

DEVELOPMENTAL HEARTS

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

Pattern designed by The Premie Project

Cotton prints are preferred but

flannel can be used on one side or

both sides. Wash fabric before cutting out the hearts but do not use fabric softener or scented detergent. No batting is required.

Cut the hearts on the fabric fold or make a full size heart template.

A serger or sewing machine can be used.

Sewing directions:

Lay the 2 pieces of coordinating fabric right sides together. Sew a ¼ inch seam around the heart.

Leave an opening 1 to 2 inches to turn the heart right side out. Clip the point at the bottom and the dip in the middle to help it lay nicely. Turn the heart right side out and press. Sew the opening of the heart closed. These hearts will be given to Mothers of babies in NICU. They wear the heart against their skin. Then the heart is placed in the isolette with their baby.

