



Fabric Bonding Hearts

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. A bonding heart is placed in each Mighty Miracles care packages.

SKILL LEVEL

Beginning sewing skills needs

MATERIALS

Sewing Machine or Serger

Cotton or flannel fabric

SIZE

The heart template can be done in 5 in or 7in. We accept both sizes but prefer the 5in which can be easier for Mom to wear and great for small preemies.

NOTES:

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.

Hearts can be mailed to:

Mighty Miracles Foundation
1212 SE Hampden Rd
Bartlesville, OK 74006



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.

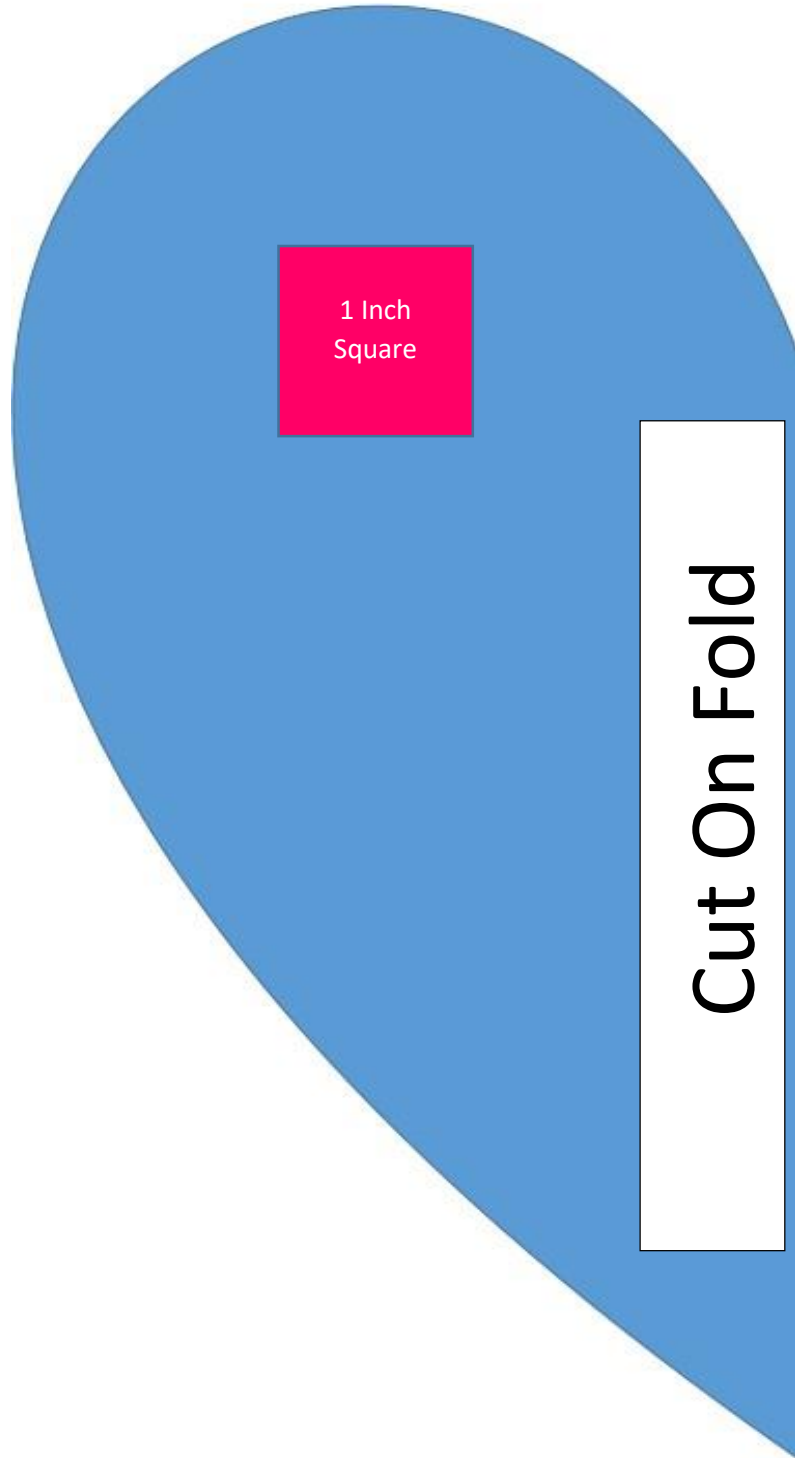
If sewing hearts with a serger:

3. Place two pieces of coordinated fabric with wrong sides together
4. Pin the heart template to the fabric and cut out the heart.
5. 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.
6. If using the cutter knife, make sure to retract the knife when you reach the dip in the center top of the heart.
7. Weave the ends in securely when serging is finished.

If sewing hearts with a sewing machine

3. Lay two pieces of coordinating fabric with right sides together.
4. Pin the heart template securely to the fabric, cut out the heart.
5. Sew a narrow (1/4in) seam.
6. 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.
7. Leave an opening large enough to turn the heart right side out.
8. 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.
9. Turn the heart right side.
10. Iron the heart while pulling the seam out.
11. Slip stitch the opening of the heart closed.

7 Inch Heart



5 Inch Hear

