

## **HandsOn at Home**

### *Baby Photo Frames*

The Tree of Life Center's mission is to empower women & teens with the tools necessary to thrive, overcome, and be successful in every stage of their lives. Tree of Life Center offers services free of charge and ensures that quality information and direct services are provided. This has created a safe place for women & mothers without worrying about paying for services, needing legal status nor judgement

Many of their clients are in crisis - some are homeless, some are teenagers, some are fleeing from abusive situations, and many have already had children. Tree of Life works with the parents to hone their parenting skills, provide them with the tools they need to succeed, and assist them with everything from help finding housing to supplying diapers.

#### **Supply List**

- Unfinished wood frame (at least a 3x5 or 4x6 size for photos)
- Spray adhesive/Mod Podge
- Foam brush
- Paint or water-based stain
- Scissors
- X-acto knife (razor blade cutting tool)

For decoupage method, add:

- Decorative scrapbook paper

For paint method, add:

- Chipboard letters
- Sandpaper (optional)

#### **How to:**

1. **Advise your network of the project.** Encourage your family, friends, and co-workers to donate their time creating this project.
2. **Purchase and/or collect supplies needed.** Each participant must complete at least 2 photo frames and will earn 4 hours. *Participants will receive a maximum of 10 service hours for completing 5 photo frames, but additional frames may be submitted.*
3. **Create your project.** Detailed, step-by-step instructions are listed below. If you have experience making frames/scrapbooks, please use whatever method suits you best.
4. **Email photo/video proof of your completed project.** Send all information to Cindy Ariza, [cindy@handsonmiami.org](mailto:cindy@handsonmiami.org) or 305-504-4510

## Project Instructions

### **Photo Frames for New Moms (2 methods):**

- 1) Decoupage with decorative scrapbook paper
- 2) Painted with chipboard letters

#### **Materials\***

- Unfinished wood frame (at least a 3x5 or 4x6 size for photos)
- Spray adhesive/Mod Podge
- Foam brush
- Paint or water-based stain
- Scissors
- X-acto knife (razor blade cutting tool)

For decoupage method, add:

- Decorative scrapbook paper

For paint method, add:

- Chipboard letters
- Sandpaper (optional)

#### **Instructions for decoupage method:**

1. Position the frame on the paper where you want it and then trace it lightly with a pencil. Trace the outside of the frame and the inside. Then cut it out.



2. Paint or stain the back of the frame, the sides and the inside. Don't stain the top. Spray adhesive sticks better to unfinished wood than when it is painted or stained. Allow to dry.



3. Spray the adhesive on the backside of the cut scrapbook paper. (Or if you're using Mod Podge, apply it with a foam brush.) Get it nice and even but not too thick.



4. Place the paper on the top of the frame and when it is straight, rub all over to make sure it sticks well and there are not any bubbles.



*Participants will receive a maximum of 10 volunteer service hours for completing this project.*

*Volunteers are responsible for purchase/collection of the materials needed for this project*



5. Use an X-acto knife or some other kind of razor blade to trim off any excess paper. Make sure the blade is sharp so it doesn't rip the paper.



6. Optional: If you want to add an antique look to your frame, use either watered down brown paint or water based stain. Make sure there isn't very much on the brush. Gently brush along the edges on the outside and the inside to give it an antiqued look.



7. The next step is to seal it. Mod Podge works great. Use foam brushes because you don't get lines from bristles.



8. Allow it to dry well. Once it's done, put the "baby stats" page in as a photo placeholder, or make one in your own handwriting.

### Instructions for painted/chipboard method:

1. If you want to use 2 colors on the frame, paint the frame your first color. Let dry.



2. Glue chipboard letters to the frame. Use one of the following phrases along the top, bottom and/or sides of the frame: "Welcome Baby" "We love our baby" "Baby love"



3. Paint the entire frame another color, painting over the letters. Let dry.
4. If you want an antique look and you've used 2 colors of paint, use sandpaper to remove some of the top layer from the edges so that some of the bottom color shows through on the edges.

5. Once it's done, put the "baby stats" page in as a photo placeholder, or make one in your own handwriting.



**"Baby Stats" Page:**

Welcome to the world!

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was born on

---

weighing

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and \_\_\_\_\_ inches long

### What's next?

- ☐ Email photo/video proof of your completed project. Send all information to Cindy Ariza, [cindy@handsonmiami.org](mailto:cindy@handsonmiami.org) or 305-504-4510
- ☐ **Coordinate a day/time to return your projects.** When it is safe to do so, HandsOn Miami will coordinate the steps to delivering or mailing the project to the HandsOn Miami office.

**PLEASE, DO NOT MAIL ITEMS OR STOP BY THE OFFICE UNTIL AUTHORIZED TO DO SO.**

#### **Mail in or drop off your items to:**

HandsOn Miami  
2103 Coral Way#202  
Miami, FL 33145

- ☐ Share with HandsOn Miami, family, and friends by posting a picture and/or comment about your experience on our [Facebook](#) page, your **Instagram** account and tag @handsonmiami, or by **Tweeting** us @handsonmiami with hashtag **#HandsOnOurCommunity**.