

## FISH POCKET PALS



The pocket pals are distributed and used by a wide variety of hospital departments at LPCH and loved by patients of all ages.

Fish are made from 100% cotton fabric in solids, small prints and/or check fabric. All colors of fabric may be used. Eyeballs and pupils are cut from felt. A half-yard cut of 45" fabric will yield approximately 6 fish. All handmade items should be made in a clean, smoke-free, pet-free environment.

Directions: Wash, dry and iron cotton fabric.

Cut: 2 body pieces from cotton

2 eyeballs from white felt

2 pupils from dark colored felt

(e.g. pupils can be shades of black, blues or browns)

Stitch pupil to eyeball with corresponding colored thread. Repeat with other pupil. Stitch eyeball to fish body. Repeat with other eyeball. Pin right sides of fish bodies together. Carefully insert Hearts and Hands label where shown on pattern. Leaving a 1-1/2" opening (as shown on pattern) stitch around fish body. Clip curves. Turn right side out. Press, stuff with polyfill and hand stitch opening closed. Finished Fish should be placed in plastic bags bearing the Hearts and Hands seal.

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

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



# FISH POCKET PAL PATTERN

