

Developmental Hearts of Minnesota

A Partnership between Allina Health and The Children's Hospital and Clinics of Minnesota

This idea was first developed by the Premie Project in Iowa (ThePremieProject.com). The pattern was also developed by the volunteers of The Premie Project. Developmental Hearts of Minnesota is expanding this effort into Minnesota to connect NICU babies with their families.

SKILL LEVEL

Beginning sewing skills needs

MATERIALS

- Sewing Machine or Serger
- Cotton prints are preferred. Flannel, fleece, minky may also be used

SIZE

The heart template in this pattern is about 8in x 8 in. **Hearts as small as 5 inches are also needed for the tiniest baby.**

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. Print the poem on colorful computer paper and include with each heart to complete this gift to the new mom.

Please send completed hearts to: The Mother Baby Center
902 E 26th St
Minneapolis, MN 55404



INSTRUCTIONS

1. Print out the pattern for the 1/2 heart. Make sure to print it at 100%. Do not scale. 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 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 opening large enough to turn the heart right side out.

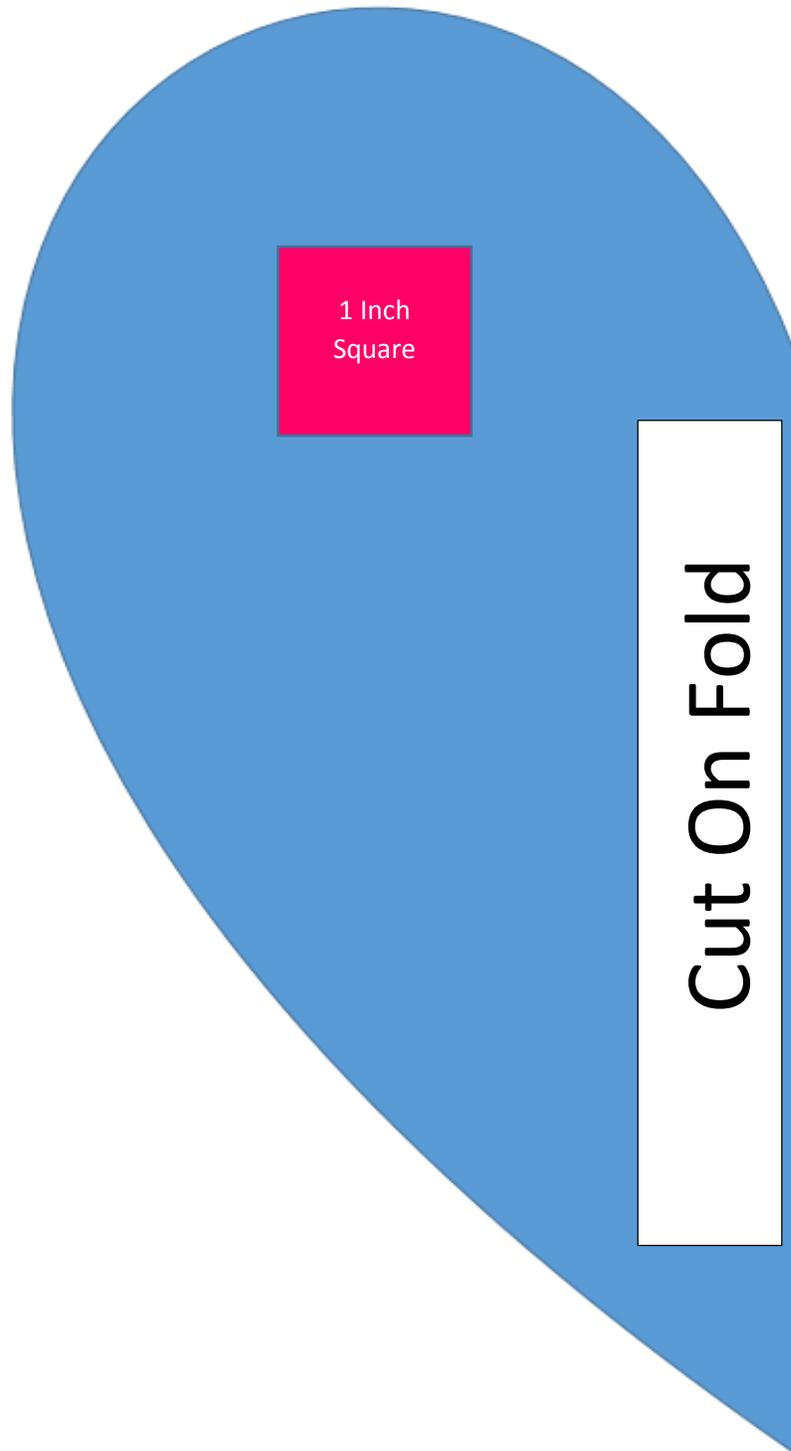
f. Clip the point at the bottom of the heart and the dip in the middle of the top so the points turns nicely. Make sure to not clip the stitching.

g. Turn the heart right side.

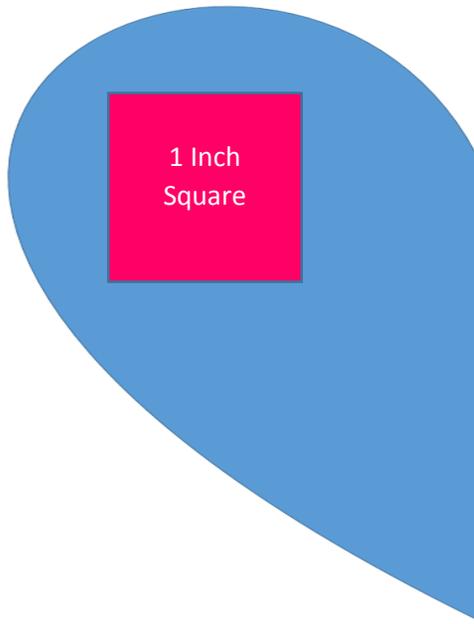
h. Iron the heart while pulling the seam out.

i. Slip stitch the opening of the heart closed.

7 Inch Heart



5 Inch Heart



Cut On Fold

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

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