



# Cuddle Hearts



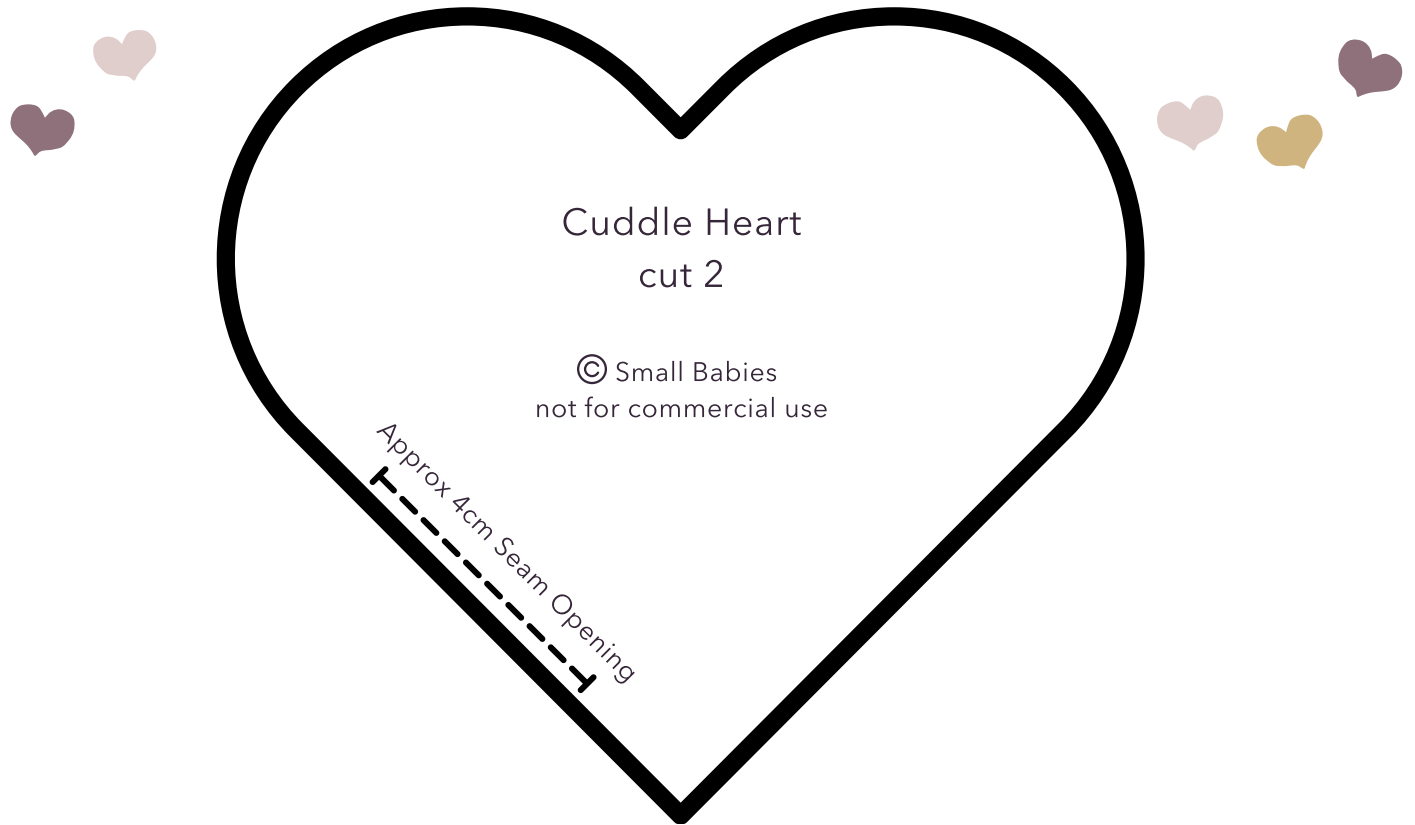
Here's our simple Cuddle Heart instructions. On this page you'll find our sewing guide, with photos and the pattern on page 2.

