

**Skill level:  
Beginner**

# BC Women's Hospital Scent Cloth Program

## ***Materials:***

- Gender neutral cotton flannelette or 100% cotton ONLY (no minky or fleece fabric)
- thread
- paper and cardboard to make pattern
- straight pins
- scissors or rotary cutter and mat
- sewing machine
- iron
- pencil to trace pattern
- crochet hook or something similar to push out corners

***Size:*** Each scent cloth will be approximately 30cm x 10cm.  
1 metre of fabric makes approx 20 scent cloths

***Please do not resize.***

## ***Directions:***

### ***Prepare:***

1. Pre-wash the fabric, NO fabric softener. Dry and iron the fabric.
2. Print out pattern provided. **Be sure to print at 100% - do not scale.**  
It needs to be the size stated on the pattern, if it isn't, adjust it.  
The pattern does include 1/4" seam allowance. You can trace the paper triangle template onto cardboard to make it easier to trace repeatedly.
3. Cut two triangles for each cloth from pre-washed fabric using your paper or cardboard template.

### ***Sew:***

1. Lay two pieces of coordinating fabric triangles with right sides together.
2. Sew a 1/4" seam all the way around, leaving a 2" opening, to turn the triangle right side out.
3. Trim seams and corners, grading layers if possible so seam is less bulky. Then turn right side out.
4. Push the corners out, ensuring flat edging near the corners.
5. Straighten and press opening seam and sew opening closed using a sewing machine or a slip stitch by hand.
6. Topstitch around the whole cloth.
7. Press flat.

All cloths will be re-washed  
and packaged with  
instructions for parents  
by a volunteer once  
they are received  
by BC Women's Hospital



# BC Women's Hospital NICU Scent Cloth Pattern

\*Do not resize or scale\*

