

## Instructions for Molding Babies Hand/Foot

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### Molding Powder (Alginate)

- 1) Knead the bag of molding powder (alginate) to break apart any large lumps that have formed.
- 2) Use cool to cold water, do not use warm water, this will make the mold set too quickly.
- 3) Pour water into the mixing bowl and then the powder and mix quickly and thoroughly for 1 minute.
- 4) Ratio: 3 parts water to one part powder or to a thick, pourable consistency.
- 5) Pour the alginate mix into the container after 1 minute.
- 6) Insert the baby's hand or foot into the container.
- 7) The mold will begin to thicken and start to set after 1 minute.
- 8) Make sure the hand or foot is completely covered in material, but not touching the sides or bottom of the container.
- 9) Firmly hold the hand or foot in the container for 1-2 minutes.
- 10) Test it by touching the top of the material with your finger.  
The molding should not stick to your finger. If it does, hold the hand or foot in the mold until it sets completely. More time is better. It has to set completely for the impression to turn out.
- 11) Remove the hand or foot from the molding by slowly wiggling the hand or foot from side to side.
- 12) Rinse off the baby's hand or foot with water to remove any excess molding material.
- 13) Mix and pour the plaster immediately after you have completed making the mold or the mold will dry out, and possibly distort.



Tiny pieces of alginate can be removed with a small pick or pointed tool.

### Plaster Casting

- 1) If you are making a hand mold, you must use a long pin or needle to pierce the hollow finger tips.
- 2) Pierce the mold where you think the tips of the five fingers are. The pin holes will not effect the look of the casting. When you pour the plaster into the mold, the pinholes will allow trapped air to escape.
- 3) Add the measured amount of cold water to a mixing bowl. Then sprinkle the measured amount of plaster powder onto the surface of the water in the mixing bowl.
- 4) Let plaster soak up the water. When completely absorbed, after approx 3-5 mins, commence mixing.
- 5) Mix until a smooth consistency develops with no lumps. Spoon 2 spoonfuls of the plaster mixture into the alginate mold. Look inside and tilt the mold so the plaster fills the baby's finger tips or toes. By tilting the mold sideways this will release any trapped air. This is important to prevent bubbles remaining in the finger tips and toes.
- 6) To make the trapped air bubbles rise to the surface, tap the mold firmly several times. Keep it tilted so the plaster stays in the fingers and toes.
- 7) Tap vigorously, the trapped air will rise to the surface.
- 8) Hold the mold in the angled position for 2 minutes. With the mold still tilted in the angled position, spoon as much plaster into the mold as possible without it spilling out. Continue to add plaster to the mold as you tilt it back to the upright position. This will ensure there is no trapped air in the finger tips. Fill the mold to the top.
- 9) Tap the bottom of the mold on a hard surface several times to force the air bubbles to the surface.
- 10) Allow the casting to harden for 1 – 2 hours.

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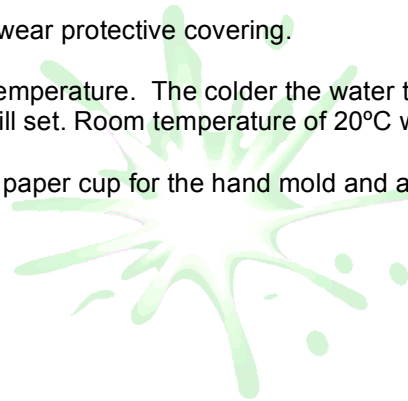
## Instructions for Molding Babies Hand/Foot

### Finishing

- 1) Peel the mold away from the Plaster cast.
- 2) If there are any air bubble holes or imperfections, mix some more plaster. It should have the consistency of putty.
- 3) Use your finger and apply a small amount of plaster mixture to the imperfection. Let it dry for about 15 mins.
- 4) Use sculpting tools to remove any excess plaster or molding material. Air bubbles will look like little blobs. Remove anything that doesn't belong.
- 5) Be very careful with the fragile fingers and toes.

### Helpful suggestions for the best results:

- Two adults are needed to make a successful casting. One to make the mold and read the instructions and the other to hold and distract the baby.
- If you touch the side or bottom of the container when you are doing the mold, you should still continue with the casting and pour the plaster. You can smooth out any imperfections with sandpaper later.
- It is difficult to remove the molding material from clothing, so wear protective covering.
- The set time of the molding material will vary with the water temperature. The colder the water the longer it will take for the mold to set. The warmer the water the faster it will set. Room temperature of 20°C works well.
- For best results we recommend using a disposable plastic or paper cup for the hand mold and a mini foil bread/loaf pan for the foot mold.



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