



PILLOWCASE GUIDELINES

FABRIC SELECTION

- Select cheerful fabrics. Ask yourself “**Will a child be excited to pick this pattern?**” Please make sure it is “youthful” vs “mature” for kids 1 to 18 years old.
- Please use **100% cotton** fabrics that are fun and whimsical. Consider sport themes, superheroes, princesses, animals, food, instruments, trucks, or other playful patterns. Don’t forget the **tweens and teens!**
- Borders (cuffs) should be a bright contrast to the body. (See examples below)
- **DO NOT** use fabric patterns with skulls, religious words, icons, or glitter.
- Holiday themes are greatly appreciated: Christmas, Hannukah, Valentine’s Day, St. Patrick’s Day, Easter, and Halloween and Birthday.

FABRIC PREPARATION

- Before cutting, pre-wash the fabric with **unscented** detergent using a Color Catcher sheet (dye-trapping sheet) for fabrics containing multiple colors.
- Pre-washing helps to shrink fabric, prevent colors from bleeding and eliminates chemicals.

PILLOWCASE SEWING, FINISHING & DONATING

- The hot dog or burrito method of sewing (preferred) can be found on our website under [GET INVOLVED](#).
- Once completed, make sure all pins have been removed.
- Please finish all inside seams with a serger, zig zag or by pinking or a French Seam.
- Return pillowcases **unwashed** and **unbagged**.

Have Fun...Happy Sewing and Thank you so much for helping *kids feel better to heal better!*