

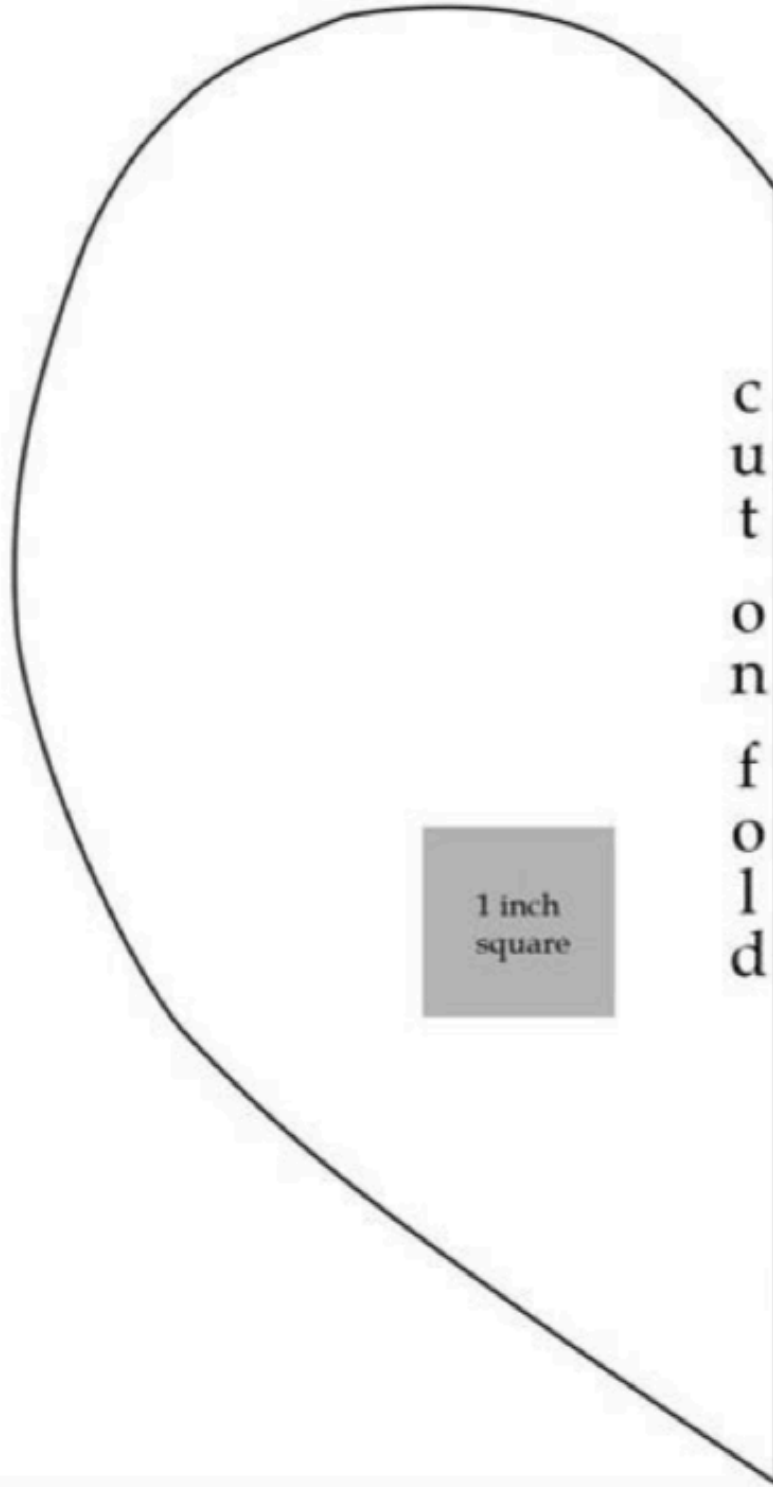


Developmental Hearts

Developmental Hearts are very helpful for babies who are in the Neonatal Intensive Care Unit (NICU). The hearts are worn by parents to absorb their scent and then placed with the baby in the isolette or crib to soothe the baby. This is also a way for babies to bond with the parents through the comfort of having their scent nearby.

Instructions:

1. Wash and dry all fabric before cutting out the hearts. Flannel makes the best hearts, but soft cottons, fleece or minky also work. Please use unscented non-dyed detergent and do not use fabric softener.
2. Print out the pattern for the $\frac{1}{2}$ heart. Make sure to print it at 100%. Do not scale. Make a full heart template by placing the $\frac{1}{2}$ heart on folded paper and cutting out your template. Cut out the heart.
3. If sewing hearts with a SEWING MACHINE:
 - 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 ($\frac{1}{4}$ inch) 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. Iron the heart while pulling the seam out. Top stitch the opening of the heart closed or use stitch witchery to iron close.
4. If sewing hearts with a SERGER:
 - a. Place two pieces of coordinated fabric with **wrong sides together**.
 - b. Pin the heart template to the fabric and cut out the heart.
 - c. Serge around the heart. If using the cutter knife to trim as you sew, make sure to only remove a sliver of the fabric so as to not remove too much of the width.
 - d. If using the cutter knife, make sure to retract the knife when you reach the dip in the center top of the heart.
 - e. Weave the ends in securely when serging is finished.



Average Everyday Miracles
AverageEverydayMiracles@gmail.com
AverageEverydayMiracles.org
Facebook: Blank NICU Families