospital is proud to be an approved hospital supporting the Beads of Courage Program. The Beads of Courage Program is a resilience-based intervention designed to support and strengthen children and families coping with serious illness.

Through the program children tell their story using colorful beads as meaningful symbols of courage that commemorate milestones they have achieved along their unique treatment path.

Upon enrollment each child is given the Beads of Courage bead color guide with a detachable membership card. Their Beads of Courage journey begins when each child is first given a length of string and beads that spell out their first name.

Colorful beads (each representing a different treatment milestone) are given to the child by their professional health care provider to add to their Beads of Courage collection throughout their treatment as determined by the Beads of Courage Bead Guide .

To continue our support of this program, LPCH is seeking volunteers to sew the Beads of Courage bags for these brave children. Your help with this endeavor will be greatly appreciated. At Packard Children's, this program is currently used with Bass Center, the Heart Center and acute care units.

To learn more please visit: www.beadsofcourage.org
Beads of Courage, Inc. is an approved public charity under I.R.S. Code Section 501©(3), based in Tucson, Arizona.

When completed, Beads of Courage bags should be delivered to Lucile Packard Foundation for Children's Health at 400 Hamilton Avenue, Suite 340, Palo Alto, California 94301 for delivery to various units at LPCH.

Thank you for your interest in this project.

Instructions:

Fat quarters are great for this project. There will be a small scrap left over.

Focus Fabric - Cut two 9" x 12" - With RS together sew a $\frac{1}{2}$ " seam on both long sides making a tube. Press seams open.

Lining Fabric - Cut two 9" x 12" - With RS together sew a $\frac{1}{2}$ " seam on both long sides making a tube. Press seams open.

Turn lining right side out and place inside of focus fabric (RS together). Line up seams and sew a $\frac{1}{4}$ " seam around the top of the tube. Turn right side out. Press seam towards lining. Tuck the lining back inside and press the top seam flat.

Place tube on the open arm of the sewing machine and sew a seam at 2" from top. When you get to the two seams back tack about 1/4" across the seam. Sew another seam 2-3/4" from the top back tacking again at the seams. (This makes the seams stronger for the cording to be pulled through. Using a stitch unpicker, pop the seam between the two back tacks on focus fabric for cording to be pulled through. Turn project wrong side out and serge all layers together. Turn right side out and press bottom seam. Cut two 26-" pieces of cording. Using a large safety pin fold back about 1/2" of cording and pin through the folded edge. Starting at one seam, thread all the way around the bag. Tie ends of cording together in a knot. Do the same with the other seam.

For a small bag cut fabric 7" x 10" and proceed the same as above except when stitching the two rows at the top for cording sew first row 1 1/2" and the second row at 2 1/4". Be sure to back tack at seams. Cut cording 17"

As always, we encourage all handmade items to be made in a clean, smoke-free, pet-free environment. For questions, contact heartsandhandsaffiliate@lpfch.org.

<http://www.stanfordchildrens.org/en/volunteer/hearts-and-hands>

