

Life's Little Treasures Foundation

Craft Connections in Schools and Groups



Contact Us

Life's Little Treasures

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www.instagram.com/lltfoz/

Dear Supporter,

Thank you for your interest in supporting Life's Little Treasures Foundation via our Craft Connections Program.

We are regularly contacted by school students, teachers and other groups who are looking to participate in community service activities by creating handmade craft items for premature and sick babies and their families. This is a rewarding way for individuals to complete community service requirements, learn about premature and sick babies in Australia, and practise their handmade crafting skills in hand-sewing, machine-sewing, knitting, embroidery/quilting and crochet. The families in our premature and sick newborn community are always so grateful for the beautiful handmade items they receive.

Who are we?

Life's Little Treasures Foundation (LLTF) is one of Australia's leading charities dedicated to providing practical support, information and assistance to families of babies born prematurely or sick.

Founded in 2005 by parents who had experienced this first-hand, LLTF truly understands the challenges these families face.

We support families in

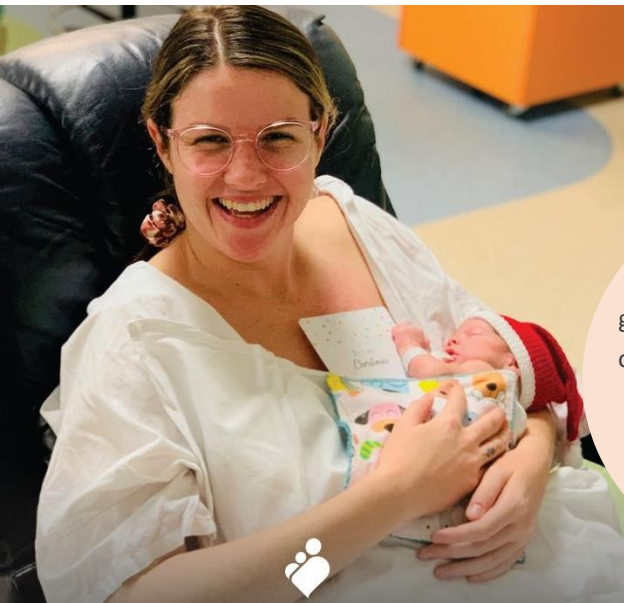
hospitals while their babies are admitted patients (in Neonatal Intensive Care and Special Care Units) and in the community once babies are released and come home. Via a range of programs and services, we provide information, education, emotional support and practical assistance to families enduring the difficult and life-changing experience of having a premature or sick baby.



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Our Craft Connections program provides our community of over 800 craft creators with opportunities to donate handmade baby wear and items for use by families and hospitals. In 2023, we received more than 4,338 donations, comprising of 40,396 garments – we are very proud to have been able to facilitate this amazing practical support for families and are so grateful to our creators.



project.

All donations can either be dropped in person to our office or posted to us:

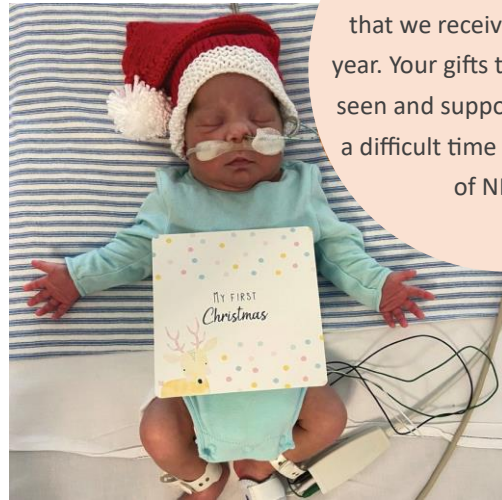
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Please see overleaf for suggested projects for community service school students and for craft community groups. The full range of patterns that have been approved for use are available on our website:

<https://lifeslittletreasures.org.au/knit-sew-craft-patterns/>



"Thank you so much for our packs that we received from you last year. Your gifts truly made us feel seen and supported during such a difficult time during 12 weeks of NICU..."

We are also delighted to share some of the lovely feedback

"Thank you, times a million, for the Christmas gift, amongst other things. During our stay in NICU and SCN LLTF has brightened so many faces and many tears have been shed due to the generosity."

we receive from families supported by LLTF and hope that you know how much your craft donations mean to families on their journey in hospital.

Thank you for considering crafting for our Foundation as a group venture or school

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Project

Pattern Listings

Large developmental heart pattern:

<https://lifeslittletreasures.org.au/wp-content/uploads/2019/01/DEVELOPMENTAL-HEARTS-1.pdf>

Small developmental heart pattern:

https://sewingforcharity.com/wp-content/uploads/2018/07/A-Guide-to-sewing-Cuddle-Hearts_FINAL.pdf



Developmental Hearts

Also Known as Scented Hearts or Cuddle Hearts, Developmental Hearts are flat, handmade heart inserts that parents place inside their clothing to pick up their personal scent. Once the hearts have been worn by parents, they are then placed into the cot or isolette with their baby to provide comfort and connection when the parents go home for the night.



The small heart pattern comes to you from our friends at Sewing for Charity, based in Queensland.

