

SCENT HEARTS

“Scent Hearts” are given to parents of babies in the Neonatal Intensive Care Unit (NICU). NICU parents wear the fabric hearts next to their skin while they are away from the hospital. When the parent returns to the hospital, the scent heart is placed in the isolette with the infant. The scent contained in the fabric helps calm the baby and allows them to continue to bond with the parents even when they are unable to be present. The scent from the infants heart can also help support lactation when worn by the mother.

Directions: Completed fabric hearts should be between **4-5 inches** and are made from **100% soft cotton** or flannel. Attached heart pattern can be used for size. (Note: a ¼ yard of fabric will yield approximately 4 hearts.)

1. Wash all fabric using **unscented detergent**. Dry and iron the fabric.
2. Cut out two hearts using the pattern provided.
3. Place fabric right sides together, sew hearts using a ¼ inch seam and leaving a one to two inch opening on the lower side (as shown on the attached sample pattern). Clip around curves.
4. Turn right side out and gently press with warm iron. Hand-sew the opening closed or top stitch entire heart. Hearts should be made in matching sets of two or four of the same patterned fabric.

Hearts must be made in a **clean, smoke-free environment**. For questions, please contact Mara Jacobsen 916-671-4305

Completed hearts will be used by the families admitted to the NICU at Kaiser in Roseville.

For delivery hearts can be mailed or given to:

Mara Jacobsen
1945 Broadford Dr
Folsom Ca, 95630

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