

McDougal Sewing 2023 Service Project
Instructions and Heart Template
Please only donate finished hearts

Thank you for helping with the NICU Heart to Heart project. We currently have approximately 200 NICU admissions per year. As stated before, these hearts are given to mothers when they initiate pumping for their sick or preterm baby. The hearts absorb mother's scent and are placed in the isolette or crib of our babies that are temporarily separated from their mothers. This increases the bonded process and minimizes the stress of our newborns. Each mother will receive 2 hearts, so she can swap them out. As the baby's smell is absorbed, mother can also use these hearts while pumping breastmilk to nourish her infant.

I have attached a heart template that we use. This template can be traced to something sturdier. We use thin, plastic, disposable cutting boards from the dollar store. The heart can be placed on a fold to make a full heart. Please make the hearts the size given. You may use $\frac{1}{4}$ " seam on edge or add $\frac{1}{4}$ " to template given. These hearts should be 5"-6" and made from flannel or muslin fabric.

We are not overly specific on how the hearts are made. They can be placed right side out on both sides and sewn with a running stitch about $\frac{1}{2}$ of an inch from the edge. This will allow us to trim with pinking shears, which will give a delicate fringe when washed. You may also use a decorative stitch if you choose. We just need room to trim. The other option is to place the right side together and sew around the heart, leaving a gap to turn the fabric and finish sewing. You can then sew around the heart edge to make it neat.

I will wash these hearts in unscented detergent and package with a poem.

For every 2 finished Hearts donated, your name will be put into a drawing for a Floriani Color Spectrum Thread Set with 120 colors of 1000m spools of Floriani Poly thread!

Heart Template to put on fold:

