

# Cuddle Hearts

Here's our Cuddle Heart guide - the sewing instructions and patterns along with some helpful tips! Some hospitals don't allow Cuddle Hearts so it's a good idea to check with your local unit first, however most neonatal charities gratefully accept and distribute the hearts to the hospitals who use them. Our recommendations for donating are below.

- Before you begin, please make sure you are sewing in a clean, smokefree environment.
- Fabric must be 100% Cotton, either a soft woven or flannelette.
- Make these in sets of at least 3 hearts (4 is preferable), 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's clean and to prevent any shrinkage. Please don't use scented detergent or fabric softener. Dry thoroughly and iron.
- Print this Cuddle Heart Pattern at 100% (no scaling) on A4 paper.
- When finished, the standard size heart measures approx. 10cm high which is the most commonly used size. There are a few neonatal units and charity organisations that only accept bigger hearts, for these you'll also find a Large Cuddle Heart pattern.
- Our seam allowance is narrow, if you use a 1.5cm seam your hearts will turn out slightly smaller but precise sizing isn't necessary.
- A turning tool will get right to the edges and down to the bottom point - try using a chopstick, knitting needle or similar object.
- Don't fill/stuff the hearts, or add embellishments such as ribbons. Plain is perfect!
- Wash your completed Cuddle Hearts and place in a clean paper/plastic bag before posting or dropping off to your local NICU or neonatal charity.

Please contact us for any questions regarding sizing and donating Cuddle Hearts! We're happy to help and can recommend the following organisations:

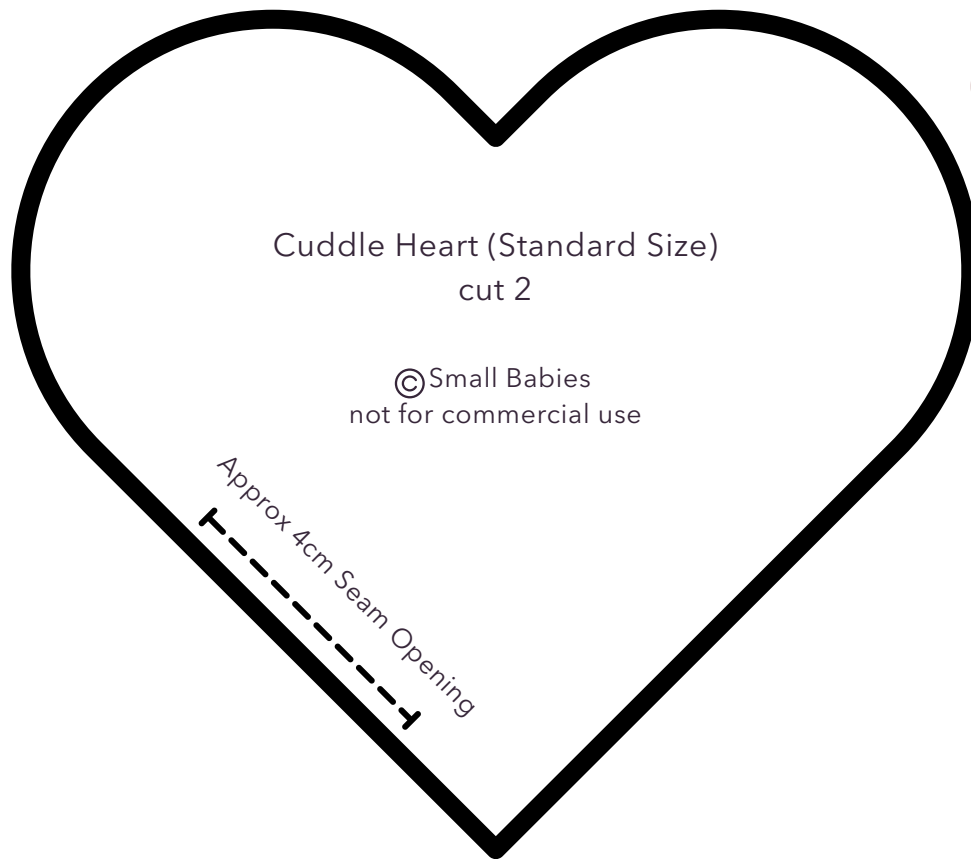
New Zealand - The Little Miracles Trust & Care For Families (standard size hearts)

Australia - NICU Cheer & Mater Mothers Hospital (standard size hearts)  
Life's Little Treasures Foundation (large size hearts)

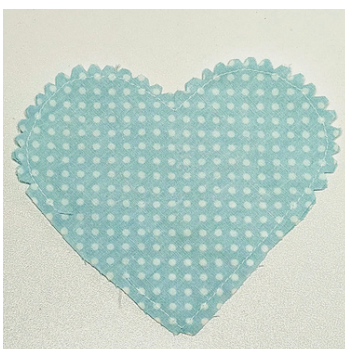
On behalf of the parents and babies of the neonatal units,

*Thank you!*





- 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.

