

Bonding Hearts



Flannel scent hearts are given to NICU parents to wear next to their skin, absorbing their scents. The hearts are taken to the NICU and placed next to the infant where they can be soothed by their parent's scent and aid in bonding, even when parent cannot be at the bedside.

Do It Yourself Projects

Instructions:

- 1 Make a heart-shaped template, about 7.5" sq.
- 2 Use the template to cut 4 hearts out of the same pattern flannel.
- 3 Place the right sides of 2 hearts together, and sew around the edge with a ¼ inch seam, leaving a 2" inch opening on the lower side.
- 4 Repeat step 3 to sew together the second heart.
- 5 Turn the hearts right side out and gently iron flat.
- 6 Top stitch around the edges of each heart.
- 7 Roll each pair of finished hearts and tie with a ribbon.
- 8 Place in a ziplog bag with printed instructions for parent and baby to each "wear" the hearts for at least an hour before swapping.

Bonding hearts should be made from 100% cotton flannel fabric, pre-washed in unscented detergent.

Delivery

Donate these fabric hearts to Neonatal Intensive Care Units (NICU) or any facility that provides housing for parents with babies in the NICU.

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www.helplinecenter.org/DIY

