



**Sewing**  
FOR CHARITY  
**AUSTRALIA**

# Project Sheet

## SCENT HEARTS

### WHY ARE THEY NEEDED?

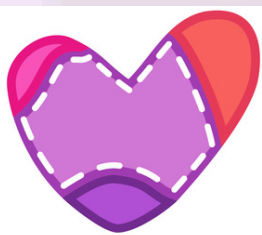
Scent Hearts—also called Developmental, Snuggle, Nurture, Fabric Cuddle, or Cuddle Hearts—are vital for newborns in NICUs. Babies are highly scent-oriented, so parents wear the fabric heart against their skin to transfer their scent. The heart is then placed with the baby and swapped between parent and child, helping them feel close even when apart. A mother's scent can soothe her baby, while the baby's scent can support her milk production.

### WHAT FABRIC DO I USE TO MAKE THEM?

- No synthetic or fluffy fabric
- 100% cotton or flannelette

Please note: No raw edges, crimped edges, or overlocked edges.





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### PATTERNS/ TUTORIALS

The patterns for our most frequently requested hospitals are below, a summary of their key needs are included for your convenience. Please use their templates:

**Life's Little Treasures Foundation:** 8-inch x 8-inch top to bottom, when complete, exact size is not critical. Please use their template, where possible. Cotton prints are preferred. Fleece may also be used.

**Logan Hospital (QLD):** 10-15cm top to bottom when complete. Make in matching threes, if possible. Please use their template, where possible. Please use soft cotton or flannelette material and nothing fluffy or synthetic.

**NICU Cheer:** 10-15cm top to bottom when complete, no raw edges/crimped edges, no overlocking visible edges. Make in matching pairs, if possible. Please use their template, where possible.

**Miracle Babies Foundation:** have two sizes, their standard is 10 cm high and their large is 14cm high. Please use their templates. Fabric is 100% cotton, either soft woven or flannelette. Turned and top stitched finish, no raw edges. Please make in matching sets of 4, if possible.

### HOW TO GET DONATIONS TO SFCA

Thanks for being part of our amazing volunteer crew! Your kindness makes a big difference. Please add a quick label with type, size & project to your donation – it makes sorting a breeze!

**MAIL TO:** 38 Bladensburg Drive, Waterford QLD 4133

**DELIVER TO:** The Sewing Lair Beenleigh or Moorooka during opening hours