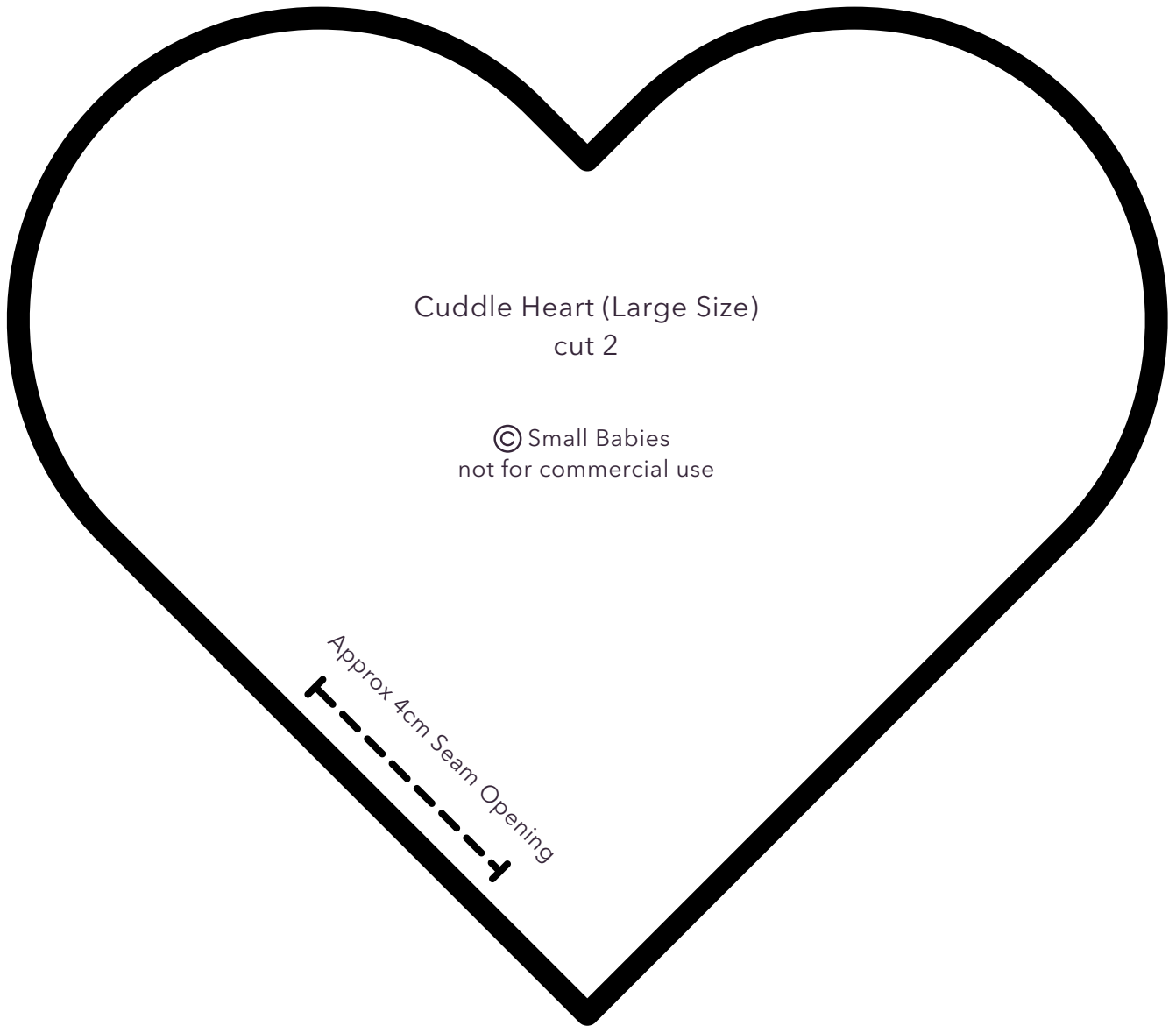


- 4: Clip into the points and notch curves, this step is crucial for getting a nice heart shape!
- 5: Turn through to the right side and press.



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.



Note: This is a larger Cuddle Heart as there are a couple of units and charity organisations who don't accept the standard size. When finished, this pattern makes a heart which measures about 14cm high.