- Choose your fabric. Please don't use anything synthetic - regular woven 100% Cotton or Cotton Flannelette is best and won't stretch as you sew around the curves. Cuddle Hearts don't take a lot of fabric and they're a perfect way to use up any offcuts you have!
- Print and cut the Cuddle Heart Pattern at 100% (no scaling). The heart should measure approx 12cm across the widest point.
- Trace the pattern to your fabric and cut out the pieces. Each heart uses 2 pieces, so it's much faster to double over the fabric and cut both layers at the same time if you can.
- With right sides together, pin if required. Straight stitch around the edge - remember to leave an opening for turning through. We use a narrow seam allowance of 1cm, if you prefer a 1.5cm seam your hearts will be a little bit smaller or you can be more generous when cutting around the pattern.
- Clip into the centre point of the heart, notch curves and the bottom point. This helps the fabric sit flat when you turn it through.
- Turn the heart through the opening. A turning tool will get right to the edges and down to the bottom point - try using a chopstick, knitting needle or similar object.
- Top stitch the entire way around the heart, close to the outer edge.

You're finished! On behalf of the parents and babies of the neonatal units,

*Thank you!*





Cuddle Heart  
cut 2

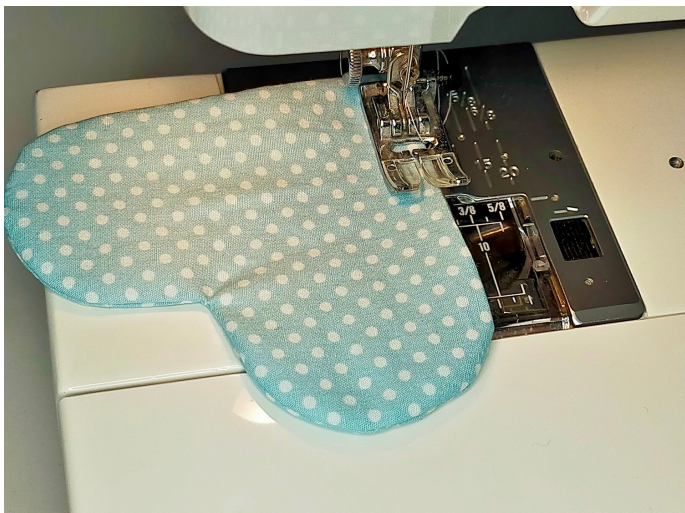
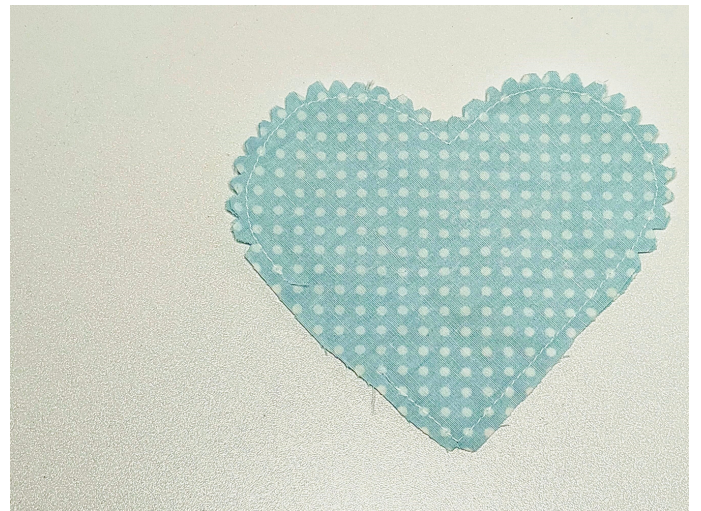
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Approx 4cm Seam Opening



1: Cut out the hearts and pin with right sides together.

2: Sew seam, leaving an opening to turn through. Clip and notch curves.



3: Turn through, then top stitch around the edge to close.