

BONDING HEARTS



Time to Share!

To inquire what agencies will accept the projects, dial 211 or email vol@helplinecenter.org
For more information visit www.helplinecenter.org/diy.

What is your Why?

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.

Step-by-Step

- Cut 4 identical hearts out of the same pattern flannel.
- 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. Repeat for the second heart.
- Turn the hearts right side out and gently iron flat.
- Top stitch around the edges of each heart.
- Roll each pair of finished hearts and tie with a ribbon.
- Place in a ziplog bag with printed instructions for parent and baby to "wear" the hearts before swapping.