

Mommy / Baby Hearts for the NICU 2026

Use flannel or any fabric as long as it is cute and baby friendly. Use the lightest weight cotton batting available.

To make the hearts:

1. Trace heart on 2 pieces of fabric and 1 batting separately OR sandwich the batting between two layers of fabric and place the template on the top and cut all 3 at once.
2. Pile the hearts on top of each other in this order: The batting goes to bottom, next is a fabric heart with the face, "right" side up and finally the second heart goes face down.
3. Sew $\frac{1}{4}$ inch seam all along the edge of the heart making sure not to miss any parts otherwise it will fray when washed. Leave a small opening about 1 $\frac{1}{2}$ inches on one side of the straight sides so you can flip the heart right side out.
4. Clip the seam allowance at the top of the heart-don't cut your stitching.
5. Flip the heart right side out.
6. Sew the open part of the heart closed
7. Lastly continue to top stitch around the outside of the heart close to the edge, $\frac{1}{8}$ inch is good.

