



# The Brightest Little Star Project

## Hug-a-Board Kits

Thank you for taking home this kit to make Hug-A-Boards for the babies in the Newborn Intensive Care Unit at Alta Bates Summit Medical Center in Berkeley!

These adorable items are used to help newborns maintain the correct position while being cared for in the NICU. It helps their hips and shoulders and keeps the back of their heads from flattening – and it gives them a little “hug”! This clever little thing was the idea of one of the nurses in the unit. One of our volunteers collaborated with her, and the other staff on it, and we are now pleased to add this to our list of handmade gifts for the nursery.

The hospital foundation recently gave us funding so we could begin making these special Hug-A-Boards. Over 1,200 babies are cared for in the unit each year and since the hospital will wash and reuse these – lots of babies will benefit from your time and efforts.

Attached you will find the instructions to complete the Hug-A-Boards. Completed items should be returned to Stonemountain – not the hospital. We hope you will be able to complete and return them by \_\_\_\_\_.

Your time and efforts are greatly appreciated as you help us further our mission. If you or anyone that might want to join our efforts – please spread the news!

Please contact us if you have any questions.  
Amy Reid – 925.788.5390 or [amymreid@sbcglobal.net](mailto:amymreid@sbcglobal.net)  
Suzan Steinberg at Stonemountain & Daughter Fabrics  
510.845.6106 or [zan3@aol.com](mailto:zan3@aol.com)

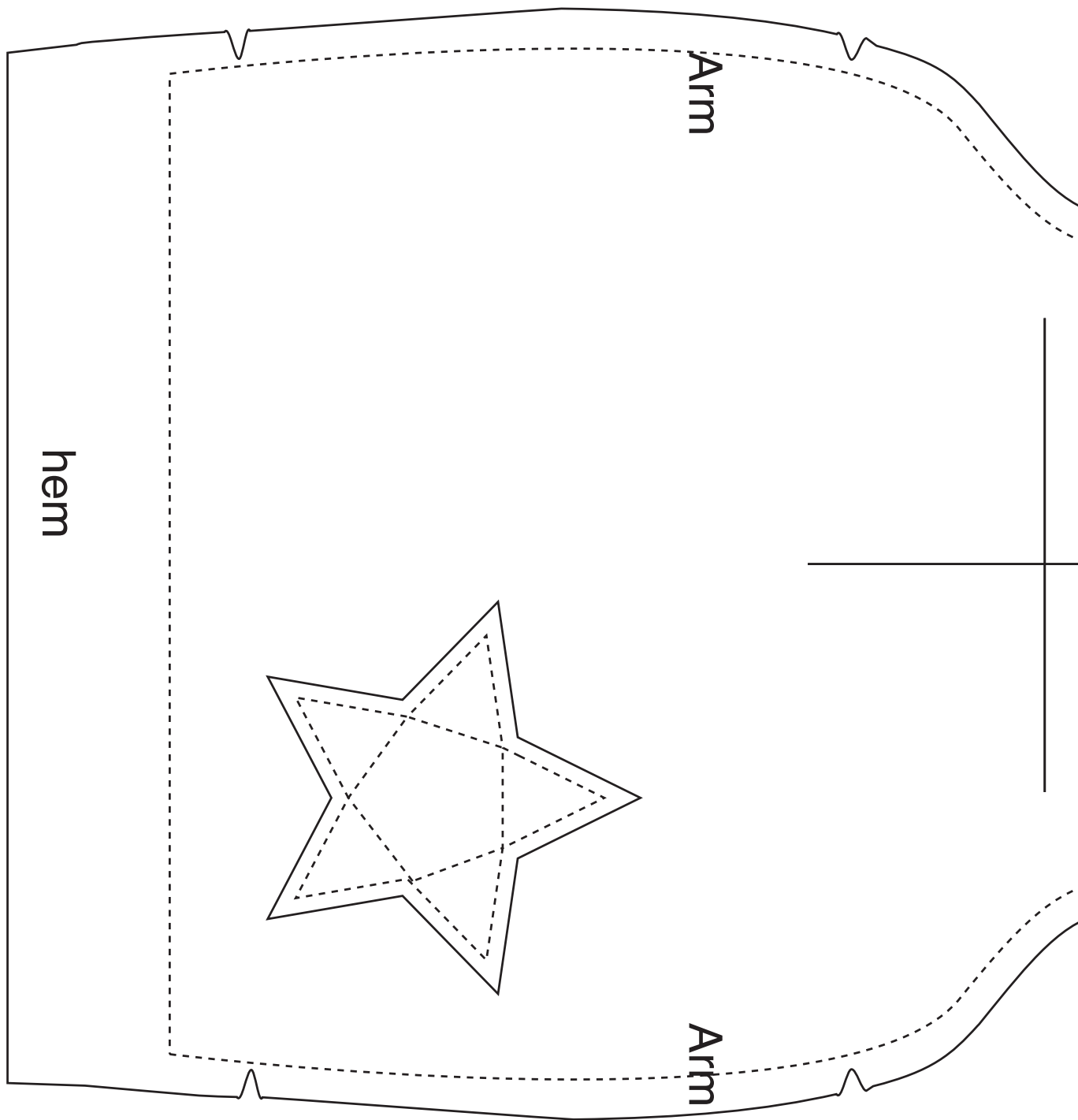
<http://www.stonemountainfabric.com/pages/brightestlittlestar.html>

