

RABBIT 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.

Rabbits are made from 100% cotton fabric in solids or small print designs. All colors of fabric can be used. Inner ears, nose, and eyes are cut from felt. A half-yard cut of 45" fabric will make approximately 4 rabbits. All handmade items should be made in a clean, smoke-free, pet-free environment.

Directions: Wash, dry and iron cotton fabric. Cut 2 Rabbit heads from cotton fabric. Cut other pieces from appropriate colored felt. Lay inner ear felt piece on to cotton ear piece and sew. Repeat with other ear. With right sides together sew cotton earpieces together leaving opening at flat side. Clip curves. Turn right side out. Iron. Lay pupil over eyeball and place onto rabbit's face and sew using thread that matches the color of the pupil. Repeat with other eye. Sew nose on face using matching colored thread. With right sides together, carefully pin rabbit's face together, careful to tuck rabbit ears out of stitch line. Carefully insert a Hearts and Hands label at the base of the rabbit's face. Stitch front and

back together leaving an opening at the bottom center of the rabbit's head. Clip curves. Turn right side out. Iron. Stuff with polyfill. Hand stitch the opening closed. Finished Hearts should be placed in small 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.

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



