A Pattern Guide
For
Tampa General Hospital's
Caring Crafters

TGH Tampa General Hospital®



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GUIDELINES FOR HANDMADE ITEMS

Thanks so much to the many generous, creative members of the Tampa Bay community and beyond for the beautiful handcrafted gifts you have provided for our patients and their families. Each item is greatly appreciated for the love and comfort they provide.

Items Needed

As a major medical center for the Tampa Bay region, Tampa General treats patients from the tiniest preemies to senior adults. Your donated handmade items bring a more positive hospital experience for these patients and their families.

These are some of the items that we gladly welcome:

- Hats (knitted, crocheted, or sewn from soft stretchy fabric that holds its form) of varied sizes:
    - Tiny hats for our preemie babies in the NICU (Neonatal Intensive Care Unit)
    - Small hats for our full-term, newborn babies
    - Adult-sized hats for patients undergoing chemotherapy
- Blankets – knit or crocheted
- Quilts
- Bereavement gowns and burial pouches
- Pillowcases
- Booties
- Baby Sweaters or Gowns
- Snoedles

Due to infection control, all handmade items must be made of new materials and free of fragrances, musty odors, cigarette smoke, food aromas or pet hair.

TO DONATE

Please mail or deliver your items to:

Tampa General Hospital
Volunteer Services, #F129
1 Tampa General Circle
Tampa, FL 33606

Please include the number and types of items you are donating as well as your name, address, and other contact information. For your convenience, you can find a donation form on the last page of this guide.

For more information or to arrange a donation delivery, please call TGH Volunteer Services at (813) 844-7449 or email us at volunteer@tgh.org.

On the following pages, you will find sample patterns for some of the needed handmade items. They are by no means the only patterns we will accept. Please feel free to use your creativity. You can also download free patterns on the Internet. Some of the websites include:

www.allfreeknitting.com
www.allfreecrochet.com
www.favequilts.com
www.yarnspirations.com
www.headhuggers.org
www.chemocaps.com

CROCHETED BABY BLANKETS

Materials

Afghans take about 12oz. each of variegated pastel colors (color #1) and (color #2) knitting worsted weight yarn. Use crochet hook size K or size needed for gauge.

For a small head, it should stretch to 10-12" around. (circumference) For a medium-size head, it should stretch to 12-14" around. (circumference)

Gauge:

4 rows equal 2½ inches

Pattern: In color #1, ch 109

Row 1: Dc in 4th ch from hook * sk 2ch, 2dc in next ch repeat from *across — 36 V-clusters, ch3, turn

Row 2: Dc between first and second dc to make first V-stitch, *2 dc between dcs of next cluster, repeat from *across, ch3, turn. Repeat row 2 from pattern. Work 4 rows color #1, fasten off. Join Color #2, work 3 rows color #2 in pattern. Repeat until there are 10 sections color #1 and 9 sections color #2.

Border:

Round 1: with Color #1, sc around, working 2 sc over each row and 5 sc at each corner.

Round 2: Working through back lps only, sc in each sc around.

Fringe:

Wrap color #2 around a 4 inch cardboard. Cut one end. Hold 2 strands together; fold in half. With hook, draw folded lp through back lp in border, pull strand through and tighten. Knot fringe in each sc; trim, fringe.

BABY BLANKET PATTERN

Materials Needed:

4 ply yarn in pastel colors. Pattern uses 4 skeins

Instructions:

- Use #8 or # 9 needles; it may be easier to use a circular needle after many sts on the needle.
- Cast on 2 sts. First row K, 1 st, inc in next st.
- 2nd row k 1 st inc in 2nd st K to end of row.
- Continue to always K 1 inc in 2nd st and K to end of row.
- Do this until the side measures 30 inches.
- Then start to decrease, K 1 st and then K 2 tog.
- K to end of row. Do this every row until 2 sts remain on needle and then bind off.



