

SCENT HEARTS



Scent Hearts are given to parents whose infants are cared for in the Newborn Intensive Care Unit (NICU) at Tufts Floating Hospital for Children, Boston, MA. Parents wear these hearts next to their skin, absorbing their respective scents. Mothers may choose to wear a heart inside a bra, and mothers and fathers may choose to pin a heart to the inside of a blouse or shirt.

The scented hearts are then taken to the NICU and placed in the isolettes with the infants, so the infants can continue to bond with the parents even when the parents are unable to be present. The nurses in the NICU further instruct parents on the use and handling of the scent hearts.

Directions:

Scent hearts are made from 100% cotton flannel measuring approximately 5 inches by 5 inches (see pattern below). NOTE: A $\frac{1}{4}$ yard cut of fabric will yield approximately 4 hearts.

Wash fabric using unscented detergent, then dry and iron the fabric.

Cut two hearts from fabric using pattern provided.

With right sides together, sew hearts together using a ¼ inch seam and leaving a one- to two-inch opening on the lower side (as shown on the pattern below).

Clip around curves.

Turn right side out and gently press with warm iron. Hand-sew the opening closed.

When complete, please seal the scent hearts in ziploc, plastic bags so they remain clean.

IMPORTANT: We encourage you to make these scent hearts in a clean, smoke-free, pet-free environment.

Please send finished scent hearts to the following address:

(These scent hearts will then be mailed in bulk to our contact at the Floating Hospital for Children.)

Greater Boston Area Project Linus
c/o Ellen Scheiner
33 Pine Hill Rd
Bedford, MA 01730

Questions? Please contact bostonlinus@aol.com. ****Thank you ****

*** Many thanks to the Hearts and Hands project at Lucile Packard Children's Hospital, Stanford, California, for their Scent Heart pattern and instructions. ***

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