

Stitched Bonding Hearts for Babies

Bonding Hearts are used in special care baby units when mother/father and baby are unable to go 'skin to skin' and 'bond'. One of the hearts is left on the baby and is impregnated with the 'scent' of the baby and the second heart is worn next to the skin by the mother/father. These hearts are then swapped over regularly so bonding can be achieved.

These are easy to make, need no wadding but must be made of 100% cotton fabric, as they will be next to the baby's skin. Bonding hearts need to be in pairs for mother and baby so please stitch two of the same colour/design.

Requirements:

- Two squares of cotton fabric 8 ½" (21.5cm)
- Bonding Heart template (I found it better to glue this onto cardboard and cut out so I had a firm template to draw around.
- Thread, scissors, sewing machine or needle (if doing it by hand)
- Iron

Instructions:

Place the two squares of fabric, right sides together and press (this will hold the fabrics together but you can pin them if necessary). Using the template draw the heart shape onto the fabric and cut out both pieces of fabric. (If you prefer, cut them out separately).

Using a sewing machine, stitch around the heart shape – ¼" inside the edge of the fabric, leaving a gap of about 2 inches along the straight part of the heart (this is for turning) reverse stitching at the beginning and the end of the stitching.

Clip into the dip of the heart and trim the point, clipping a little - near the point and dip to make a neat finish when you turn the fabric out. Clip a couple of times around the curves as this helps the fabric to curve better when turned out.

Turn the heart right sides out and push out the corners and point until a neat heart shape is achieved. Turn in the seam allowance of the gap and press with an iron. Stitch a line of stitches around the edge of the heart, 1/8" away from the edge to neaten and also close the turning gap. A final press and threads trimmed means the first one is finished. Repeat for the second heart.

Thank you for taking part in this project, please pass on these details to anyone else that would like to take part.

Finished bonding hearts can be returned to me direct or via Icknield Quilters.

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