



# The Brightest Little Star Project

## Scent Doll Kit

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

These adorable dolls are used to help strengthen the parent / child bond while the newborn is being cared for in the NICU. Parents will hold or even sleep with the doll so it absorbs their scent – then place it in the incubator when they leave so their little one can “smell” their presence.

The hospital foundation recently gave us funding so we could continue to make these special little dolls. Over 1,200 babies are cared for in the unit each year – and eventually we’d love to be able to give each of them a doll or blanket – that’s why we need your help!

Attached you will find the instructions to complete the dolls. Completed dolls 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 The Brightest Little Star’s mission. If you of 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.



# The Brightest Little Star

## Scent Doll Instructions

1. Fold the square in half across one diagonal (right sides together) to make a triangular shape.
2. Sew the edges with a 5/8" seam allowance, leaving an opening so you can turn it right side out. Leave opening along edge – not at point.
3. Turn it right side out and push out the corners.
4. Form a ball of batting about 2" in diameter to be used for the head. Fold long side of triangle in half and mark in pencil on fold. Use this marking to correctly position the head. Reach inside of the doll, place ball of batting, and gather the fabric around the base of the head to form the neck of the doll. Tie securely with all six strands of embroidery floss, wrapping the floss around the neck two times. Fasten this well so that the baby won't get tangled in any threads. Trim away any loose ends of thread.
5. Top stitch the sides of the doll (the two shorter sides of the triangle, not the head side). Use a decorative machine stitch, if you have one. This stitching should close the opening you left for turning.
7. Fold hat up (to the inside) about  $\frac{1}{2}$  inch along the bottom edge of the hat.

8. Top stitch this edge.

9. Turn right sides together and sew the long edges together, starting with the bottom edge (that you have top stitched). Turn right side out. Try hat on doll – you may have to make adjustments if the hat is too large.

10. Hand stitch the hat to the head using a buttonhole stitch or any other stitch that will firmly hold the hat to the head. (These will be washed in the hospital, so sew them well.)

11. Tie a simple knot on the top of the hat and at the end of each of arm.

12. Cut star out of provided fabric. Peel backing and iron star onto scent doll body on lower half of body. There is no right or wrong place. Sew around the star with the machine or hand stitch to secure.

14. Return finished dolls to Stonemountain & Daughter Fabrics located at 2518 Shattuck Avenue in Berkeley and be sure to sign a few gift cards (first name only is suggested).

15. Thank you!

Please call Amy Reid with questions at 925.788.5390 or email [amymreid@sbcglobal.net](mailto:amymreid@sbcglobal.net) or call Suzan Steinberg at Stonemountain & Daughter at 510.845.6106.

*Many thanks for supporting our efforts to comfort the babies and  
parents  
in the NICU at Alta Bates Summit Medical Center in Berkeley.*