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Making a “Sleeper Baby” Doll Lesson Objective

Time: 40 minutes (plus homework or further in-class time)

**New York State Parenting Standard: Standard 1: Roles and Responsibilities,
Standard 2: Human Growth and Development,**

Aim: To provide students with a playful way of learning sewing skills, while making a safe toy for a young child.

Objectives: Students Will:

- 1.) Make a baby-doll that is appropriate for a very young child.**
- 2.) Discuss the benefits that this toy will have for children in different developmental stages.**

Materials Needed:

Lesson, Large circles the size the a baby’s face, small cut-out in the shape of mittens for the hands (you may omit the thumbs to decrease difficulty, infant sleeper (these can be donated), approximately one-half package of polyester fiberfill per student, thread, scissors, sewing needle, pins, embroidery floss in shades of yellow, brown, black, green, blue, gray, red and pink OR permanent fabric markers in these colors, pencils, scrap paper, 100% cotton fabrics in skin tone colors, approximately one 12” X 45” strip for each student, sewing machines if available, but not necessary.

Sleeper Baby Making Lesson

Lesson Outline

I. Making a Sleeper Baby

- A. Wash, double rinse and machine dry all sleepers and fabric.
- B. Cut two face patterns and four hand patterns from the cotton skin-tone colored fabric.
- C. Embroider or use permanent fabric markers to decorate the face.
 - 1. Provide pencils and scrap paper for students to practice creating their own face designs.
 - 2. Students personalize their dolls by using different colors for eyes, hair, and mouth.
 - 3. Follow directions on the package if using permanent fabric markers.
- D. With right sides together, hand or machine-stitch around the head, leaving the opening around the neck. Turn head insideout.
- E. With right sides together, stitch around the “U” for each hand. Leave the straight edge open. Turn the hands inside out and stuff the hands with polyester fiberfill and sew to the inside of the sleeper’s arms.
- F. Stuff the arms and legs of the sleeper. Button or snap the sleeper closed. Stuff the doll’s tummy. Hand-sew the outside seam closed.
- G. Stuff the head with polyester fiberfill. Hand or machine-stitch the head to the body.

II. When students have completed their sleeper baby allow students to share their final project.

III. This project can be used to open up discussion on child development, safety, and parental responsibility. It can also be used instead of the traditional “egg” or “flower baby” childcare project, if the more realistic “Baby Think it Over” infant simulators are not available.