



NICU Heart Pattern

NICU Hearts are an amazing way for parents and babies to bond while a child has a NICU stay. Mothers and fathers may wear a heart inside a shirt for a time and then the hearts are taken to the NICU and placed in the isolette with the baby. This allows the baby to smell and bond with the parents in such a sweet way.

Directions:

NICU Hearts are made from 100% cotton flannel

-Approximately 5x5 inches (note: a ¼ yard cut of fabric will yield appx 4 hearts)

Wash fabric using unscented detergent, dry and flat iron the fabric.

Cut two hearts from fabric. With right sides together, sew hearts together using a ¼ inch seam and leaving a 1-2 inch opening on the lower side. Clip around curves. Turn right side out and gently press with warm iron. Hand-sew the opening closed.

When complete, hearts can be placed in ziplock bags and mailed to:

Project NICU . 700 Ken Mar Industrial Pkwy., #730., Broadview Heights, OH 44147