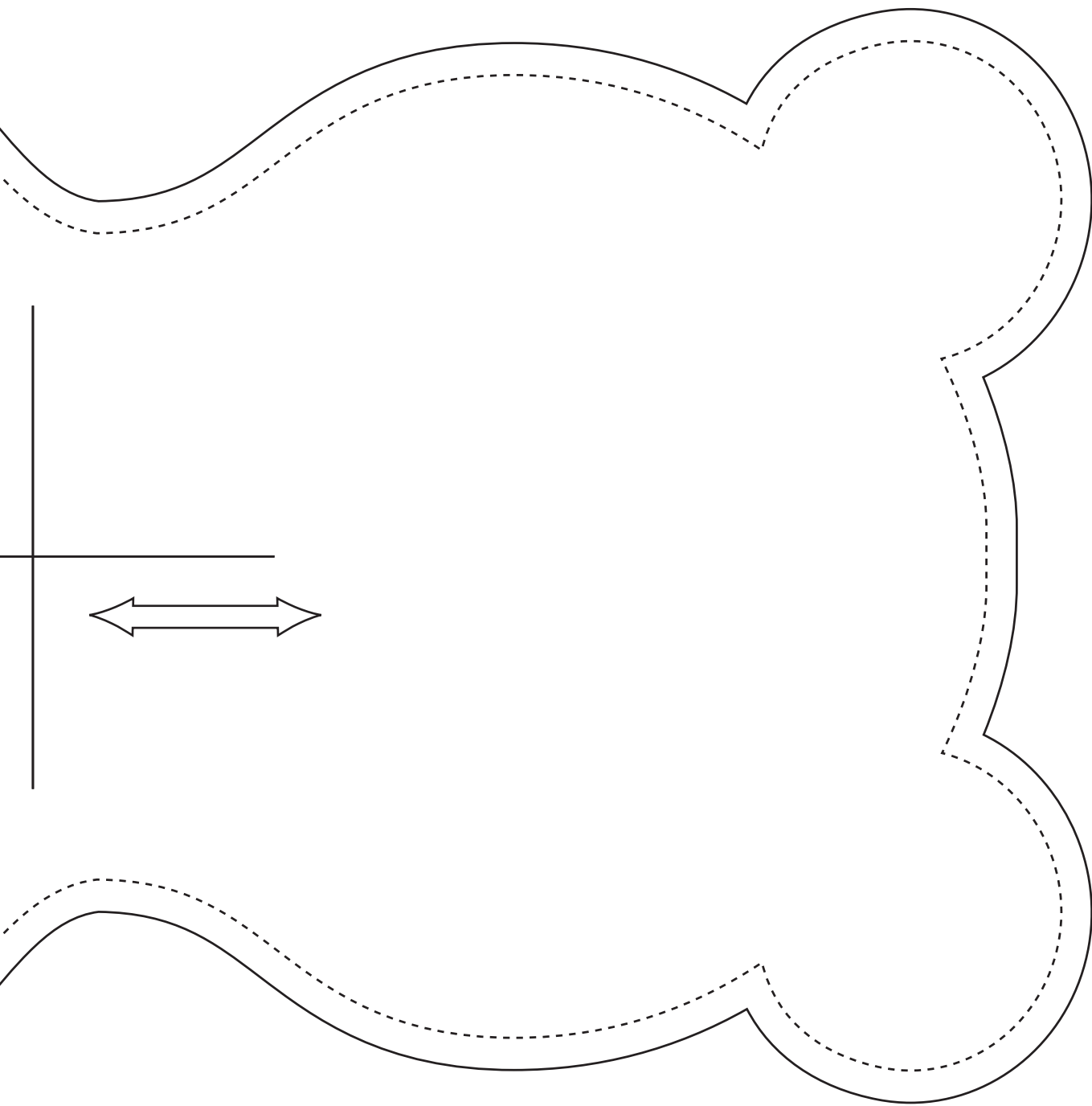
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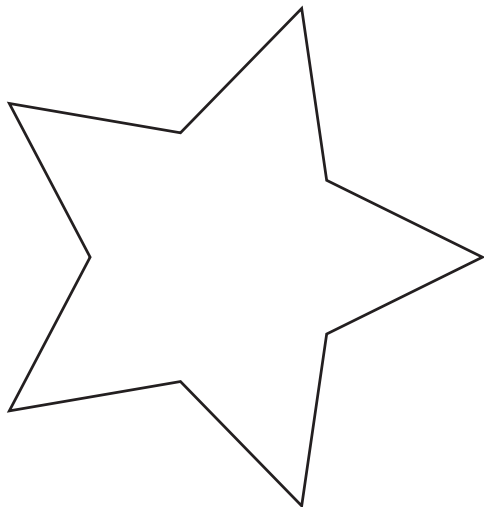
