

# Volunteer Instructions

## SURGI DOLLS SEWERS

This kit focuses on mobility, socialization, and normalizing the hospital environment by providing a fun and interactive way to be creative and stay active.

### 1. Print the Surgi Doll Template.

Print the template (will be emailed after signing up) in “poster mode” in your print settings in Adobe Acrobat. It will print on four pieces of paper. Then tape it together and cut it out. The complete doll template should be 11.5 inches (arm to arm) x 15.5 inches (head to toe). If you’re having trouble, please email [sendingsunshine@projectsunshine.org](mailto:sendingsunshine@projectsunshine.org).

### 2. Set up your space.

Thoroughly clean the surfaces where you will be working. Remove all food, drinks, and allergens from the area. Please refrain from smoking while working with the materials and sewing the dolls.

### 3. Gather your materials.

- Surgi Doll template
- stuffing
- ½ yard of fabric (must be NEW fabric & a solid color)
- chalk
- thread
- needle
- scissors



### 4. Prepare the pattern.

Each doll requires two pieces of the cut-pattern. Fold fabric in half, so that you can cut both the front and back of the doll at the same time. Use the chalk to trace the Surgi Doll pattern onto the fabric.



*For skilled sewers, we recommend you lay your template to cut against the grain of the fabric.*

### 5. Cut out the pattern.

Cut about 1/2 inch outside that line, as seen in the picture. **Do not** cut along the line you traced.



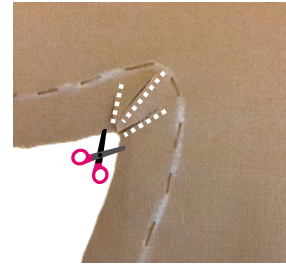
### 6. Sew the pattern together.

Starting at the left leg, sew (by hand or machine) along the traced line using a running stitch. Leave a four inch opening along the outer left, through which you will insert the stuffing. Make sure your stitches are close together (1/4 inch) so the stuffing won't seep through. When starting and ending a thread, please make sure to tightly secure the start and end points.



### 7. Cut slits.

Cut three slits by the corners of the neck, arms and between the legs of the doll, as shown in the pictures. Make sure to cut close to, but **not touching**, the seam.



### 8. Turn the material inside out.

The stitching is should now be on the inside.

### 9. Stuff the doll.

The doll should be firmly filled, but still cuddly. Start stuffing at the head and arms. You can use a ruler or pencil to help distribute the stuffing evenly within the doll. The stuffing should be equal on both sides.



### 10. Sew up the doll.

Sew up the four inch opening by turning the open edge of the material toward the inside so it does not show. Then sew it closed by using a "whip stitch." Do not add decorations to your finished Surgi Doll.



*This is what your  
completed Surgi Doll  
will look like!*

## 11. Send us your finished Surgi Dolls.

Ensure that all dolls are complete, uniform size, and sewn correctly.

Then, ship the dolls to Project Sunshine:

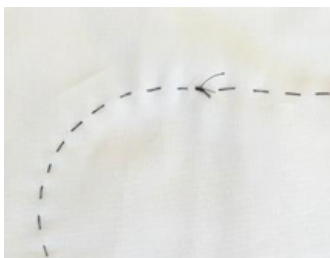
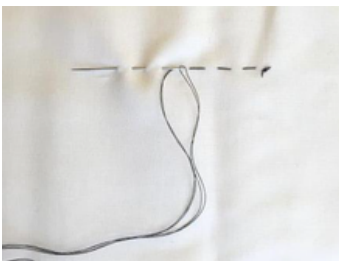
- a. If you at least 10 dolls, Project Sunshine is happy to cover the shipping cost. Please email [sendingsunshine@projectsunshine.org](mailto:sendingsunshine@projectsunshine.org) so that we can send you a pre-paid UPS shipping label.
- b. If you have less than 10 dolls, we would appreciate it if you could mail them to our offices at: 211 East 43rd Street Suite 401, New York, NY 10017. Please include a note in the box with your name and the email that you used to sign up so we can thank you.

### Sewing Tips

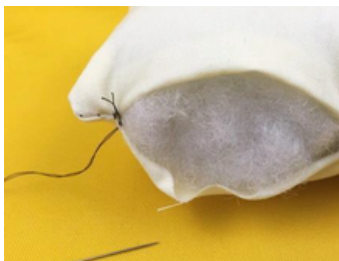
- You must use new fabric to sew these dolls which are going to patients who may be immunocompromised.
- You may pick any solid color for the fabric. Please avoid any patterns.
- Do not add decorations to your finished Surgi Doll.
- Use the provided template so that dolls are the same size and shape. All dolls must be 11.5 inches (arm to arm) x 15.5 inches (head to toe).
- Ensure there are no holes in the stitching so that the child who receives the doll cannot pull out the stuffing.
- Avoid over- or under-stuffing the dolls.
- The folding of the fabric should be on the inside and not the outside so that the stitching cannot be seen.
- Cut the fabric with sharp scissors so that the fabric is not frayed or rough.

Please review the following pictures for the different stitching techniques to sew a Surgi Doll.

Running Stitch



Whip Stitch



Sewing knots

