CookChildren's

Adult Size Neck Pillows

The adult size neck pillows are given to parents who are staying at the hospital with their patient. The pillow gives them neck support while sitting in a chair or sleeping on the bed and helps prevent discomfort from painful neck kinks.

Supplies Needed:

- ½ yard of flannel or soft cuddle-like fabric
  (gender neutral fabric is preferred such as solid colors, plaids, stripes, etc.)
- Polyfil

Directions:

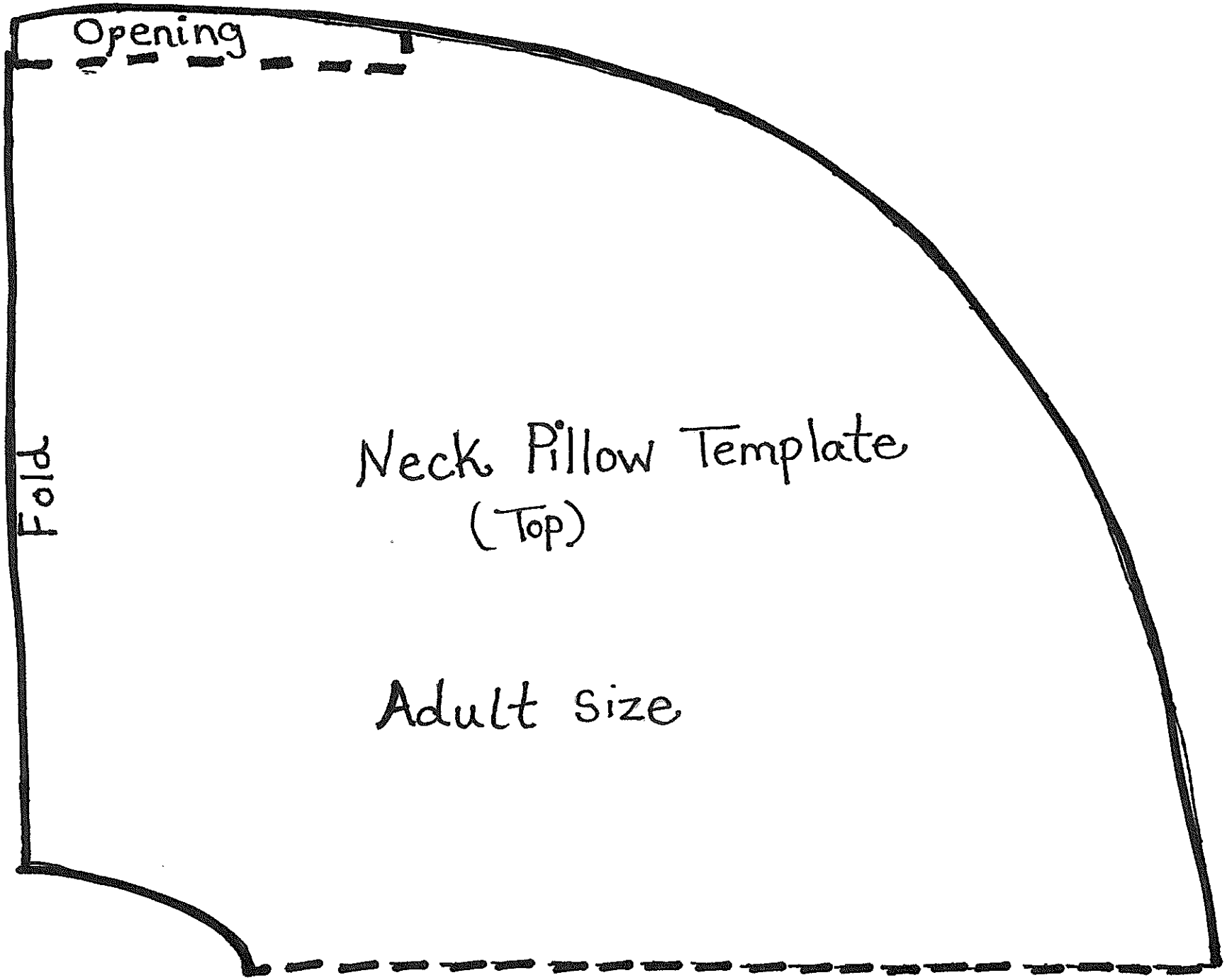
1. Take the ½ yard of fabric and fold it in half, right sides together. Use the template to cut out the pillow shape.

