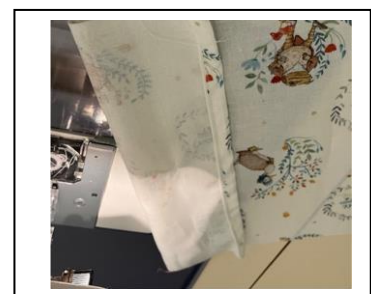


Gel Pillow case for Ipswich Neonatal Unit

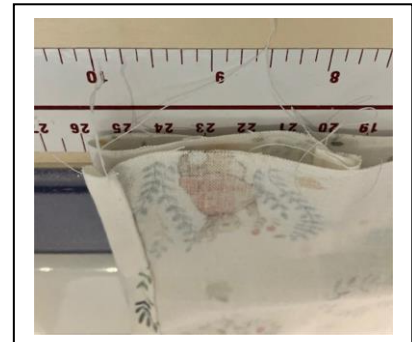
Choose a soft cotton fabric of any colour except yellow, as many of the premature babies have neonatal jaundice. Wash the fabric to pre shrink it.

Side seam allowance is $\frac{3}{8}$ inch. Top hem allowance $\frac{5}{8}$ inch

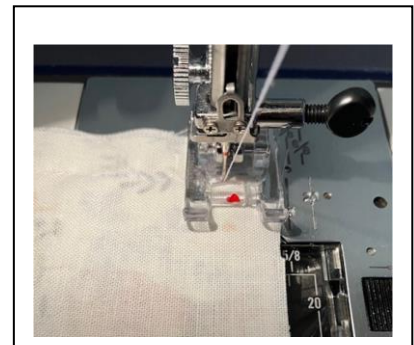
1. Cut pieces 8 inches by 24 inches. Not having a seam at the base of the pillowcase is an advantage. But if you haven't got enough fabric then cut two pieces of fabric, one 11 inches long and the other 14 inches long.
2. Turn over the ends twice to seal the raw edge and sew.
3. Place the 'Made with Love by Mothers' Union label on the right side of the top seam.
4. Fold the approx 2 inches of the fabric over so as to create the sleeve that will keep the gel pillow in place under the baby's head.



5. Bring the other end up and over so that the length of the pillow case is just over 10 inches long. There will need to be some adjusting at this point of the length of the sleeve.



6. Sew the side seams and neaten the edges.



7. Turn the pillowcase inside out and flip the sleeve over so that the right side of this part of the pillowcase is turned out.



8. This sleeve keeps the Gel pillow in place under the baby's head. The Gel pillow keeps the back of the baby's head from flattening. Babies have to be nursed on their backs. Being in this position for so long without the gel pillow causes the back of the baby's head to flattened.