

# Snuggle Hearts Template + Instructions

Sewing guide and template from Mater Mothers Hospital

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"Mum wears a heart down her top to get her scent on it, the other is given to baby to lie on in the NICU. The hearts are then swapped back and forth so that both baby & mum can smell each other & feel connected even when they're apart. I did this in the NICU with Snuggles (flat toys) & it was a great comfort to both my son & I".  
*Maddie Francis, Founder NICU Cheer*

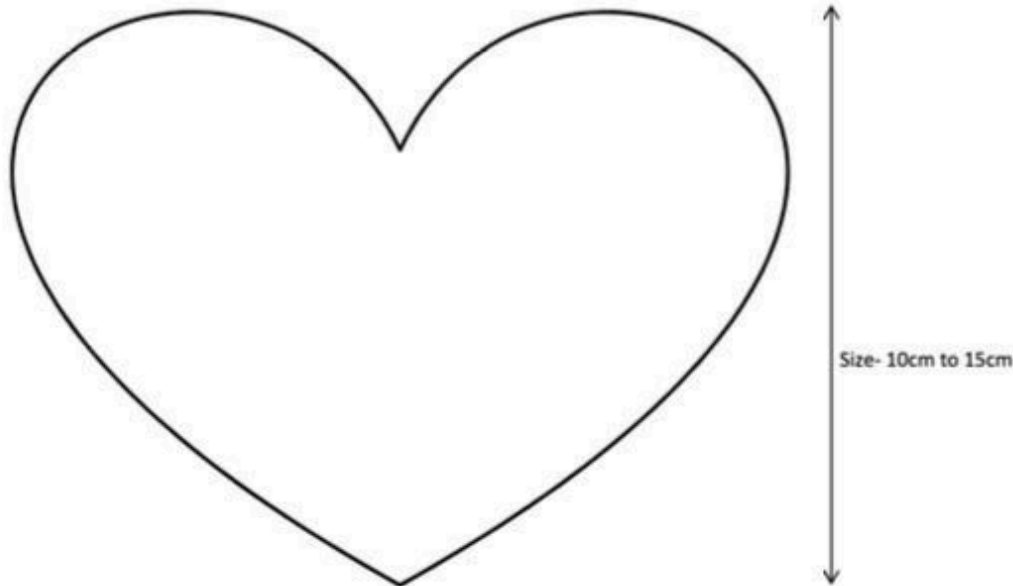


NICU cheer

## A Guide to sewing Cuddle Hearts

- Please use soft cotton or flannelette material and nothing fluffy or synthetic
- The cuddle heart is simply two heart-shaped pieces of material sewn together back-to-back, without stuffing
- The hearts need to be sewn inside out and then turned out, no raw edges, no over locking

## Template



>>Please make hearts in pairs, DO NOT STUFF they must be flat and soft with no openings + wash all hearts and drop off or post to:

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2 Albany Court  
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