



# Catnip Pillows

## Materials

- Two fabric squares (4" by 4") (such as felt)
- Polyester filling
- Needle and strong thread
- Clear tape or pins
- 1 teaspoon catnip

## Instructions

1. Cut pieces of fabric into approximately 4" by 4" square.
2. Take two pieces of fabric and put them together with pins or clear tape, print-sides facing each other.
3. Sew three sides to make a pocket.
4. Turn pocket inside out so that the print side is showing.
5. Fill about  $\frac{3}{4}$  of the way full with polyester stuffing and about 1 teaspoon of catnip.
6. Fold top of pocket inside and sew shut.

If the sewing is challenging, children can stuff approximately 3" of pantyhose with polyester stuffing and 1 teaspoon of catnip. Knot the ends. These are then placed inside of the fabric envelopes made by older children or adults.

## Safety Precautions

*While catnip toy "mice" with string tails and whiskers look really cute, we hope you understand that we require cat toys with little embellishments, sturdy stitches, and non-fraying fabric such as felt. Why? It goes back to the cat's role as predator. The cat's rough tongue contains barbs that prevent the cat from spitting out long items such as string or ribbon. Once the cat has started to eat the ribbon, it is unfortunately committed to eating the whole thing. This can result in serious damage to the cat's digestive tract, requiring expensive surgery to save the cat's life. Our catnip toys may not be fancy, but they are safe – and lots of fun – for the cats in our care. The cats will thank you for it!*



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