

Hand & Foot Molds



Directions for making molds

- You have a cup with 200ml of water at your table
- You will slowly add mold powder to the water
 - You will **NOT** need all of the mold powder provided
 - You want the consistency of waffle batter or applesauce
 - Stir with fork until smooth
- Now immerse your babes foot or hand into the mold
 - Make sure nothing is touching the edge of the cup (have your partners look)
 - Rest your elbows on the table while holding the babe steady (they will get tired 😊)
 - Hold in place for 5 min (touch top of mold & see if it feels firm to see if ready to remove hand or foot)

Helpful hints 😊

Room temp or
cool water

Consistency of
waffle batter or
applesauce

Use metal
fork/spoon to help
mix better

Two-person job

Have all supplies
ready to go prior

Mold powder is
lighter than the
plaster powder

Helpful hints 😊

Leave extremity in
mold for 4-5 min

Touch top of mold

Your finger should
bounce off like jello

Leave one more min
after top of mold is
set & is firm

Better to leave too
long versus not long
enough

Slowly rotate babes
extremity to get it to
release from mold

Directions for plaster

- I will mix your plaster while you are creating your molds
- In the future when you make your own plaster:
 - You will **NOT** need all of the plaster powder provided in most kits
 - **Add plaster powder to water in small cup or graduate**
 - You want the consistency of paint
 - Stir with fork or tongue depressor until smooth
- Spray bubble release spray in mold (optional)
- Slowly fill mold with plaster- only halfway & rotate/swirl
 - Knock bubbles out by tapping cup on counter for 2-3 mins
 - Place in blanket warmer or warm dry place
 - Let dry for at least 2 hours before sliding out of cup & peeling mold off the casting



Opening Molds

- Gently peel mold away from you, being careful of fingers or toes
- Small imperfections are normal- use the tools to smooth out
- Once casting is dry, wrap in felt or tissue paper & place in bereavement box

Questions

