

BooBoo Pouch

This cute little pouch will help with those booboo's we all get, especially kids. Put this in the microwave for 30 seconds to use for heat or in the freezer for a cold pouch.

Juki Supplies

- Sewing Machine
- ¼" piecing foot

Fabrics & Supplies

- 2 pcs 8" x 8" flannel
- Thread to match
- Rice for stuffing – 1 ¼ cups long grain white
- Scissors
- Straight pins
- Turning tool
- Additional Supplies:
 - Funnel
 - Measuring cup
 - Measuring spoon



Sewing Instructions

1. Print and cut out the heart shape pattern from the .pdf. The heart pattern is 6" x 7". Select "actual size" on your printer to maintain the pattern size.
2. Lay 2 pieces of flannel, right sides together. If you are using directional fabric, be sure to place the pattern correctly. Pin the pattern to the fabric and cut out 2 hearts.
3. Pin the heart pieces, right sides together. Leave a 1 ½" opening on either side to turn right side out after stitching



4. Attach the ¼" piecing foot and use a ¼" seam. Start stitching at one end of the opening, stitch around the heart stopping at the other end of the opening. Reinforce stitch at the beginning and end.

5. Before turning the heart right side out, clip into the points and around the curves. Be careful not to clip through the stitching.



6. Turn right side out. Press seams. Fill bag with rice and hand sew the opening closed.

To Use: Put in the microwave for 30 seconds to use as a heated compress. NOTE: Make sure you are using all cotton materials. Put in the freezer to use as a cold compress.