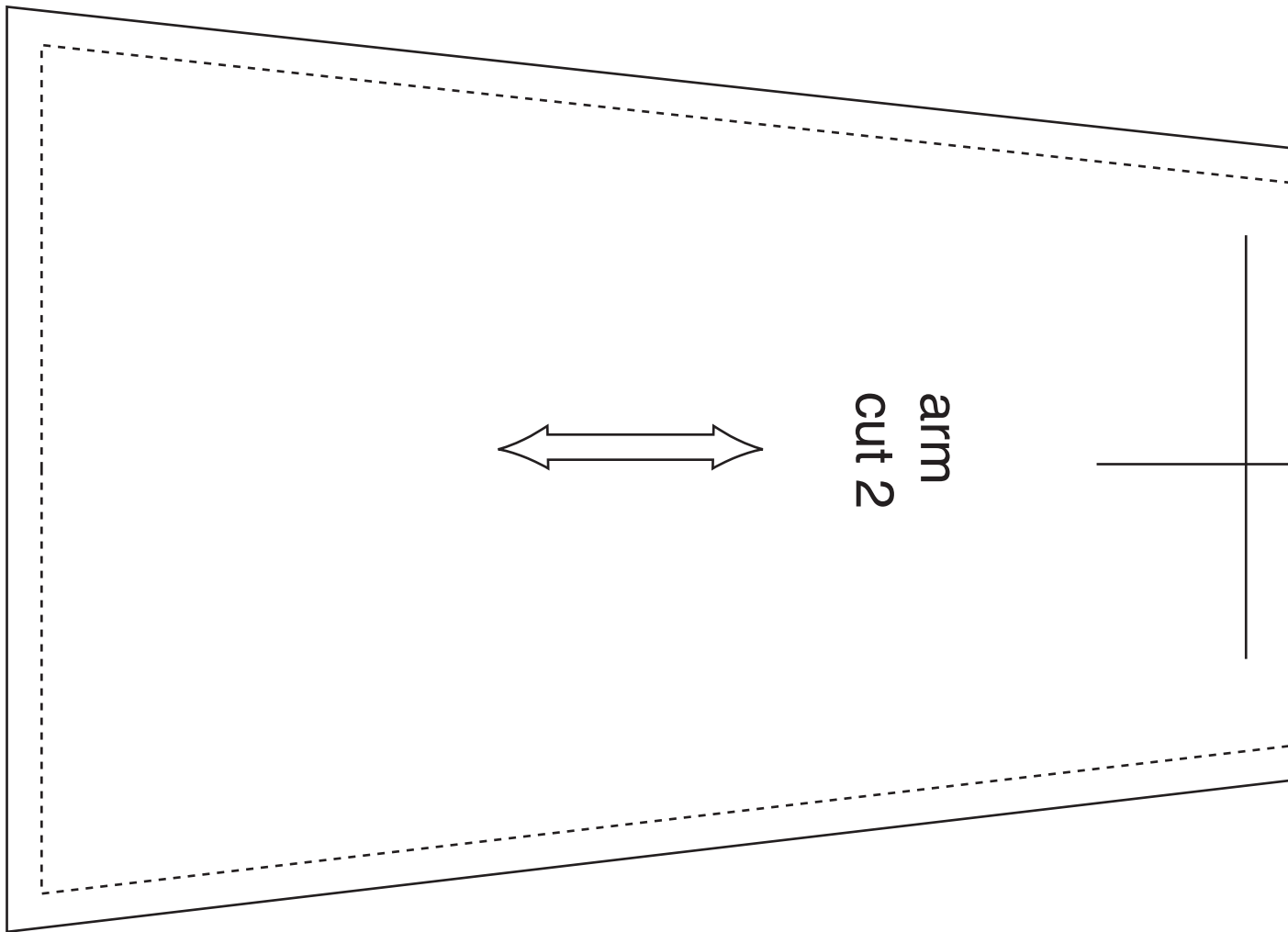
Our Mission: To bring comfort and love to at risk newborn babies and their parents

