

DEVELOPMENTAL HEARTS

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

MATERIALS

- Cotton prints are preferred. Flannel, fleece, minky may also be used.

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 given to mom's and dad's whose newborn infants have been admitted to the Newborn 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.
- Thank you to Blank Children's Hospital, Des Moines, IA, Newborn Intensive Care Unit for supplying the information and poem for the Developmental Hearts
- Print the poem on colorful computer paper and include with each heart to complete this gift to the new mom.

INSTRUCTIONS:

1. Print out the pattern for the ½ heart. Make sure to print it at 100%. Do not scale. Cut out the ½ heart. Make a full heart template by placing the ½ 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.
3. 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.
4. 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 (1/4in) 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 ¼ inch from the edge all around the heart.

DEVELOPMENTAL HEARTS

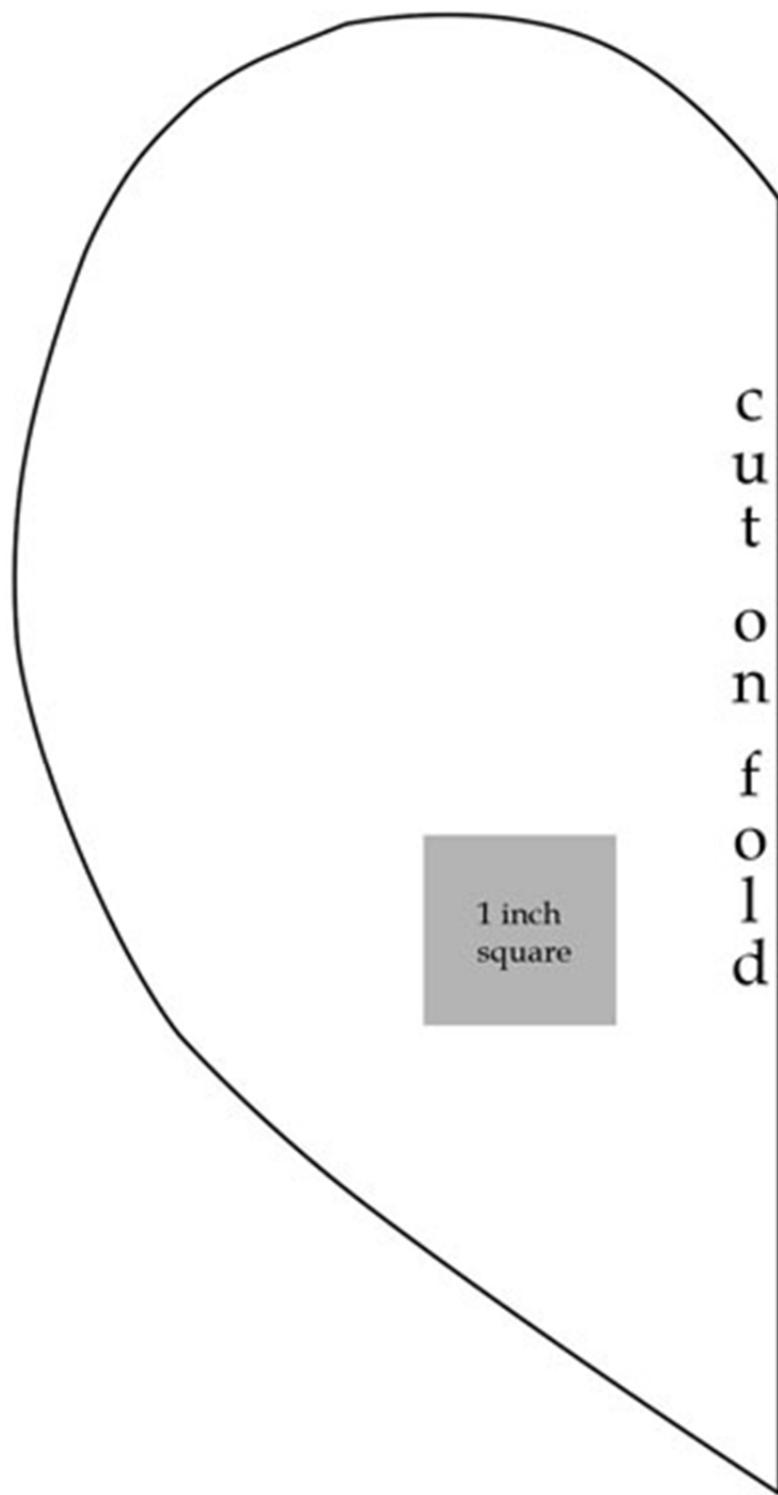
Hand to Hand
Heart to Heart
Heartfelt love to share.

Place this heart against your chest
And parent's love you'll share.

Then place this heart in baby's bed
Throughout each passing day.
Another chance to show you care
In a unique and loving way.

Your baby smells your presence,
Whenever you can't be near.
It tells them that you love them
And wish you could be here.

Your baby will always remember
Your heartfelt smell of love.
As parents you will always cherish,
This special gift of love



cut
on
fold

1 inch
square