

Pillowcases for Pediatric patients

What size is a standard pillowcase?

A standard size pillowcase measures 20 inches by 26 inches (5

Supplies to Make a Pillowcase

- 1-2 yards of fabric (depending on if you're making one pillowcase or two) Please choose kid-friendly prints!
- sewing machine
- iron
- straight pins
- thread
- scissors

- **1. Cutting your fabric.**
- Start by cutting two identical size pieces of fabric, that are each 29.5 inches long and 21 inches wide. This will create a 20×26 inch pillowcase when finished.

- **2. Fold fabric, iron, pin, and sew.**
- Create a seam for the outer edges of the pillowcase by folding over the fabric 3.5 inches (on the long end – where the opening will be). Then iron down the folded part and pin it, to keep it in place. Sew the bottom edge of that fabric to itself. This will create a faux cuff, kind of similar to the look of a french seam.

- **3. Repeat step 2 with the second piece of fabric.**

- **4. Pin the pieces together and sew.**
- Then put the right sides of the two fabric pieces together, line up the cuffs that you create in steps 2 and 3. *The cuffs side is the opening side of the pillow.*

There are lots of videos on you tube and Pinterest if you need help with this project!