They can be made in small and large sizes as different hospitals have different preferences. Life's Little Treasures Foundation will accept both sizes.

The hearts are packaged in in sets of two. We also supply a poem to help families understand what to do with the hearts.

*These special hearts are for you to share,
Under your clothes for you to wear.
Gently place it next to baby while they rest,
It will feel like they are snuggled up on your chest.
So, when it's time for you to part,
Your scent will always be on this heart.*

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Pattern Listings

Sewn Eye-Masks pattern:

<https://lifeslittletreasures.org.au/wp-content/uploads/2022/02/LLTF-Eye-Mask-Pattern.pdf>

Bed-socks pattern:

<https://lifeslittletreasures.org.au/wp-content/uploads/2022/04/LLTF-Knitted-Bed-Socks-Pattern.pdf>

Mothers' Day Gift Pack Creations

Our Craft Connections creators also make care packs for new mums, which they can use while having kangaroo care cuddles with their little ones. The research on kangaroo care (also known as skin-to-skin) indicates that it is very beneficial for babies (and parents!) and can help with improving immunity, increased preemie weight gain, reduction in stress, decreases in crying, improved sleep and breathing and heart rate stability.

Our Mothers' Day gift packs often comprise of an eye-mask and slippers/bed-socks for mums, to help them block out the noise and brightness of the neonatal ward so that they can relax and focus on

enjoying the time to bond with their babies during kangaroo care. These patterns can be found on our website in PDF format (as per the links listed on this page).



Our bed socks make a great beginner knitting project, as they are a simple piece with limited seams



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Pattern Listings

Library Bag pattern:

<https://lifeslittletreasures.org.au/wp-content/uploads/2022/03/Library-bag-pattern.pdf>



Pocket Heart template and instruction sheet:

https://assets.website-files.com/5be2b5ef7a006743be110ec3/5e38d0105db83458053c97e8_1000Hearts%20HeartStarter%20FINAL.pdf



Little Readers Read-a-thon Library Bags

Library bags are given to families who are participating in our annual *Little Readers Read-a-thon*. We work with hospitals, both in Australia and internationally, to raise awareness of the importance



of



reading to babies and how it can impact their development, bonding with parents or caregivers and their future literacy skills. Our *Little Readers Read-a-thon* takes place in neonatal intensive care

NICU and Special Care Nurseries (SCN) in September of each year.

Pocket Hearts for our Little Bag of Calm



These tiny hearts are given out with our Little Bag of Calm (LBoC) to remind parents, carers and other family members that they are not alone after the arrival of a premature or sick baby. Little Bag of Calm has been created to encourage parents take a moment of self-care.

Read more about LBoC here;

<https://lifeslittletreasures.org.au/little-bag-of-calm/>

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Pattern Listings

LLTF small knitted teddies

pattern:

<https://lifeslittletreasures.org.au/wp-content/uploads/2020/06/LLTF-Teddy-Bear-Small-Knitting-pattern.pdf>

Embroidered Heart teddies

sewing pattern:

<https://sewtoy.com/free-tutorials/how-to-sew-quickly-a-cute-little-baby-teddy-bear/>

We are so grateful to have the support of the wonderful people behind this pattern at Sew Toy
www.sewtoy.com

Knitted Teddies

The small LLTF knitted teddies are a mainstay of many of our emotional support packs for parents with a baby spending time in a neonatal unit around Australia.



The

pattern

was

especially

created for us by one of our regular

volunteers, Cathy, who is herself a premature

baby mum. The majority of the LLTF team are

parents to sick or prem babies themselves.



Machine Sewn and Embroidered Teddies

These cute machine sewn teddies are a good project for students who are new to using a sewing machine but have some knowledge of different techniques. The pattern comes to you from the Sew Toy website and contains comprehensive instructions and a helpful tutorial.

Teddies in neutral colours

are best, as they are able

to be broadly used. Life's

Little Treasures

Foundation will happily

accept teddies with

hearts of any colour.



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General Information

General Volunteering Opportunities

Life's Little Treasures Foundation offers many volunteering opportunities, from participating in our Walk for Prems events, to packing gifts for families in hospital at our warehouse, to providing online support to parents of babies who are born prematurely or sick. To volunteer for us, all participants must be 15 years of age or accompanied by a parent or guardian, and meet specific role requirements. Please reach out to our Volunteer Coordinator, Tarni Borg to discuss opportunities further. Tarni's email is tborg@lltf.org.au

Visiting the office

If you would like to arrange a visit the Life Little Treasures Foundation office in Ringwood (in Melbourne's eastern suburbs), please contact our team via phone **1300 697 736** between 9.30am – 3pm to let us know when you are planning on coming. The best days for craft drop offs are Mondays and Wednesdays when our packing volunteers are in and can receive your donations directly and show you around. We suggest you check-in with us first as we are a small team of part-time employees at Life's Little Treasures, and at times our office needs to close early. We always love to meet some of our crafters in person and show you just how your donations are being used!

Contacts

Please do not hesitate to reach out to us with any further questions about how you can be involved.

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(Includes Craft Connections Program)

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With our very warmest regards,

The LLTF Team