

DEVELOPMENTAL HEARTS



ABOUT

Developmental Hearts are given to parents whose newborn infants have been admitted to the Newborn Intensive Care Unit. The fabric heart is worn against the parent's skin so that the fabric might absorb the scent of the parent. The heart is placed with the baby in the isolette or crib so the mother is always with her child.

SKILL LEVEL

Beginning sewing skills

MATERIALS

- Sewing Machine or Serger
- Cotton prints are preferred. Flannel or fleece may also be used

SIZE

The heart is about 8in x 8in. Exact size is not critical.

Please note: not all Neonatal Hospitals accept sewn donations. For this reason we request that donations are sent to the LLTF head office for distribution nationally.

Finished Hearts can be sent to:

Life's Little Treasures Foundation

1/21 Eugene Terrace

Ringwood 3134

Victoria

or

15 Wyalong Street

Willoughby. 2068

Sydney, NSW

INSTRUCTIONS

1. Print out the pattern for the $\frac{1}{2}$ heart. Make sure to print it at 100%. 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.
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 you sew, make sure to only remove a sliver of the fabrics 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 centre top of the heart.
 - e. Weave the ends in securely when serging is finished.
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 (1/4in) seam.
 - d. When you reach the point of the heart or the dip in the top and turn. Continue sewing.
 - e. Leave an opening large 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.
 - h. Iron the heart while pulling the seam out.
 - i. Slip stitch the opening of the heart closed

