

How to make fabric hearts for the Neonatal Intensive Care Unit



The Neonatal Intensive Care Unit (NICU) Heart-to-Heart program helps babies and parents create healthy bonds while spending time physically separated in the NICU at Nepean Hospital.

Parents are invited to wear the fabric heart against their chest for a short while. After the heart has retained the parents' scent, the hearts will be placed next to their baby in their NICU cot. The hearts can help their babies to settle and may also help with breastfeeding.

How do I make the fabric hearts for NICU babies?

- The Heart-to-Heart is created with 2 heart-shaped pieces of material sewn together back-to-back, without stuffing.
- The hearts will be going to our smallest and most vulnerable babies. When making the hearts, we ask that you please follow the instructions below.

Before you start:

- Ensure you are sewing in a clean and smoke free environment.
- Wash your hands thoroughly to ensure that they are clean. If you are experiencing cold or flu, or gastro-like symptoms, please consider avoiding making the hearts until you are well.
- Only use clean, soft cotton flannelette material.

To make your hearts:

- Use the template and sizing guide on the back of this information sheet to cut out your design. The standard size for hearts is 10cm to 15cm.
- Sew the hearts inside out and then turn right side out and sew again so there are no ragged edges. Please do not overlock the hearts.

To prepare your hearts for delivery:

Machine-wash in a separate load or hand-wash completed hearts using scent-free laundry detergent. Please do not use fabric softener.

Allow hearts to completely dry before placing sets of 3 hearts into tightly sealed ziplock bags.

Your hearts are ready for delivery!

Deliver your hearts in person or mail to:

Nepean Hospital NICU
Level 6, Tower A
Derby Street
Kingswood NSW 2747

Thank you

Your generous contribution to our Heart-to-Heart program has made a significant difference in the lives of our NICU babies and parents.



.....10-15cm height



**Nepean Blue Mountains
Local Health District**

PO Box 63
Penrith NSW 2751
Telephone: (02) 4734 2000
Fax: (02) 4734 3737
Email: NBMLHD-mail@health.nsw.gov.au

Web: www.nbmlhd.health.nsw.gov.au
Facebook: www.facebook.com/NBMLHD
Instagram: [instagram.com/nepeanbluemountains](https://www.instagram.com/nepeanbluemountains)
Twitter: @NBMLHD
YouTube: Nepean Blue Mountains Local Health District