FLEECE BLANKET PATTERN

Materials Needed:

1½” yard piece of double sided polar fleece. Fleece is usually about 55” wide.

Instructions:

- When purchased, sides of polar fleece have a rolled edge. This edge may be trimmed and finished by turning under and stitching, or simply left as is.
- Place a piece of masking tape 6” in from the edge on top and bottom of blanket to be used as a cutting guide.
- Cut top and bottom sides into 1” x 6” strips (cut toward center of blanket to make fringe).
- Remove masking tape. Tie overhand knot on each strip to create a finished fringe edge.
- Masking Tape Cut top and bottom edges 6” in from edge.

The finished blanket (excluding fringe) will be approximately 42” x 55.”



NO-SEW FLEECE BABY BLANKET PATTERN

Materials Needed:

1 yard of fleece (60” wide) equals 2 baby blankets.

Sharp fabric scissors.

Masking tape or ruler.

Instructions:

- Fold the material in half widthwise and cut on the fold. You now have two pieces of material 30” x 36” (you will be fringing the 36” sides).
- Cut a 4” square out of each corner of the fleece.
- To make the fringed edge, simply cut fringes approximately 3” deep and ¾” wide.
- Snip a cut about 3” around edging (they don’t have to be perfect).
- Cut both ends of the blanket with this fringe.
- Now tie each fringe across the row into single knots.
- Tie a single knot in the middle of each fringe, not at the base of the fringe.



BABY QUILT PATTERN

Instructions:

- Cut 64 total 6” x 6” squares. Use at least two or more different fabrics.
- Arrange the 6” squares in rows with every other color. Put 8 across and 8 down.
- Pick up the first row of 8 and pin it together with a number one on it. Do the same for the other rows.
- Now you are ready to sew each row. Sew all the squares together in row 1 and then do row 2, etc.… Use a ¼ seam.
- After the rows are done, you are ready to sew the rows together.
- Press seams toward the border. Layer and quilt by hand or machine.

You will need strips to use as borders. Cut strips 2¼” and the length of the quilt on all sides. Put right sides together and sew strips to quilt top. Turn under to wrong side and sew strips down by hand.



ISOLETTE COVERS

Materials Needed:

Fabric: Two 1-yard pieces of fabric

Batting: One piece of batting, approximately 36” x 40”

Notions: Thread, rotary cutter, mat, ruler, straight pins, and basting spray

Instructions:

- Iron fabrics and batting (if it is cotton). Square up the cut sides. Remove selvedges from both fabrics. One piece of fabric will likely be a bit smaller than the other, because of slight variations in fabric widths.
- Lay the smaller piece right side up on the batting. A light spritz of basting spray will help keep the layers together. Trim exactly around the sides of the fabric, so that the batting is the same size as the fabric.
- Place the trimmed fabric/batting right sides together with the larger piece of fabric (the batting will be facing you). Smooth the layers, and pin them together along all four sides.
- Using a walking foot on the machine, stitch around the edge of the smaller fabric with a ½” seam, leaving an opening of about 12” on one side for turning.
- Trim the excess larger fabric. Trim the corners. Turn the cover right side out and press the edges carefully. Stitch the opening to close it.
- Topstitch all around the cover, about ½” from the edge.
- Quilt in a simple grid pattern.

KNITTED BABY HAT PATTERN #1

Hats need to be made from yarn that is soft & stretchy yet holds its form.

Please do not glue on pom-poms or tassels.

For small head it should stretch to 10-12" around (circumference). For a medium-size head it should stretch to 12-14" around.

Materials Needed:

2 oz. soft 4 ply yarn

Size 8 knitting needles

Instructions:

- Cast on 54 stitches
- 1” in k2 across to form ribbing. (hat will measure about 11” across without stretching it.) Knit each row from now on for 6.” Total height will be about 7.”
- Stitch up open side seam with same color yarn. Weave around through top stitches and pull tightly. Sew on a pom-pom in contrasting color. These look adorable in pastels, with matching pom-poms.

