

## SCENT HEARTS



Scent Hearts are given to parents whose infants are cared for in the Newborn Intensive Care Unit at LPCH. Parents wear these hearts next to their skin, absorbing their respective scents. Mothers may choose to wear a heart inside a bra and Mothers and Fathers may choose to pin a heart to the inside of a blouse or shirt.

The hearts are taken to the NICU and placed in the isolettes with the infants whereby the infants can continue to bond with the parents even when the parents are unable to be present. The nurses in the NICU will further instruct Parents on the use and handling of the Scent Hearts.

### Directions:

Scent hearts are made from 100% cotton flannel measuring approximately 5 inches by 5 inches (see pattern below). (Note: a  $\frac{1}{4}$  yard cut of fabric will yield approximately 4 hearts.)

Wash fabric using unscented detergent, dry and iron the fabric. Cut two hearts from fabric using pattern provided. With right sides together, sew hearts together using a  $\frac{1}{4}$  inch seam and leaving a one to two inch opening on the lower side (as shown on the picture below). Clip around curves. Turn right side out and gently press with warm iron. Hand-sew the opening closed.

Hearts should be made in sets of four. All four hearts should be made of the same patterned fabric. When complete, the four hearts are placed in a small plastic bag bearing the Hearts and Hands 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](mailto:heartsandhandsaffiliate@lpfch.org).



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



**SCENT HEART PATTERN**

