



RELAXATION EYE MASKS

PATTERN DEVELOPED BY: Tilly and the Buttons
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Thanks for being part of our makers community! We appreciate you generously donating your time and skills to make gorgeous handmade gifts for families in hospital which are always so gratefully received!

MATERIALS:

15cm (1/5 yards) light to medium-weight cotton for the main fabric

15cm (1/5 yards) fabric for facing (we used a silky satin for the backing - choose something that will feel nice on your delicate eyelids)

Matching thread

10 cm (1/8 yards) wadding

38cm (15in) *9-12mm (1/2in) wide elastic (a bit more or less if you think your head is particularly large or small!)

1m (40in) string or cord



METHOD:

Cut out your fabric:



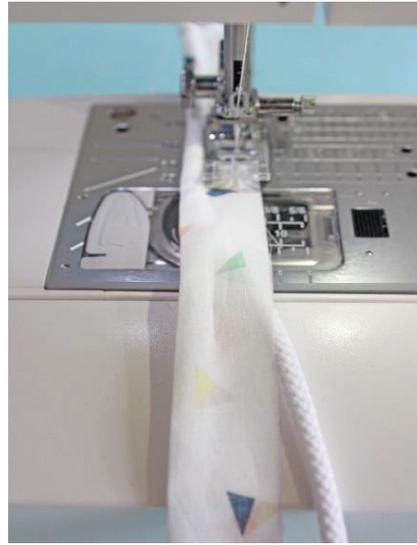
Cut 1 eye mask pattern piece in your main fabric, snipping the notches.

Cut 1 eye mask pattern piece in facing fabric, snipping the notches, then trim it down by 2-3 mm (1/8 in) all the way around - this will help the seam roll to the back so it's not visible when you wear the mask.

Cut 1 eye mask pattern piece in wadding, then trim it down by 15mm (5/8in) so it will fit inside the other pieces comfortably.

Cut a rectangular strip in your main fabric for the elastic strap, 90cm (35 and a half in) * 4cm (15/8 in).

Fold and press the strip in half lengthways, right sides together. Cut a piece of string slightly longer than the strip. Slip it inside the folded strip and stitch it close to one end, back tacking over it a few times so it's nice and secure. We'll use the string to pull the strip right sides out once we've sewn it.



Stitch together the long raw edges of the strip using a 7mm (2/8in) seam allowance, enclosing the string next to the fabric fold. It helps to pull the string taught as you go, so you don't over sew it.

You should now have a tube. Take hold of the loose end of the string and pull it out of the tube, turning the tube right sides out over it as you go.



Once it has turned all the way out, trim off the end with the string attached and give it a good press to neaten it up.

Attach a safety pin to one end of the elastic, and pin the other end to one end of the tube temporarily. Insert the safety pin into this end of the tube and feed it through, distributing the fabric evenly as it starts to gather up.

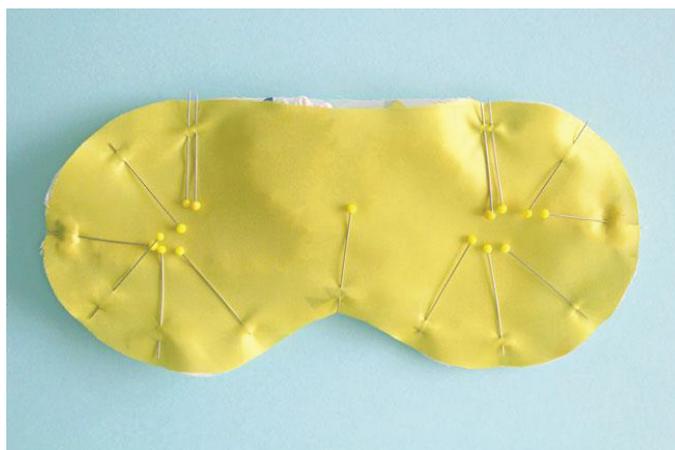


When the safety pin emerges at the other end, pin it to this end of the tube. With each end of elastic lined up with the opening of each end of the tube, stitch across each tube opening using a 10 mm (3/8in) seam allowance to secure the elastic in place.



Tack (baste) one end of the elastic tube to each side notch on the eye mask piece, right sides together, using a 10 mm (3/8in) seam allowance. Make sure the tube isn't twisted.

Lay the facing piece on top of the eye mask piece, right sides together. Pin them together around the outside edge, matching the notches – since you trimmed the facing, you'll need to stretch it ever so slightly. The elastic tube will be sandwiched in the middle – take care not to catch it in the pins. We need to leave an opening between the two notches on the edge of the eye mask – you can mark each side of the opening with two pins to remind you to stop sewing here.



