



tiny sparks wa

## DEVELOPMENTAL HEARTS

Fabric Hearts-worn by NICU parents then placed with their infant

### SKILL LEVEL

Beginning sewing skills needs

### MATERIALS

- Sewing Machine
- Cotton or flannel, plain or print.

### SIZE

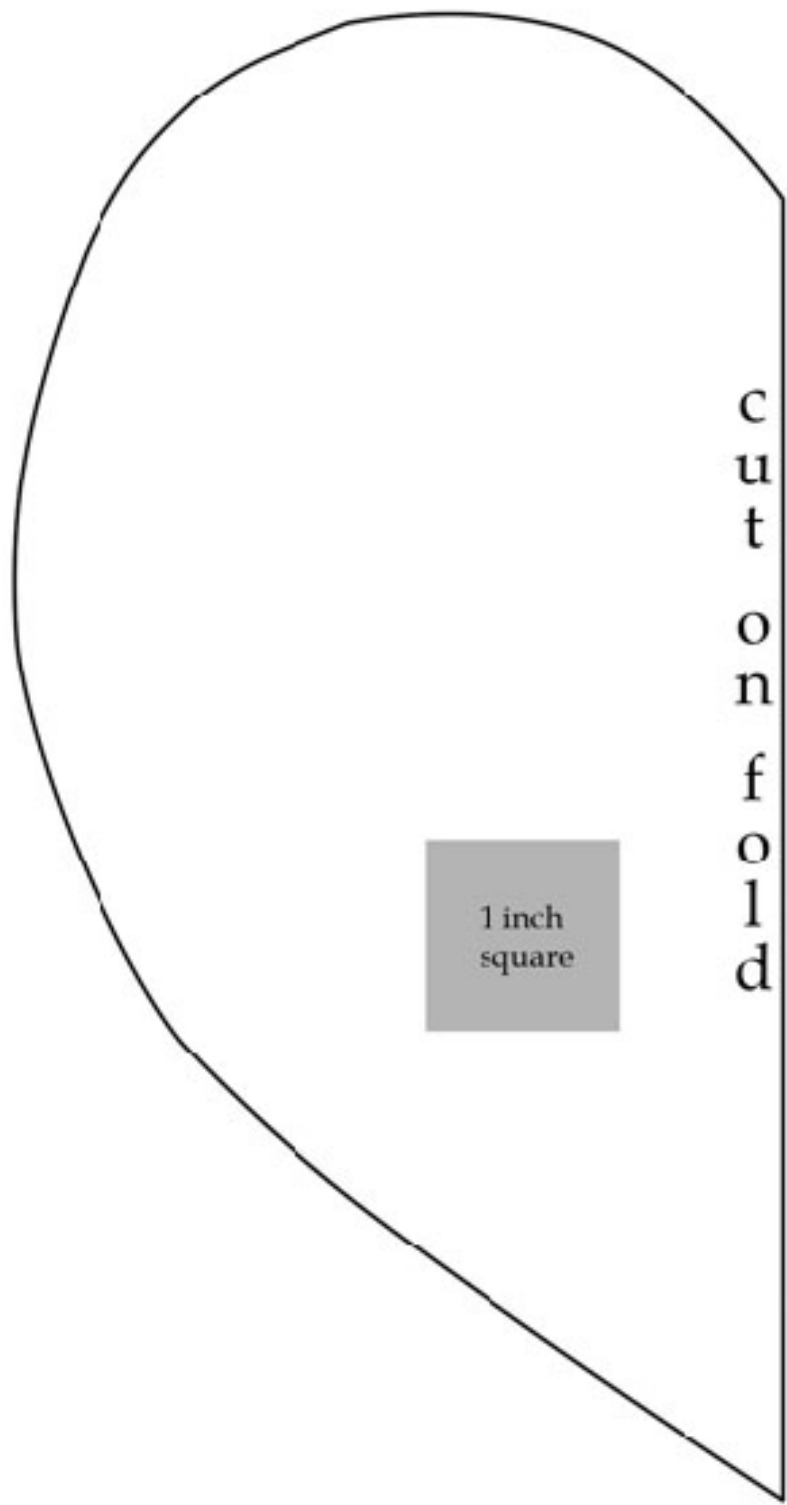
- The heart template in this pattern is about 8in x 8 in.
- The finished size should be about 7.5in x 7.5in

### NOTES:

- Developmental Hearts are provided in our Care Packages to families with infants who have been admitted to the Neonatal Intensive Care Unit. The fabric heart is worn against the mother's skin so that the fabric might absorb the scent of the mother. The heart is placed with the baby in the isolette or crib so the mother is always with her child.
- Do NOT add batting, quilt, embroider or add any seams down the center of the hearts.

### INSTRUCTIONS:

1. Print out the pattern for the  $\frac{1}{2}$  heart. Make sure to print it at 100%. Do not scale. Cut out the  $\frac{1}{2}$  heart. Make a full heart template by placing the  $\frac{1}{2}$  heart on folded paper and cutting out your template.
2. Wash and dry all fabric before cutting out the hearts. Special detergent is not necessary but, do not use one with added scent. Do not use fabric softener.
4. Sewing machine instructions
  - a. Lay two pieces of coordinating fabric with right sides together.
  - b. Pin the heart template securely to the fabric, cut out the heart.
  - c. Sew a narrow ( $\frac{1}{4}$ in) seam.
  - d. When you reach the point of the heart or the dip in the top of the heart, leave the needle down, lift the presser foot and turn. Continue sewing.
  - e. Leave an opening large enough to turn the heart right side out.
  - f. Clip the point at the bottom of the heart and the dip in the middle of the top so the points turn nicely. Make sure to not clip the stitching.
  - g. Turn the heart right side out.
  - h. Iron the heart while pulling the seam out. Make sure all seams are pulled out completely or the shape of the heart will be odd.
  - i. Slip stitch the opening of the heart closed.
  - j. Finish the heart by topstitching about  $\frac{1}{4}$  inch from the edge all around the heart.



cut on fold

1 inch square