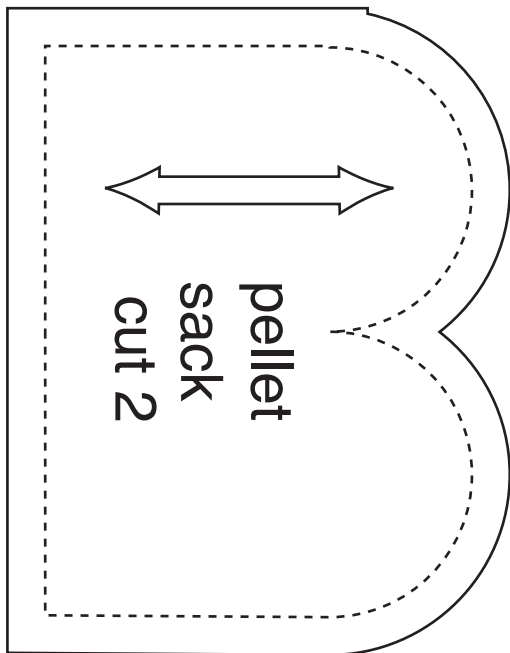
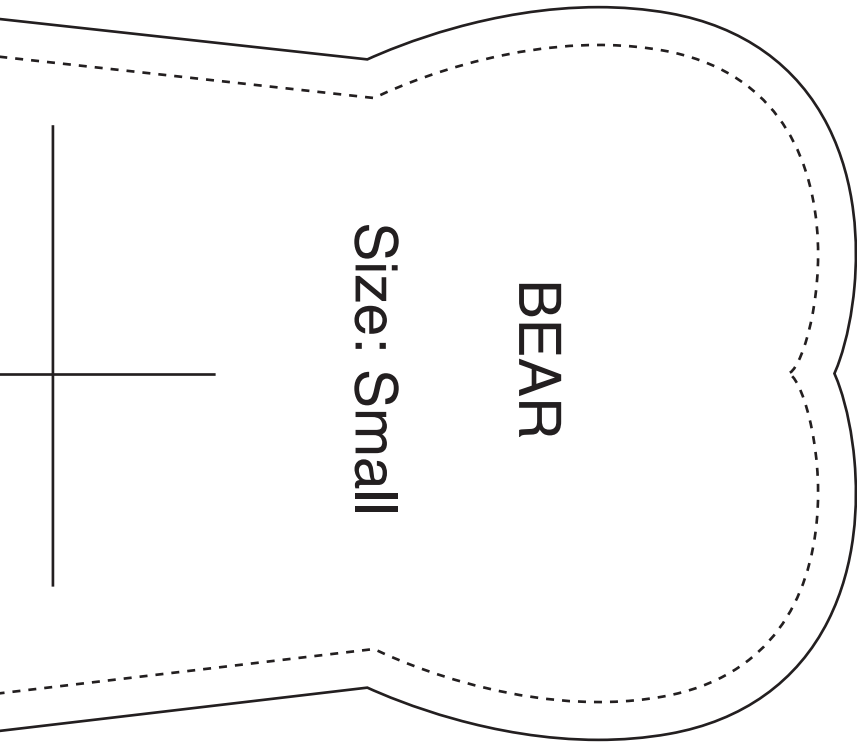
Our Hope: That our handmade memory quilts, blankets, scent dolls and hug-a-boards will wrap the babies and their parents in the love of our community and help to heal tiny bodies and big hearts.









