

*Looking for a service project  
that REALLY CAN  
Make A Difference?*

# Blankies for babies

created especially for  
your baby by

*mo' Angels*

*Help us tie fleece baby blankets to Prevent Fetal Alcohol*

*Call 763-531-9548 - Jodee*

*for more information*

*[www.toolboxparent.com](http://www.toolboxparent.com) [www.nofas.org](http://www.nofas.org)*

*[www.betterendings.org](http://www.betterendings.org) [www.mofas.org](http://www.mofas.org)*

*Team up with us....we really can prevent  
brain injury to baby brains.*

*Join the Movement - Building Better Baby Brains*

*Men and Women can be a friend*

*Pledge A Pregnant Pause - 9 Months of Sobriety*

*Walking Alongside Each Other*



# HOW TO MAKE A BLANKIE FOR BABY

## Materials:

- **Two coordinating pieces of any fleece** . . . for a baby 1 yard (in each of two fabrics)

You need two separate pieces of fabric for the blanket; one will be the front, one will be the back.

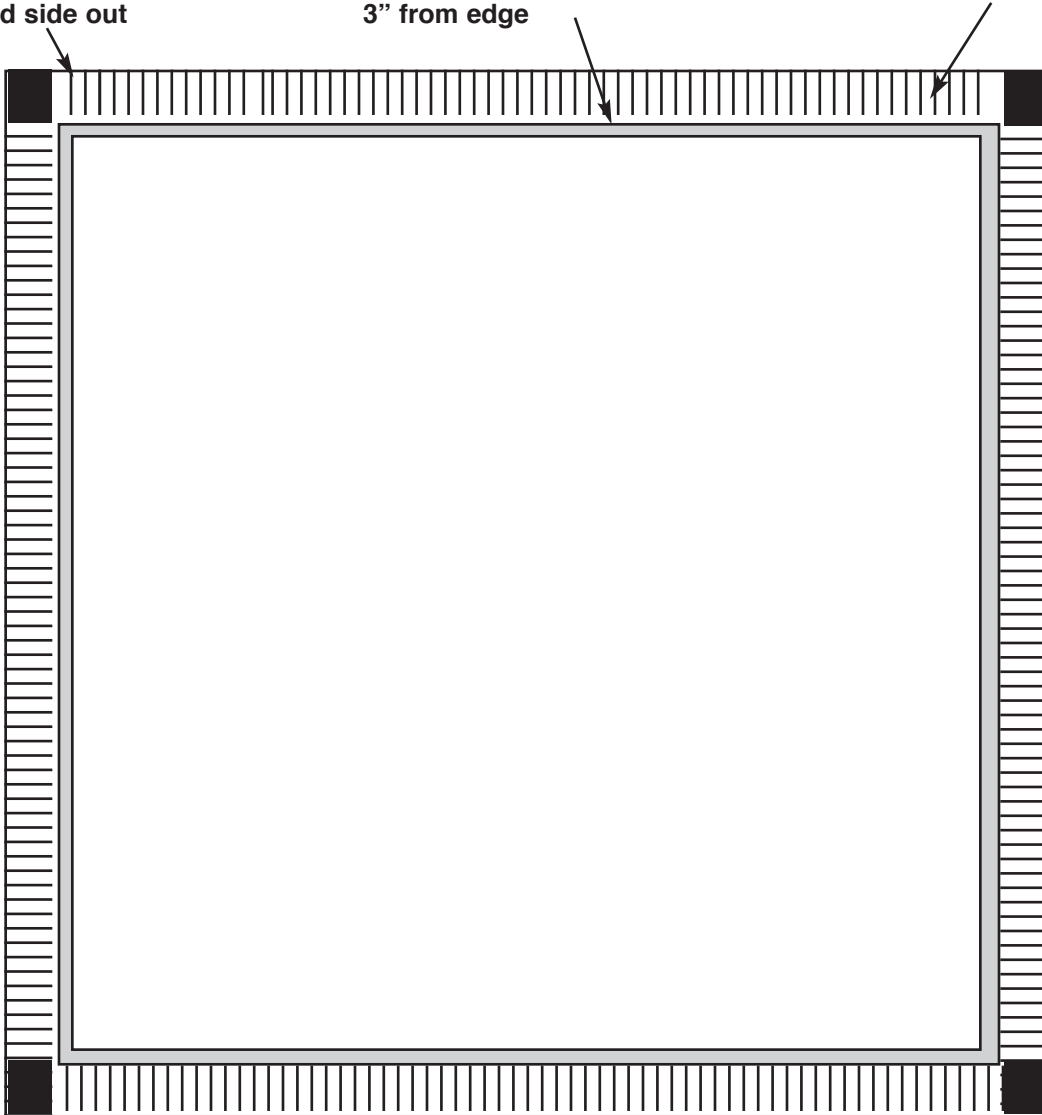
You can choose two coordinating fabrics or the same fabric. The choice is yours! Double-check the widths of the two fleeces to make sure they are the same. We have found 30" x 30" to be the most economical although 30" x 36" is wonderful too!

