

# Inspirational HEARTS

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

## SKILL LEVEL

Beginning sewing skills

## MATERIALS

- Sewing Machine or Serger
- Flannel prints are preferred, cotton or fleece may be used

## SIZE

The heart pattern is about 8in x 8in. Completed size should be between 5x5 and 8x8 inches. Other patterns are accepted including embroidered applique patterns.

## NOTES

- Inspirational Hearts are given to mother'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 crib so the mother is always with her child.
- All Fabrics and projects must be completed in a non-smoking environment.
- Finished hearts may be sent to:

**Preemies of the Carolina's  
2764 Pleasant Road, #10803  
Fort Mill, SC 29708**



## 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. Please use unscented non-dyed detergent. 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.
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 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. Turn the heart right side.
  - g. Iron the heart while pulling the seam out.
  - h. Top stitch the opening of the heart closed, or use stitch witchery to iron close.

