

Fact Sheet

How to make fabric hearts for the Neonatal Intensive Care Unit [NICU]

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What is the NICU Heart-to-heart program?

This program is aimed at calming and reassuring babies. We make use of soft, fabric hearts which retain the parent's scent. Mum or Dad wears the heart against their skin for a short while after which the heart is placed in the cot with their baby. The familiar scent helps babies settle and may also help with breastfeeding.

How do I make the fabric hearts for NICU babies?

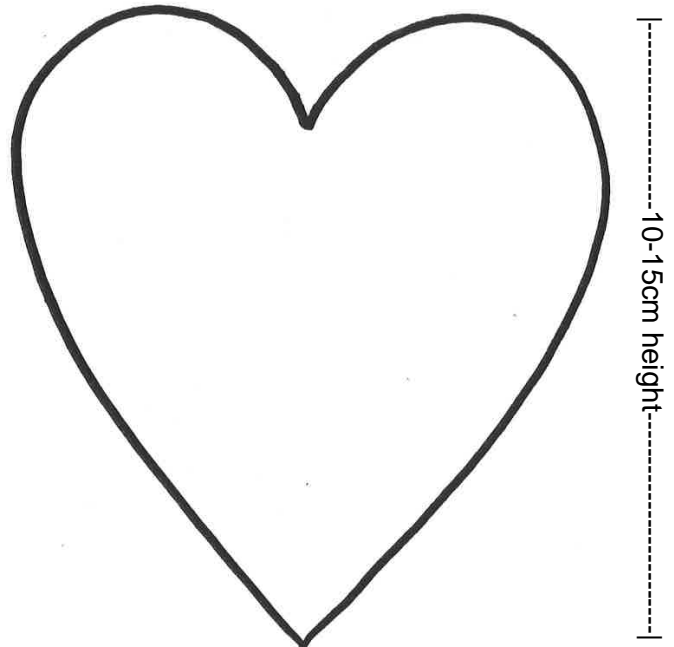
- Please ONLY use soft cotton flannelette material.
- The Heart-to-Heart is created with 2 heart-shaped pieces of material sewn together back-to-back, without stuffing. We have provided the template and correct sizing for the finished product.
- The hearts need to be sewn inside out and then turned right side out and sewn again so there are no ragged edges. Please do not overlock the hearts.
- Please wash the hearts in a neutral detergent and deliver to Westmead Hospital, preferably as a set of three per ziplock bag.

If delivering your hearts in person, go to:

Westmead Hospital
Corner of Hawkesbury and Darcy Roads
Neonatal Intensive Care Unit [NICU]
Block G, Level 3
Westmead NSW

If mailing your hearts, please address them to:

Westmead Hospital
Neonatal Intensive Care Unit [NICU]
Lactation Consultant
PO Box 533
Wentworthville NSW 2145



Your help with the making of these fabric hearts is invaluable to our NICU babies and parents.

[You can also read more about the Heart-to-heart program here.](#)



We welcome further feedback on this brochure as a way of continually improving our service.

Please send your feedback to:

WSLHD-Get_Involved@health.nsw.gov.au