

Fact Sheet

How to make fabric hearts for the Neonatal Intensive Care unit (NICU)

What is the NICU Heart-to-Heart program?

Soft, fabric hearts can retain the mom or dad's scent. Mom or Dad wears the heart against their skin for a short while after which the heart is placed in the crib with their baby. The familiar scent helps babies to settle and may also help with breastfeeding.

How do I make the fabric hearts for the NICU

- Please only use soft cotton flannel material.
- The heart is created with 2 heart shaped pieces of material sewn together back-to-back, without stuffing. We have provided the template and correct sizing for the finished product.
- The hearts need to be sewn inside out and then turned right side out and sewn again so there are no ragged edges. Please do not overlock the hearts. Finished Hearts should be just under 6 inches.
- Please wash the hearts in a neutral detergent and deliver to UPMC Magee Women's Carlisle Hospital, preferably as a set of three per ziplock bag.

Bring finished hearts to a guild meeting and we'll deliver them.

Thank you!