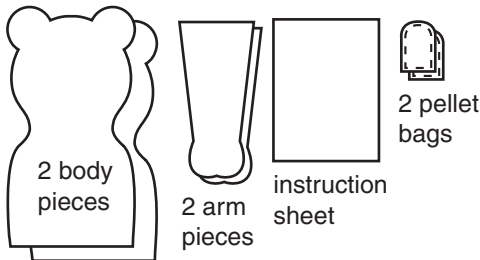


# ☆ Hug-A-Board Cover Kit



**"Hug-A-Board"** provides consistent prone support while helping to maintain a secure, flexed position for premature infants in the NICU at Alta Bates Summit Medical Center in Berkeley.

☆ **Before you start, please check materials below in this kit:**



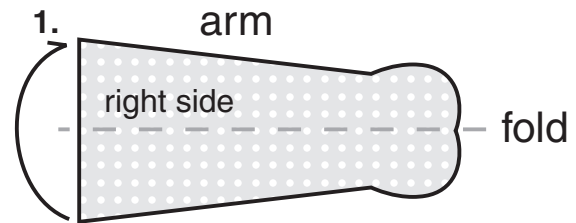
- Instruction sheet
- 2 body pieces
- 2 arm pieces
- 2 pellet bags

You will need:

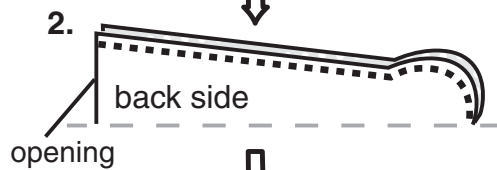
- matching color or white thread
- sewing machine
- scissors
- pins

## ☆ INSTRUCTIONS

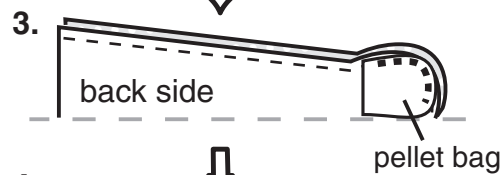
1. Fold the arm in half with right sides together.



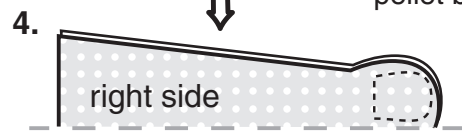
2. Machine stitch the arm, leaving an opening for turning. (Seam allowance: 1/4" for the entire pattern.)



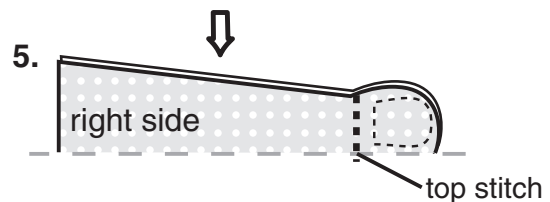
3. Machine stitch around the end of the arm again to attach the pellet bags.



4. Turn right side out.



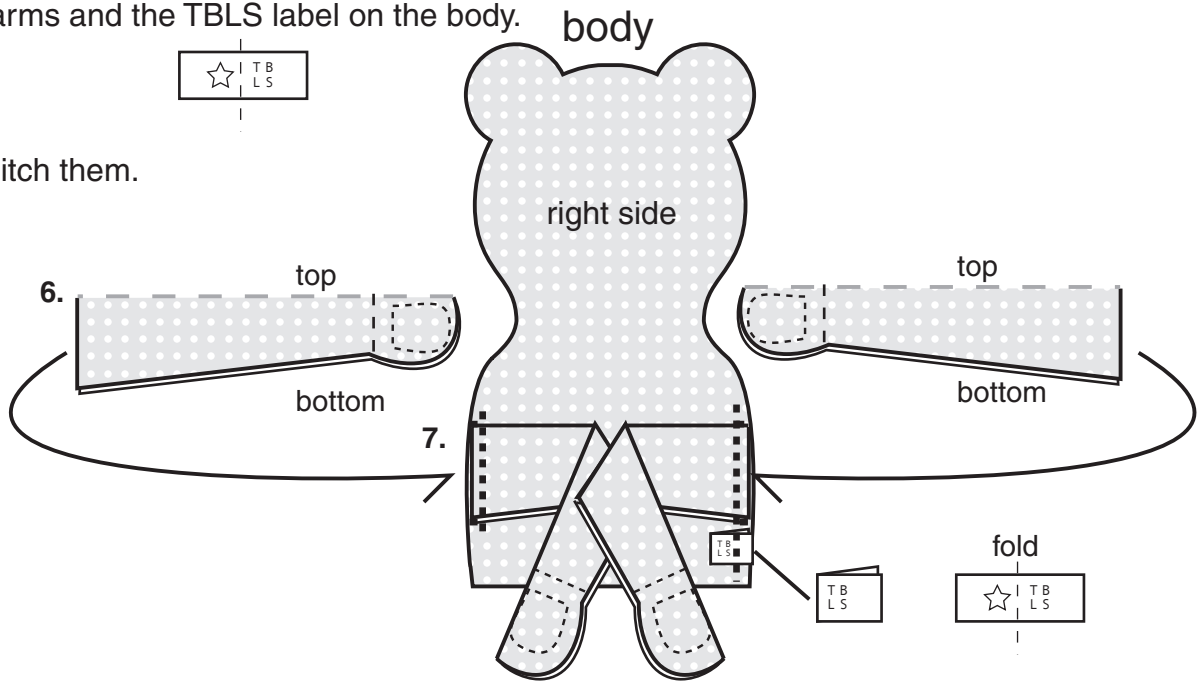
5. Top stitch across the arm to secure the pellet bags.