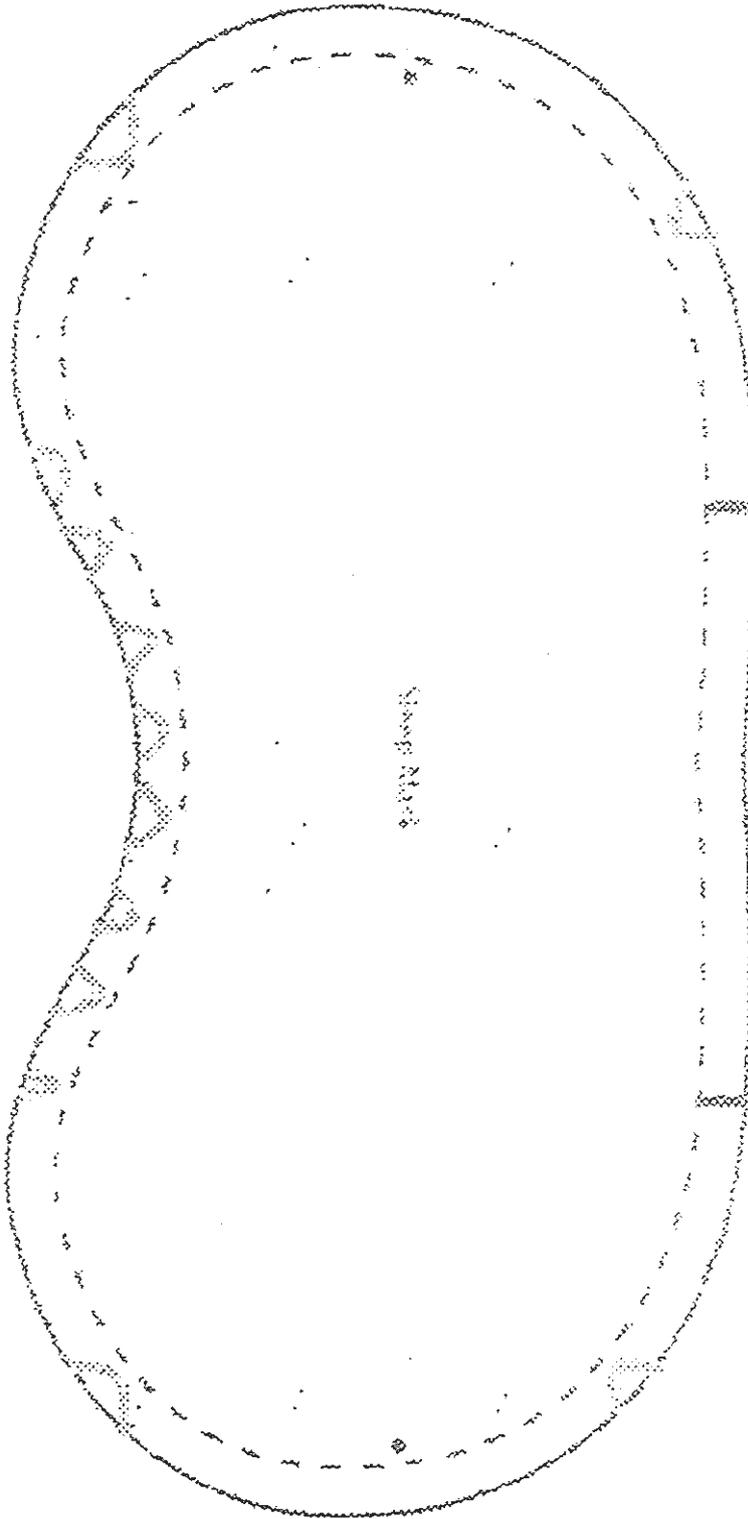
Stitch around the outside of the eye mask, using a 15 mm (5/8in) seam allowance – remember to leave an opening between the two pairs of pins. Trim the seam allowances and notch small triangles around the seam allowance every 2.5 cm (1in) or so, being careful not to snip through the stitching. Press the seam allowances open (test the iron setting on your fabric first).



.Turn the eye mask right side out through the opening. Press again, rolling the seam slightly under towards the facing so it's not visible from the right side of the mask. Slip the wadding into the eye mask through the opening and smooth it out. Press the seam allowances on the opening to the inside of the mask and pin the opening closed. To close up the opening, you can slipstitch it by hand, or take a short cut and edgestitch it (topstitch close to the edge) on your machine (we won't tell!)



1/2 cm seam allowance



Please send donations directly to: Life's Little Treasures Foundation, 1/21 Eugene Terrace, Ringwood, VIC 3134 only.
No other drop off options available. No variations accepted.



FREQUENTLY ASKED QUESTIONS

Thanks for your interest in our knitting and sewing activities. We are small team achieving big things and without the generous support of the community we couldn't continue deliver our support services to families in need. Your donations will be going to our smallest and most vulnerable babies and so we must ensure our donations are in keeping with hospital guidelines.

Do you accept donations other than the items listed on your website?

We have worked closely with hospitals to ensure our patterns meet hospital safety and infection control guidelines. For this reason, we can only accept items listed on our website.

What type of material should use?

These donations are going to our smallest and most vulnerable babies. All materials must be new, clean of pet hair and are free of extra embellishments such as ribbons and buttons (unless specified in the pattern). Please use 8 ply acrylic or wool yarn and ensure all materials used are soft and free of frays or fluff.

Can I change the size of an item e.g. - blanket?

The sizes have been developed to consider a range of requirements:

Packing and shipping requirements

Hospital guidelines

Our most requested items by families

Health and safety guidelines.

And to ensure all families are receiving the same quality and sized gift.

For this reason we require donations are kept to the sizes indicated in the patterns.

Can I add buttons, or extra embellishments to my donations?

No, unless the pattern specifies otherwise they can be a safety risk to small babies.

Where can I send my donations?

Not all hospitals accept donated items. Health and safety requirements can change based on the level of care the hospital offers and individual management. All orders for families and hospitals are packed at HQ and sent directly to families and hospitals. To ensure we direct your donations to where they are most needed please send your donations to:

Life's Little Treasures Foundation

1/21 Eugene Terrace

Ringwood, VIC 3134

Can I drop my donations in?

You sure can. Our office is open Monday to Friday 10 am to 3pm. It's always best to call first and let us know you are coming. Our number is 1300 697 736.

Do all NICU/SCN accept donations?

No, hospitals vary depending on the level of care they provide and hospital management.

What sized knitting needles should I use?

Knitting needles are specified in the individual patterns. Most patterns use 4mm needles.

Can I contact someone to ask questions regarding knitting or sewing projects?

Please email our volunteer Knitting and Sewing Coordinator at knitandsew@lifeslittletreasures.org.au or call 1300 697 736 during Monday to Friday 9.30 -3pm.