

## Medical Learning Dolls ("Surgical Dolls")

No decorations, eyes, faces, or ribbons!

Smocks or gowns to dress the gowns are also requested.

### Supplies:

- 12" x 17" piece of tracing paper (for your pattern) and a pencil
- 1/3 yard of 36" or 45" woven cotton or poly/cotton in skin tones.
  - We need a variety of beige, tan, and brown tones. Tea dying and using brown and tan shades of Rit-type dye is fine. Chose even (not mottled) colors that look like healthy skin tones. The color should be light enough that permanent fabric markers will show on it.
- Sewing thread to match fabric
- Polyester stuffing

### Johns Hopkins Children's Center Child Life Doll Pattern

Questions? Contact the Doll Program Coordinator, Joy Goldberger  
Johns Hopkins Children's Center, Baltimore, Maryland  
410-955-9852 or 410-955-6276

**Background:**

(The following information is extracted from an article entitled "The Use of Stuffed, Body-Outline Dolls with Hospitalized Children and Adolescents" by Laura Gaynard, Joy Goldberger, and Lesley Laidley.)

The process of creating and personalizing a blank, stuffed, body-shaped doll can provide children with a pleasurable and expressive activity which can be used by the hospital staff in many ways. The children decorate the dolls with non-toxic permanent markers. The dolls become a part of the treatment process and the children take them home with them when they are discharged.

The dolls can be used to help develop a rapport with the children and to help them relax in a hospital environment. The staff may use the dolls to help assess the child's perceptions and feelings; talking about the doll is a non-threatening way to explore the child's own concerns. Another use of the dolls is to help the children prepare for and cope with their treatment process. The doll can be used to show such things as where an injection will be given or what posture/body position is desired. And, of course, the dolls can be a wonderful source of comfort for the children.

**Directions:**

1. Trace cutting line of pattern onto paper to make your pattern match. Match A to A and B to B to make one piece pattern of a body outline
2. Cut out two doll bodies
3. With right sides together, using a  $\frac{1}{4}$ " seam allowance and small stitches, sew around the body, leaving one side open as marked on the pattern
4. Clip all curves, turn
5. Stuff firmly, but not so tightly that the doll's limbs cannot move. Hand stitch the opening closed.

**Send To:**

Johns Hopkins Children's Center  
Attn: Jerriann Wilson, Director of Child Life  
6000 North Wolfe Street/ Blalock 174  
Baltimore, MD 21287-4174

Opening