

# Volunteer Instructions

## Surgi Buddies

### 1 Set up your space.

Please make sure Surgi Dolls are made in a clean environment with clean hands to comply with hospital infection control.

### 2 Gather your materials.

- Surgi Buddy template
- stuffing
- ½ yard of fabric
- chalk
- thread
- needle
- scissors



### 3 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.



### 4 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.



The Surgi Buddies you sewed today will go to one of the 175,000 children and families we serve.  
Learn more at [www.projectsunshine.org](http://www.projectsunshine.org)

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## 5 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.



## 6 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.



## 7 Turn the material inside out.

The stitching is should now be on the inside.



## 8 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.



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## 9 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".



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



## 10 Fill out our Label Request Form and send us your finished Surgi Buddies.

Ensure that all dolls are complete, neat and sewn correctly.

Fill out [this form](#) or scan the QR code here to receive shipping labels for your boxes. Your labels will be emailed to you within a few business days.

Pack up your dolls and put the label on your box. Drop off your box at your nearest UPS location.

Email us at [sendingsunshine@projectsunshine.org](mailto:sendingsunshine@projectsunshine.org) if you have any questions.



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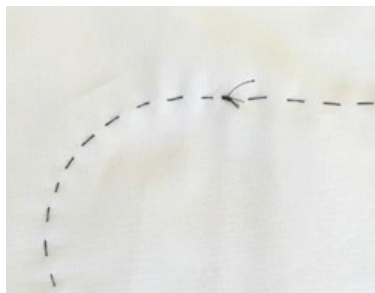
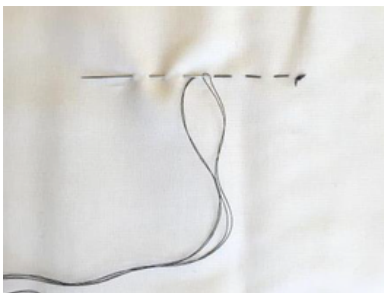
# Sewing Tips

## Surgi Buddies

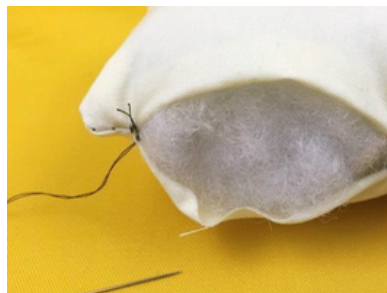
- Ensure there are no holes in the stitching so that the child who receives the doll cannot pull out the stuffing.
- Avoid over- or under-stuffing the dolls.
- The folding of the fabric should be on the inside and not the outside so that the stitching cannot be seen.
- Use the provided pattern so that dolls are the same size and shape.
- 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.

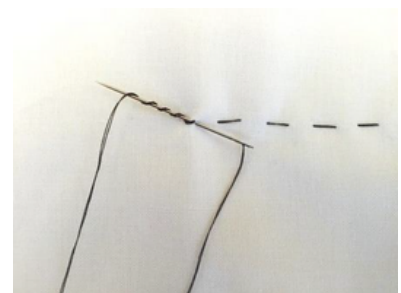
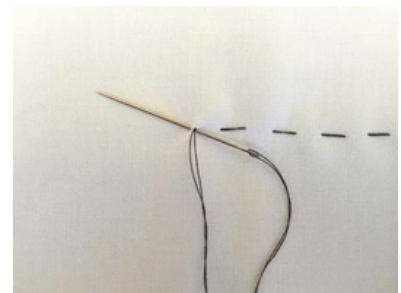
### Running Stitch



### Whip Stitch



### Sewing knots



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