**1. Cut two pieces of fleece 30" x 30"-36" and place together good side out**

**2. Add craft tape around perimeter 3" from edge**

**3. Cut fringe 1/2" - 3/4" 3" deep to tape**

**4. Cut out 3" x 3" corners and throw away pieces**



- **A pair of good scissors** (If your scissors are dull, it will take a lot longer to complete!) OR rotary cutter and mat
- **Ruler or tape measure**
- **Cheap masking tape**

## Cut:

2 square fleece from 60" x 1 yard fabric (depending on salvage edge after trim finished size will be 30" x 30" to 30" x 36")

**5. Begin double tying at each corner then continue**

## Directions:

1. Cut off rough selvage edge on both sides. (This is the side that is machine finished, not cut.) Trim only as much as necessary, usually not more than 2 inches on each side. At this point, make sure that your cut sides are relatively straight. (They don't have to be perfect!) Do this on each piece of fabric.

2. Lay your fleece wrong sides together, with edges matching up. (sometimes it's hard to tell which side is the wrong side and it often doesn't matter which side you use as the front or back.) \*\*Some people choose at this point to pin the layers together

3. Cut a 3"x3" square out of each corner (through both layers of fleece) and discard. Do not make fringe any longer than 4" for baby blankets. It really does help to cut out your square from each corner before proceeding. You can cheap place masking tape around the edges for guide.

4. Cut 3" into fleece at 1" intervals around all four sides. Tie overhand knot close to blanket edge by using one strip from the front and one strip from the back to create finished fringe edge. Repeat around all four sides.

#### **Several notes here:**

5. To help make your strips approximately wide (again, it doesn't have to be perfect), you can use a tape measure across the top of your four inch section so that you not only make your cuts about 1" apart but also only four inches deep.

6. To make the tying look more even, tie every other one, all the way around the blanket, then flip the blanket over to the back and tie the rest. That way neither side is really the front or the back!

The nature of fleece makes two of the sides stretchy. Don't fear! Just be gentle when tying those sides (the selvage sides) so that your fringe isn't stretched out of shape! The knots do not have to be tight to remain tied and keep the blanket together.

## **IDEAS FOR FLEECE PURCHASING**

- Visit the mass merchandisers after the holidays or check mill-end fabric outlets. You can often purchase fabric for 50% or more off.
- Ask your community service organization to sponsor your fleece purchase.

BLANKET'S TIED AND READY TO GO  
TO A LOCAL CLINIC or PREGNANCY CENTER



# BLANKIE ACCESS & DISTRIBUTION

- Visit [www.betterendings.org/blankies](http://www.betterendings.org/blankies) to find a clinic near you to distribute blankets to
- Contact your local WIC office, pregnancy counseling office and deliver blankets with brochures
- Call Jodee at Better Endings New Beginnings 763-531-9548 for more distribution ideas
- Ask for fabric donations from you local service clubs (Lions, Jaycees, Rotary, etc.)

## Sample fabric request letter below:

Dear (name of community service organization)

Our (troop, class, group name) are joining the Blankies for Babies program to prevent Fetal Alcohol Spectrum Disorders (FASDs). FASDs are the leading cause of mental retardation in the United States and as the next generation of US citizens we believe we can prevent it. Over 45,000 babies are born each each with this brain injury and it does not go away. Drinking during pregnancy affects the lifetime of the individual affected.

The fleece blankets we tie will be donated along with information about FASDs to clinics to encourage new mothers to join the movement of "Building Better Baby Brains". Medical professionals will give these blankets to mothers when they confirm a pregnancy. It will be the first gift their new baby is given along with the message of remaining alcohol-free during pregnancy. We are asking all new mothers to take a pregnant pause and we hope that our efforts will make an impact. The life and brain of each child is important.

We need your help! Although we can produce the blankets the fleece is expensive and we need support for this project. If people in your organization have extra fleece or could donate money so we can buy fleece we will donate our time to make a difference in the lives of new babies.

To learn more about FASDs visit [www.nofas.org](http://www.nofas.org) or [www.betterendings.com/blankies](http://www.betterendings.com/blankies).

Sincerely,

(name and your organization)