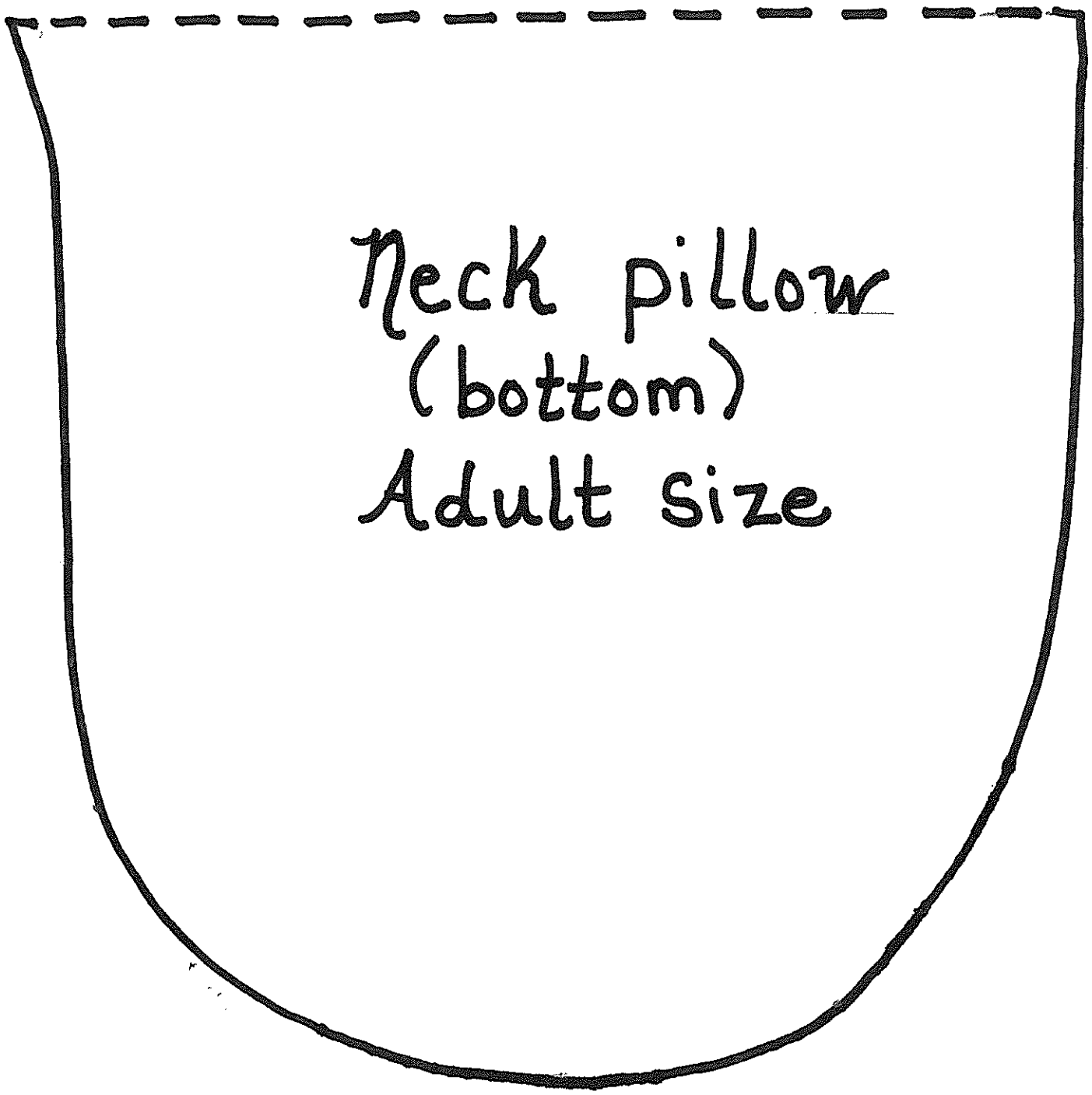
2. Sew around the pillow using a 3/8" seam allowance leaving a 4"-5" opening to add the polyfil.

3. Turn the pillow right side out. Stuff with enough polyfil in to create a fairly firm yet comfortable neck pillow.

4. Hand stitch or machine sew the opening shut.

*****Due to infection control, please make sure all fabric has been washed.**


Opening
Fold
Neck Pillow Template
(Top)
Adult size


Neck pillow
(bottom)
Adult size