



*Serving Blank Children's Hospital
& Mercy Medical Center
Des Moines, Iowa*

Tiny Hearts

Connecting Moms & Babies in the NICU

WHAT ARE TINY HEARTS? Tiny Hearts are given to mothers whose newborn infants have been admitted to the Neonatal Intensive Care Unit (NICU). This fabric heart is worn against the mother's skin, inside clothing, so that the fabric absorbs the scent of the mother. The heart is then placed with the baby in the isolette to bring comfort to the baby from the familiar scent of Mom.

SKILL LEVEL	Beginning sewing skills
MATERIALS	Sewing Machine or Serger Gender-neutral, cotton prints (flannel, fleece, minky) Small plastic baggies
SIZE	Five inches

SUBMIT YOUR CREATIONS!

When you are ready to submit your creations for Mom & Baby's use, please mail them to the following address:

**Holding Tiny Hands
2513 White Oak Drive
Ames, IA 50014**

THANK YOU!

Thank you for donating your time and talent. You are "Holding Tiny Hands" as you sew Tiny Hearts for our tiny babies. We are grateful that you find our cause worthy of your support. If you have any questions, please don't hesitate contact us! We are always happy to help!

Susan Selby
susan@holdingtinyhands.com
515-441-0324



INSTRUCTIONS

1. Print out the pattern for the 1/2 heart. Make sure to print it at 100%. Do not scale. 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.
Use unscented detergent only. Do not use fabric softener.

3. If sewing hearts with a serger:

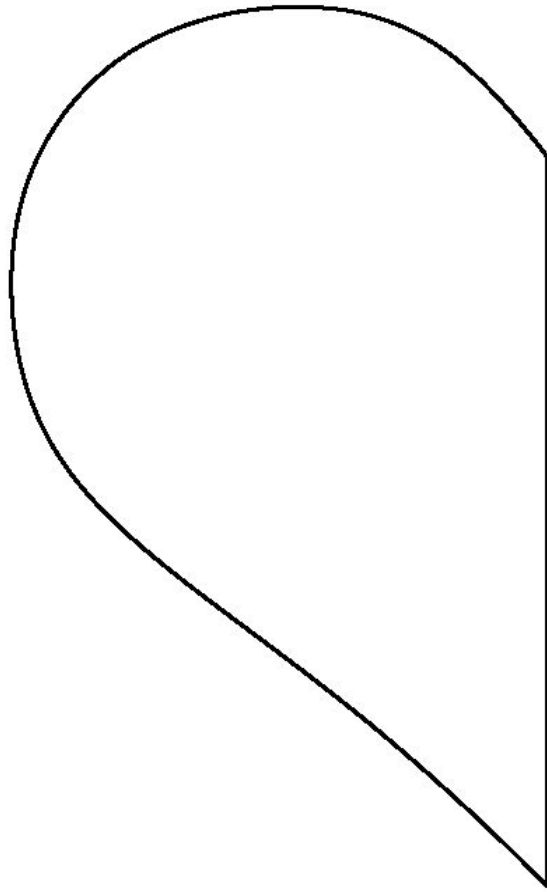
- Place two pieces of coordinated fabric with wrong sides together.
- Pin the heart template to the fabric and cut out the heart.
- Serge around the heart. If using the cutter knife to trim as you sew, make sure to remove only a sliver of fabric so as not to remove too much of the width.
- If using the cutter knife, make sure to retract the knife when you reach the dip in the center top of the heart.
- Weave the ends in securely when serging is finished.

If sewing hearts with a sewing machine:

- Lay two pieces of coordinating fabric with right sides together.
- Pin the heart template securely to the fabric, cut out the heart.
- Sew a narrow (1/4in) seam.
- When you reach the point of the heart and the dip in the top of the heart, leave the needle down, lift the presser foot, and turn. Continue sewing.
- Leave an opening large enough to turn the heart right side out.
- Clip the point at the bottom of the heart and the dip in the middle of the top so the point turns nicely. Make sure not to clip the stitching.
- Turn the heart right side out.
- Iron the heart while pulling the seam out.
- Slip stitch the opening of the heart closed.

4. Print, cut, and place the poem in a small, plastic baggie with the heart. Please feel free to personalize the poem with your name and how you are connected to Holding Tiny Hands (i.e., volunteer, NICU Mom, NICU Grandma, etc.).

HEART TEMPLATE



Tiny Heart

Place this heart against your chest
And a mother'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 will smell your presence,
Whenever you can't be there.
This special gift will calm
And allow baby to know you're near.
Rest assured your baby will remember
Your special scent of love,
This special gift of love that only you can give.



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