Pom-Pom Instructions:

- Take a 2-inch wide piece of cardboard, wind yarn around it at least 30 times.
- Slide yarn off cardboard carefully; tie in the middle and cut edges (to make separate strands). Trim loose ends.
- Use yarn to sew on pom-pom to cap.

Suggested brands of yarn:

- Bernat Softee Baby®
- Red Heart®
- Baby Clouds®
- Baby TLC®
- Lion Brand®
- Caron Simply Soft®

KNITTED BABY HAT PATTERN #2

The best yarn for this hat is Bernat Softee Baby® yarn as it is very soft and stretchy yet holds its form.

For a small head, it should stretch to 10-12" a around. (circumference).

For a medium-size head it should stretch to 12-14" a around.

Materials Needed:

Bernat Softee Baby® yarn

Size 3 knitting needles

Instructions:

- Cast on 72 stitches
- 1st row: knit 2, purl 2 to end of row ending with purl 2.
- 2nd row: knit 2, purl 2 to end of row, continue until it measures 5½ inches.

  To make the crown:
- Knit 2 together, knit 1, continue to end of row; Next row: knit all stitches across, continue with these two rows until you have 15 stitches on needle. Pull tight, run thru stitches and sew together at the back. Fasten off. This will leave about a 2" brim.

Pom-Pom Instructions:

- Take a 2" wide piece of cardboard, wind yarn around it at least 50 times.
- Slide yarn off cardboard carefully; tie in the center and cut edges—then trim to form a ball and tack securely thru hole at the top.
- Trim loose ends.

Special note:

To make the hats a little special, after 3 rows, add a little white to the the brim, continue in pattern. Do 2 rows white, 2 rows colors, 2 rows white, then continue the rest in color.

CROCHETED BABY HAT PATTERN

Nursery hats need to be made from yarn that is soft & stretchy, yet holds it form. Please do not glue on pom-poms/tassels.

For small heads, hats should stretch to 10-12" around (circumference).

For medium-size heads, they should stretch to 12-14" around.

Materials Needed:

Baby or sport weight 2 ply Size F needle
Red Heart® baby yarn (½ ounce)

Instructions:

- All rows are worked back loop only (blo) of each st to create ribbing for stretchability
- Chain 35
- Sc in second ch from hook, sc in each st across. Ch l, turn - 34 scs
- Row 2: Sc in blo of each st across. Ch 1, turn - 34 scs
- Continue in this pattern for 56 rows
- Using tapestry needle, weave at end st of every other row along the 56th row portion, pull thread tightly and whipstitch to firmly secure top crown
- Hold weave side of row 1 and right side of row 56 tog, sl st with crochet hook, or weave through the blo of row 56, matching 34 corresponding sts
- Fasten off, weave in ends
- Sew on a small pom-pom for the crown

BABY BURIAL POUCH

The loss of a baby is overwhelming for the parents. Having a handmade wrap for a fetal demise can bring comfort to those parents.

These pouches are used for a mid-pregnancy loss when baby is too fragile to dress.

Instructions:

- The pouches should be made from soft fabric and lined.
- The finished size should be about 9” x 3½” folded.
- Pouches are to be sewn open to the bottom seam and able to be fastened with Velcro or ribbon.
- Colors should be soft pastels or white. A soft pattern is also acceptable.

BABY BURIAL GOWN

The gowns are used for late-pregnancy's or full-term loss.

Instructions:

- Gowns should have a loose neck opening and open at the back for easier dressing
- Gowns should be made in preemie and full-term sizes
- Gowns may be embellished with lace or appliqués. Colors should be white or pastels.

