

# Sewing Tutorial

## Nurture Hearts



### Task

To make *Nurture* Hearts for a premature or sick newborn currently in the NICU/SCN. To help stay connected, soft fabric *Nurture* hearts are given to mum and baby, linking them when the two can't be together. One fabric heart is given to the mother and placed on her chest to pick up her scent, with the other heart placed close to the baby for the same reason.

### Tips

- **Please make these in sets of at least 4 hearts all using the same fabric.** This allows the family to have a matching set swapped between them and their baby, one in the wash, and a spare heart just in case.
- **Pre-wash the fabric on a hot cycle** so that it is thoroughly cleaned. Please don't use scented detergent or fabric softener. Dry thoroughly and iron.
- A turning tool will get right to the edges and down to the bottom point - try using a knitting needle or similar object.
- Please don't fill/stuff the hearts, or add embellishments such as ribbons or sparkles. Plain is good!
- Wash your completed Cuddle Hearts and place in a clean bag before posting it.

### Instructions

- 1: Place fabric with right sides together.
- 2: Cut out the hearts - pin together if required.
- 3: Straight stitch the seam, leaving the opening to turn through.
- 4: Clip into the points and notch curves, this step is crucial for getting a nice heart shape!
- 5: Turn through to the right side and press.
6. Top stitch the whole way around the heart, as close to the outer edge as possible.

NOTE: Hearts must be top stitched to make sure the opening has been securely closed with no loose threads. Please don't hand stitch.



### Size

Standard Size: approximately 10cm high  
Large Size: approximately 14cm High  
Please see the next pages for printing of the *Nurture* heart pattern if needed.

Note: The Larger *Nurture* Heart is available, as there are a couple of units that don't accept the standard sizes. We will have both sizes available so we can send the appropriate ones to each unit.

### Material

Please use 100% cotton, either soft woven or flannelette.

### Colour

Most colours are suitable but we recommend soft pastel colours.



***Nurture Heart (Standard Size)***

Approx 4cm Seam Opening



***Nurture Heart (Large Size)***

Approx 4cm Seam Opening