# Hug-A-Board Cover Kit

6. Place the arms and the TBLS label on the body.

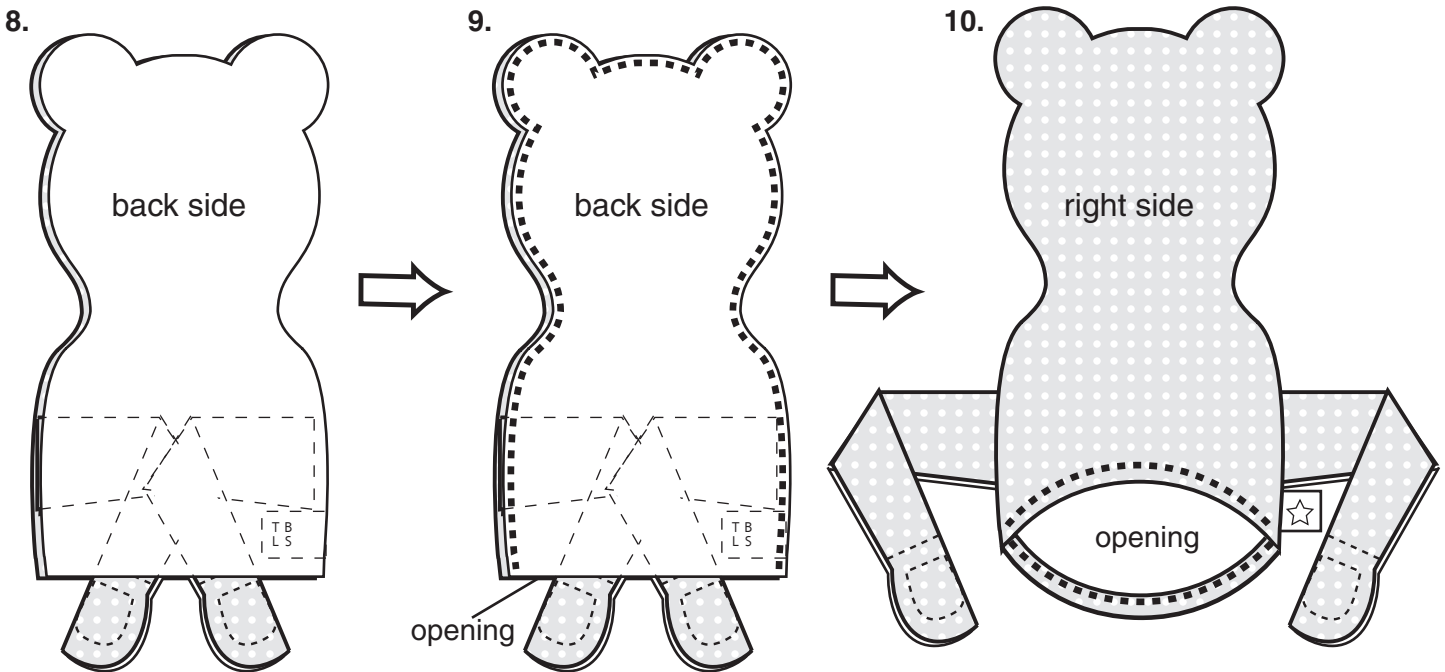
7. Machine stitch them.



8. Place the two body pieces right side together.

9. Machine stitch around the body, leaving an opening at the bottom.

10. Turn the body to the right side and finally fold the lower edge twice to the inside and machine stitch the edge.



Please call or e-mail me if you have any questions: 925-253-3599 e-mail: ehkawata@yahoo.com  
(Erica Kawata) Happy sewing!