EASY BABY BOOTIES

Materials Needed:

Yarn weight: (3) Light/DK (21-24 stitches to 4 inches)

6 or 4mm needles

Ribbon

Yarn Needle

Instructions:

- Cast on 20 sts
- Garter stitch 10 Rows
- Row 11, cast off 4 stitches continue to knit. (16sts)
- Row 12, cast off 4 stitches continue to knit (12sts)

Garter stitch 6 Rows

Row 19, K2 tog to end.

Row 20 K2 tog to end.

Thread Yarn Through remaining stitches and draw together and fasten off.

Sew the seams together and thread through ribbon to form the laces. Leave a 1/2 inch at the top of the front seam to allow the foot to slip in easily.



ADULT KNIT CHEMO CAPS: PLAIN ROLLED BRIM HAT

Size: Child's (ladies small, ladies large)

Materials:

2 skeins of a soft DK weight yarn such as Wildflower DK, by the Plymouth Yarn Co.

Set of double pointed needles: size 5, and 1 stitch marker.

Use different sized needles if needed to yield the desired gauge.

Gauge: 5.5 stitches = 1 inch.

Instructions:

- Cast on 90, (100, 110) stitches. Divide them evenly between 3 of the double pointed needles.
- Place marker, and join being careful not to twist the stitches.
- Work in stockinette stitch (knit every round) until total length is 6½ (7, 7½) inches, ending at the marker.
- On the next round, begin decreasing as follows:

Round 1: (knit 8, k2tog) repeat around.

Round 2: (knit 7, k2tog) repeat around.

Round 3: (knit 6, k2tog) repeat around.

Round 4: (knit 5, k2tog) repeat around.

Round 5: (knit 4, k2tog) repeat around.

Round 6: (knit 3, k2tog) repeat around.

Round 7: (knit 2, k2tog) repeat around.

Round 8: (knit 1, k2tog) repeat around.

Round 9: (k2tog) repeat around.
Cut the yarn leaving a 12" tail. Thread it through the remaining stitches. Draw up tightly and secure. Weave in all ends.

ADULT CROCHETED CHEMO CAP

Vary the size of the crochet hook and the thickness (type) of yarn to vary the size of the cap.

Chain 5 - sl st to connect - chain 1
Round 1: SC, DC, *SC, DC.* Repeat pattern from * to * to the end of the round (for 12 stitches).

Work in rounds marking the first st of each round.

Round 2: SC and DC in each st of the previous round.

Round 3: SC, *DC and SC in next st, DC in next st, SC and DC in next st, SC in next st*
Repeat pattern from * to * to the end of the round.

Round 4: SC, *DC in next st, SC and DC in next st, SC in next st*
Repeat pattern from * to * to the end of the round.

To make cap larger, repeat Round 4 and/or add more rounds to section of Rounds 5-14.

Rounds 5-14: SC, *DC in next st, SC in next st*
Repeat pattern from * to * to end of Round 14.
(**ALWAYS do SC in DC of previous round and do DC in SC of previous round!!**)

Round 15: SC around and finish off.

Alternate Round 15: *chain 3, SC in next st, chain 3, SC in next st,*
Repeat pattern from * to * and finish off.

CHILDREN'S SURGICAL CAP

Materials:

- Cotton/polyester blend fabrics with kid-friendly designs. Fabric should not have glitter, sequins, textures or any other materials attached on it.
- Scissors or rotary cutter
- 18 ¾ inch diameter circle template or pattern
- Thread and bobbin
- 1/8-inch braided elastic
- Straight pins
- Threading tool or safety pin
- Cutting surface and sewing machine

Instructions:

- Cut out a circle that measures 18 ¾ inches in diameter. You will save time by using pinking shears or a rotary pinking cutter.
- If you use straight edge scissors or a rotary cutter you will need to overcast the edge of the circle to prevent fraying.
- Fold over 1/2 inch around the edge of the cap to create a casing for the elastic. You can do this as you sew or iron it down ahead of time.
- Sew close to the raw edge making sure to leave at least 1/8 inch free for the casing. Leave a 2-inch opening for feeding through the elastic. Since it's a circle you are going to have to ease it over to prevent bulges and gaps. A circle has a good deal of bias on the edge. This means it has stretch. Slightly pull and stretch fabric towards you as you feed it into the machine. This will help prevent creases and gaps and allow it to lay flatter. It's not easy keeping an even casing on a round edge. After you do a couple it will get easier.

- Cut a 19-inch piece of 1/8 inch elastic. Thread it through the casing. We recommend using a Dritz Drawstring Threader.
- Tie the ends of the elastic together tightly close to the ends. Cut off any excess but don't cut too close to the knot or it will come untied.
- Spread the gathers out evenly.
- Sew the casing opening closed. You are finished.

Tips & time-saving tricks:

- Create your template out of something durable like cardboard, plastic or plexiglass. This lets you run a rotary cutter around the edge, saving time since you don't need to pin and unpin a paper pattern.
- Choose fabrics that have even just a hint of white. This allows you to use white thread throughout the process. If you are making several at a time it means you won't have to change thread for different colored fabrics.
- White thread and elastic in bulk (50 yards of 1/8-inch white braided elastic) can be purchased on Amazon.
- Precut the elastic to 19-inch strips and store in a plastic bag. You can get 94 strips out of a 50-yard spool.
- Take one of your spools of thread and wind some bobbins before you start to prevent having to stop to load up a bobbin in the middle of your sewing.
- Place a pin in the opening of the casing so it's easy to find it when you go to run the elastic through it.
- Buy a Dritz Drawstring Threader, they are inexpensive when purchased on the internet. If you are making several caps at a time pushing a safety pin through the casing will get tiring on your fingers and hands without this tool.

HEART & COMFORT PILLOWS

A comfort pillow can provide both physical and emotional comfort during treatment and recovery after surgery.

The pillow needs to be small, soft and washable.



Pillows can be in any shape:

Heart

Square

Rectangle

Animal

Dimensions can be up to 12" x 12," stuffed with poly-fill and sewn shut.

SNOEDEL OR “LOVIE”

Snoedel is a Dutch term meaning “snuggle.” It is designed to be a sleeping and bonding aid.

Snoedels bring comfort and "aromatherapy” of the very best kind; the scent of a mom or dad.

Hospitals have found that the Snoedels have been particularly helpful for premature babies who are separated from their parents right after birth.

Snoedels are made from 100 percent soft cotton or flannel fabric and hand stitched. The head is stuffed with pure clean and carded sheep’s wool. Please, *no* embellishments of lace, appliqué, embroidery, buttons. etc.

ROLLED PILLOWCASE PATTERN

Materials:

Flannel or 100 percent cotton bright fabric with kid-friendly designs

Focus fabric – 27” X 42” (¾” yard)

Contrasting cuff fabric – 11” (11” X 42”)

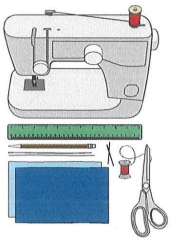
Accent trim fabric – 1 ¼” x 42”

Instructions:

- Fold and press accent trim in half with wrong sides together.
- Place cuff fabric right side up with raw edges at top and bottom with the selvedges at sides.
- On top of cuff fabric, place focus fabric right side up.
- Now place folded accent trim on top of focus fabric lining up all raw edges.
- Pin all layers together.
- Sew with a scant ¼” seam.
- Trim selvedge edges so they are even.
- Next lay your sewn pillowcase fabrics flat on table in front of you with sewn edge at top.
- Roll the bottom of focus fabric to top within a few inches of sewn edges.
- Now take the bottom of cuff fabric and line it up with the raw edges at top. Pin and sew with a ½” seam.
- Reach your hand into roll and turn it right side out.
- Press pillowcase. Pin being careful to match your accent trim. Sew wrong sides together with a scant ¼” seam.
- Turn wrong side out, press again and sew with a ½” seam. Turn one last time and press.

