

Hopeful Hearts

Fabric Hearts created for the Parent-Baby bonding experience
These hearts will be worn by parents and placed in baby isolates

MATERIALS

- Sewing machine or serger
- May also be done by hand with stitching needle or a plastic needle (for felt)
- Simple cotton prints, minky fabrics, or felt may also be used
- Iron (optional)

SIZE

- The heart template for this pattern is approximately 5" x 5"

NOTES

- DO NOT stuff, add batting, quilt, embroidery or stitch any seams down the center of the hearts.
- Hearts should be flat.
- They do not have to be perfect.
- Children under the age of 16 should be supervised by an adult.
- Sewing experience is not required.

INSTRUCTIONS

1. Print out the pattern for the heart. Be sure to print it at 100%, DO NOT scale down. Cut out the heart.
2. Wash and dry all fabric before use. DO NOT use scented fabric or fabric softener. Remember these hearts are used for the most sensitive of babies.

If sewing hearts by hand:

- A. Place two pieces of coordinated fabric with right sides together.
- B. Pin the heart template to the fabric and cut out the heart.
- C. Adjust your pins to ensure your two hearts are secure.
- D. Carefully start sewing the two hearts together, make sure the fabric is turned with right sides together (inside out).
- E. Leave about an inch unsewn.
- F. Turn the heart right side out.
- G. Sew the inch hole closed (ironing the heart seams down helps with sewing the closure).

- H. Patch any missed holes (optional).
- I. You may also use pinking shears to cut the fabric and stitch approximately $\frac{1}{2}$ " around the heart to secure the fabric pieces together.

If surging hearts:

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

If sewing hearts with a sewing machine:

- A. Lay two pieces of coordinating fabric with right sides together. Pin the heart template securely to the fabric, cut out the heart.
- B. Sew a narrow, $\frac{1}{4}$ " seam.
- C. When you reach the point of the heart or the dip in the top of the heart, leave the needle down, lift the presser foot and turn, continue sewing.
- D. Leave an opening large enough to turn the heart right side out. Lip the point at the bottom of the heart and the dip in the middle of the top so the points turns nicely. Make sure to not clip the stitching.
- E. Turn the heart right side out.
- F. Iron the heart while pulling the seam out. Make sure all seams are pulled out completely or the shape of the heart will be odd.
- G. Slip stitch the opening of the heart closed.
- H. Finish the heart by topstitching about $\frac{1}{4}$ inch from the edge all around the heart. **If you do not top-stitch, it will not hold its shape when washed.**

If sewing felt hearts with a plastic needle: (recommended for ages 5 and up)

- A. Place two pieces of felt together.
- B. Pin the heart template to the felt and cut out the heart.
- C. Stitch around the heart approximately $\frac{1}{4}$ " inside to secure the two pieces of felt together.
- D. **Please note** it is simpler for the child if you pre-punch the holes into the felt.