

## SCENT HEARTS



Scent Hearts are given to parents whose infants are cared for in Newborn Intensive Care Units (NICUs) at hospitals in greater Boston, such as the Brigham & Women's Hospital. Parents wear these hearts next to their skin, absorbing their respective scents. Mothers may choose to wear a scent heart inside a bra, or mothers and fathers may choose to pin a scent heart to the inside of a blouse or shirt.

The scented hearts are then taken to the NICU and placed in the isolettes (incubators) with the infants, so the infants can continue to bond with their 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 zip lock, plastic bags so they remain clean.

IMPORTANT: We encourage everyone 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 area hospitals.)*

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

Questions? Please contact [bostonprojectlinus@gmail.com](mailto:bostonprojectlinus@gmail.com). \*Thank you\*

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

## SCENT HEART PATTERN