SEWN FACE MASK

Sewn Cloth Face Covering

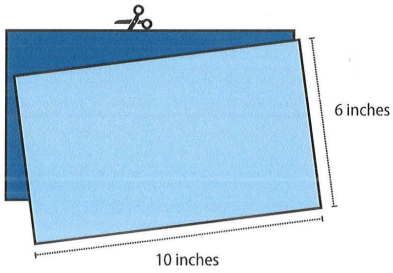


Materials

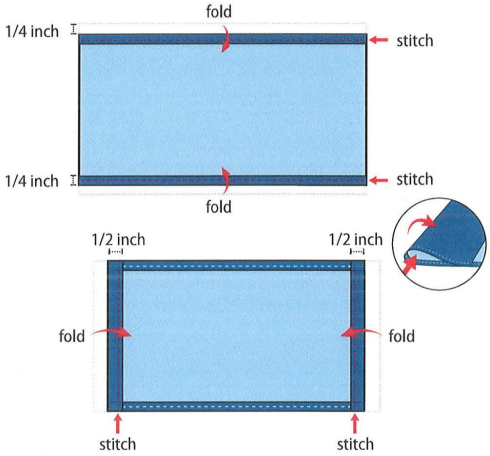
- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial

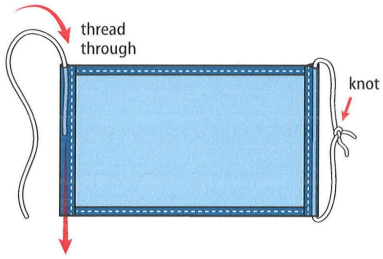
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



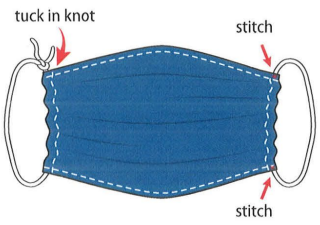
2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.



3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.
Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem.
Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping.



STOMA COVERS (CROCHETED)

Materials:

Crochet Cotton – size 10

Steel crochet hook – size 2

Instructions:

- Chain 5” (Approximately 35 stitches).
- Single crochet in 2nd chain from hook and continue across chain.
- Chain 2 and turn.
- Double crochet across row, repeat rows until 5” is reached
- Chain 3 and turn.
- Triple crochet in next 5 sts.
- Double crochet across row until last 5 sts.
- Triple crochet in those last 5 sts. (End of Bib)
- Chain 50 sts, then single crochet back until end of row.
- Chain 50 sts again for another tie, single crochet across chain, back to bib, and tie off.

Alternative Pattern for large neck

- Chain 45 stitches.
- Single crochet in 2nd chain from hook and continue across chain.
- Chain 2 and return.
- Double crochet 18 to 20 rows depending on preference.
- Chain 3 and turn.
- Triple crochet in next 8 sts.
- Double crochet across row until last 8 sts.
- Triple crochet in those last 8 sts and tie off.
- Ties – chain until you reach a length that circles the neck comfortably with ample length for tying. Then single crochet back across chain and tie off. Weave the tie in and out of stitches in top row of bib. This gives a slightly gathered effect, which aids in holding the bib away from direct contact with the stoma.

TAMPA GENERAL HOSPITAL AUXILIARY
Creative Crafter Donations

DONATION RECEIPT
(Please include a completed form with donation)

Date: _____

Donor Type: Please check box (required field): Individual ☐
Organization/Corporation ☐

Donor Recognition Listing:_____

Donor Address: _____

City, State, Zip: _____

Phone #: _____

Contact details (if different from above):

Contact Name: _____

Address: _____

City, State, Zip: _____

Phone #:_____ Email:_____

Item(s) Donated: _____

_____

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Description: _____

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Special Instructions or preferred area for distribution: _____