I-Spy Pillows are one of many activities used to help children relax and feel comfortable in the hospital. Children can use these during procedures to give them something to focus and concentrate on. This helps to lessen the perception of pain and helps children to have a positive experience during procedures.

Large Pillow:
- 1 piece vinyl cut to 5 1/2 inches x 5 1/2 inches
- Strips of flannel cut 3 inches wide (or cut off the sides as you sew)

Small Pillow:
- 1 piece of vinyl cut to 4 1/2 inches x 4/1/2 inches
- Strips of flannel cut 2 inches wide

Instructions:
Right sides together, sew one strip of flannel to 2 sides of the vinyl. USE A 1/2 INCH SEAM. Cut off excess vinyl. Open seams and finger press. Add flannel to other 2 sides of vinyl and fabric. You will end up with a square with the vinyl in the middle. Finger press fabric and stitch around vinyl opening to secure--you don't want those little pellets to escape!

If you are adding ribbon in the seams, baste it down to the top side seam now. If you are doing an eyelet, do it after you have sewn the 2 sides together.

Instructions Continued on second page...
Instructions Continued...
Cut backing the same size as the top. Sew top and backing, right sides together. Leave a small opening for turning. Turn, attach eyelet if desired, add pellets and *small items. Sew it on the machine--again for safety and security. The tag can be done in two ways. You can add a piece of ribbon in between the last step and sew it right in the seam or you can add an eyelet in the corner after the pouch is finished. Be sure the eyelet is in securely and cannot be pulled out. It is helpful to sew a zig zag stitch from corner to corner, underneath the eyelet to make sure that none of the little pellets come out.

*For the small items: Try looking in the button section of a craft store for buttons and tiny items for scrap-booking. Also, confetti can be fun because it’s small and hard to find. You can also try the dollar store to get doll shoes, clothes, jewelry or things for baby showers like diaper pins, bottles, etc. Suggestions include: Beads, Buttons, Dinosaurs, Cars, Trucks, Sports items, Flowers, Wiggle Eyes, Paper Clips, Coins, Rubber Bands, Stars, Hearts, Ribbon, Snowflakes, Jewelry, Doll Clothes, Letters, Smiley Faces, Sea Shells, Jingle Bells, Puzzle Pieces, Pom pons, Mirrors, Fish, Army men, Hippos, Elephant, Fake Bugs, Various colored buttons, Safety Pins, etc.

Mail Delivery: completed pillows may be mailed to:
Cara Bozarth, Child Life Department
The Children’s Hospital at OU MEDICAL CENTER
1200 Everett Drive
Oklahoma City, OK 73104

In-Person Delivery: completed pillows or other handicrafts may be taken to The Children’s Hospital gift shop, located in the first floor lobby at 1200 Everett Dr. (two blocks east of Lincoln Blvd., between S.L. Young Blvd. and NE 13th St.). Hours are 9 a.m. to 5 p.m. on weekdays, 10 a.m. to 5 p.m. on Saturday, and 1 to 5 p.m. on Sunday.

If you have questions about this project, please contact Cara Bozarth, Child Life Department Director at (405) 271-4952 or Sara Bonner, Children’s Program Development Manager at (405) 271-7900 ext.6.