

# DEVELOPMENTAL HEARTS

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

Pattern designed by The Premie Project

## 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.

## NOTES:

- Developmental 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 the isolette or crib so the mother is always with her child.
- Thank you to Blank Children's Hospital, Des Moines, IA, Newborn Intensive Care Unit for supplying the information and poem for the Developmental Hearts.
- If you are donating the hearts to The Premie Project, you DO NOT need to print the poem and include with each heart
- If you are making the hearts for another group, print the poem on colorful computer paper and include with each heart to complete this gift to the new mom.
- Finished hearts may be sent to:  
The Premie Project  
PO Box 1310  
Iowa City, IA 52241



## 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. 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 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. 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.

## **Developmental Hearts**

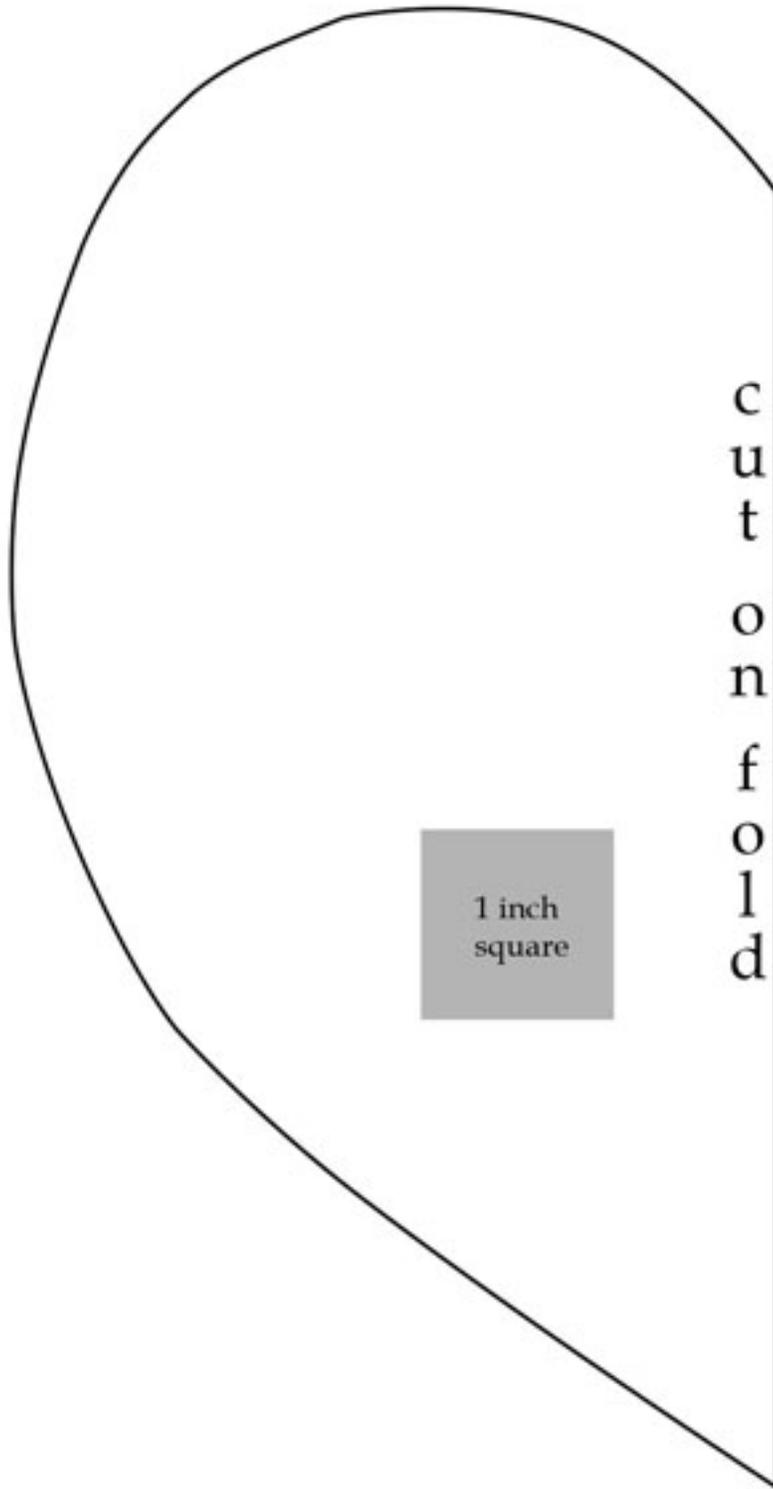
Hand to Hand  
Heart to Heart  
Heartfelt love to share.

Place this heart against your chest  
And parent's love you'll share.

Then place this heart in baby's bed  
Throughout each passing day.  
Another chance to show you care  
In a unique and loving way.

Your baby smells your presence,  
Whenever you can't be near.  
It tells them that you love them  
And wish you could be here.

Your baby will always remember  
Your heartfelt smell of love.  
As parents you will always cherish,  
This special gift of love



## **Corazones del Desarrollo**

Mano a mano,  
Corazón a Corazón  
Amore sincero para compartir,

Pong este corazón contra su pecho  
Y el amor de padre usted compartirá

Entonces ponga este corazón en la cama del bebé  
Todos los día que pasen.  
Otra manera de demostrarle que le importa  
En una manera única y cariñosa.

Su bebé huele su presencia,  
Cuando usted no pueda estar cerca.  
Le dice que lo ama y que desea estar aquí

Su bebé siempre recordará  
Su aroma de amor sincero.  
Como padres ustedes siempre apreciarán  
Este regalo de amor especial.