



# DEVELOPMENTAL HEARTS

© The Life's Little Treasures Foundation

Thanks for being part of our makers community! We appreciate you generously donating your time and skills to make gorgeous handmade gifts for families in hospital which are always so gratefully received!

## ABOUT:

Developmental Hearts are given to parents whose newborn infants have been admitted to the NICU. 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.

## 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.

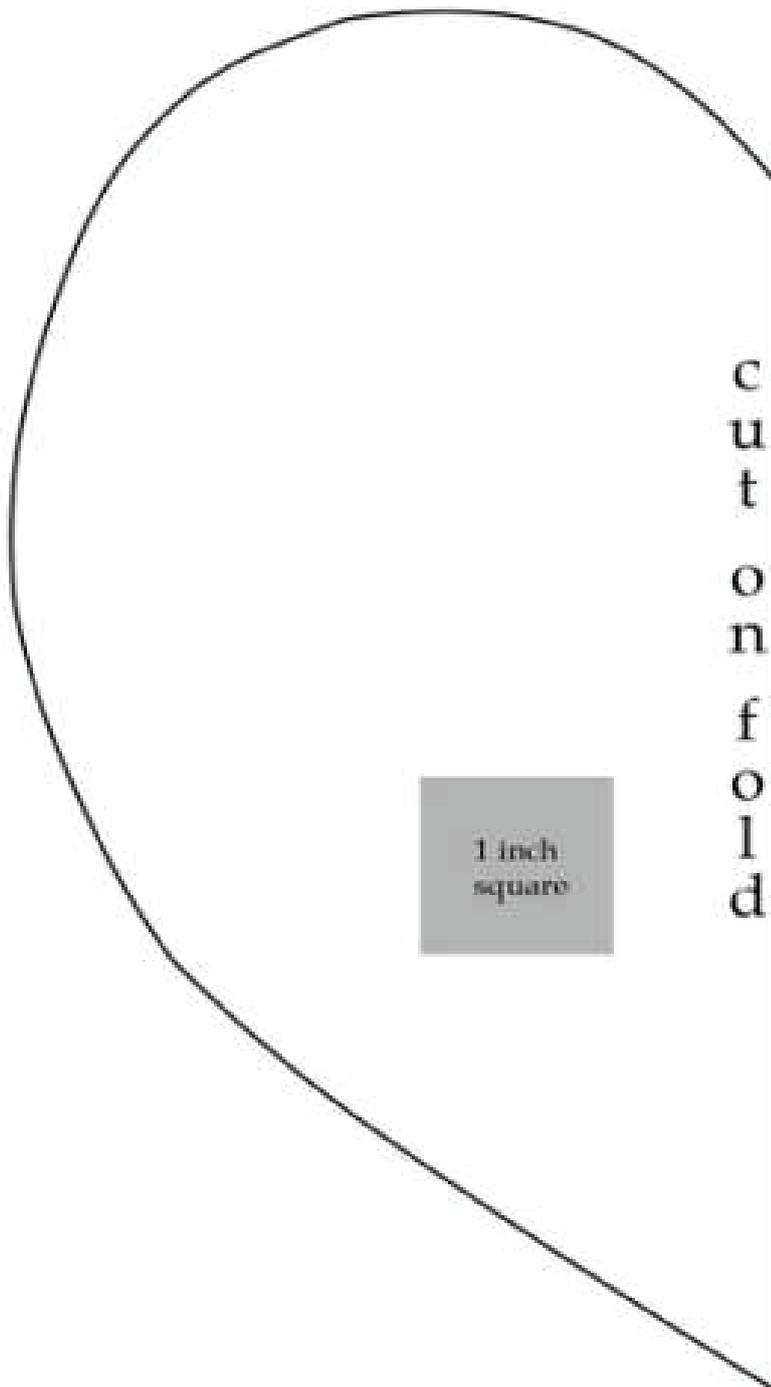
## METHOD:

- 1.** Print out the pattern for the 1/2 heart. Make sure to print it at 100%. Cut out the 1/2 heart. Make a full heart template by placing the 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.





# FREQUENTLY ASKED QUESTIONS

Thanks for your interest in our knitting and sewing activities. We are small team achieving big things and without the generous support of the community we couldn't continue deliver our support services to families in need. Your donations will be going to our smallest and most vulnerable babies and so we must ensure our donations are in keeping with hospital guidelines.

## **Do you accept donations other than the items listed on your website?**

We have worked closely with hospitals to ensure our patterns meet hospital safety and infection control guidelines. For this reason, we can only accept items listed on our website.

## **What type of material should use?**

These donations are going to our smallest and most vulnerable babies. All materials must be new, clean of pet hair and are free of extra embellishments such as ribbons and buttons (unless specified in the pattern). Please use 8 ply acrylic or wool yarn and ensure all materials used are soft and free of frays or fluff.

## **Can I change the size of an item e.g. - blanket?**

The sizes have been developed to consider a range of requirements:

Packing and shipping requirements

Hospital guidelines

Our most requested items by families

Health and safety guidelines.

And to ensure all families are receiving the same quality and sized gift.

For this reason we require donations are kept to the sizes indicated in the patterns.

## **Can I add buttons, or extra embellishments to my donations?**

No, unless the pattern specifies otherwise they can be a safety risk to small babies.

## **Where can I send my donations?**

Not all hospitals accept donated items. Health and safety requirements can change based on the level of care the hospital offers and individual management. All orders for families and hospitals are packed at HQ and sent directly to families and hospitals. To ensure we direct your donations to where they are most needed please send your donations to:

Life's Little Treasures Foundation

1/21 Eugene Terrace

Ringwood, VIC 3134

## **Can I drop my donations in?**

You sure can. Our office is open Monday to Friday 10 am to 3pm. It's always best to call first and let us know you are coming. Our number is 1300 697 736.

## **Do all NICU/SCN accept donations?**

No, hospitals vary depending on the level of care they provide and hospital management.

## **What sized knitting needles should I use?**

Knitting needles are specified in the individual patterns. Most patterns use 4mm needles.

## **Can I contact someone to ask questions regarding knitting or sewing projects?**

Please email our volunteer Knitting and Sewing Coordinator at [knitandsew@lifeslittletreasures.org.au](mailto:knitandsew@lifeslittletreasures.org.au) or call 1300 697 736 during Monday to Friday 9.30 -3pm.