

20 cm square Gel Pillow case for Ipswich Neonatal Unit

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 due to force of gravity on the soft skull.

Choose a soft cotton fabric such as lawn cotton of any colour except yellow, as many of the premature babies have neonatal jaundice. It is very important to wash the fabric at 60° C to pre shrink it.

Side seam allowance is 1.5 cm

Top hem allowance 2.5 cm

1. Cut pieces 23 cm x 57 cm. 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, 23cm wide and x 25 cm 23cm x 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. Then fold the fabric with the MU label over as shown in the picture. This ensures that sleeve of the pillow case is on the outside making it easier to place the gel pillow inside.

The length of the fabric needs to be 20 inches, as shown in the photo.

Then fold the fabric so that the finished pillowcase is exactly 20cm in length.



6. Sew the side seams and neaten the edges. You can use pinking shears.



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.

This makes it easier for the nurses to inset the gel pillow

