

HEART POCKET PALS



The pocket pals are distributed and used by a wide variety of hospital departments at LPCH and loved by patients of all ages.

Hearts are made from 100% cotton fabric. A half-yard cut of 45" fabric will make approximately 12 hearts. All handmade items should be made in a clean, smoke-free, pet-free environment.

Wash, dry and iron fabric. Lay pattern on fabric. Cut 2 hearts. Stitch $\frac{1}{4}$ " seam around the heart, inserting a Hearts & Hands label on the lower edge of the heart. Clip curved areas. Turn right side out and iron. Stuff and hand stitch the opening closed. Finished hearts should be placed in small plastic bag bearing the Hearts & Hand seal.

As always, we encourage all handmade items to be made in a clean, smoke-free, pet-free environment. For questions, contact heartsandhandsaffiliate@lpfch.org.

<http://www.stanfordchildrens.org/en/volunteer/hearts-and-hands>



HEART POCKET PAL PATTERN

