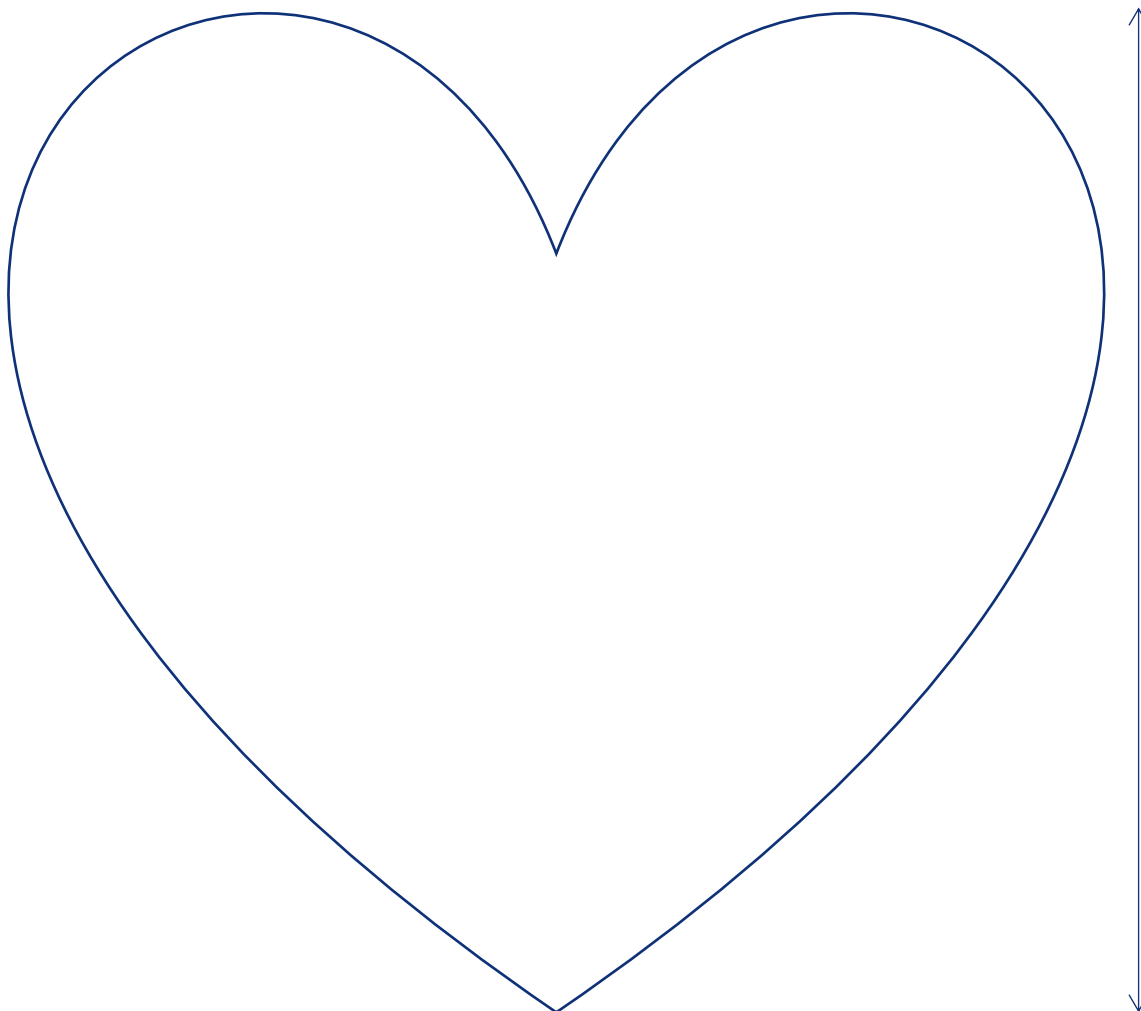


## A guide to sewing Cuddle Hearts

- Please use soft cotton or flannelette material and nothing fluffy or synthetic.
- The Cuddle Heart is simply two heart-shaped pieces of material sewn together back-to-back, without stuffing.
- The hearts need to be sewn inside out and then turned out, no raw edges, no over locking (please ensure hearts are still between 10 and 15 cm in height and width after they have been turned inside out).
- Please make three cuddle hearts per pack (one for mum, one for baby and one spare).

### Template



Size: 10cm to 15cm

#### Mail to:

Monica Bittenbinder  
**Level 10, Mater Mothers' Hospital**  
Raymond Terrace, South Brisbane QLD 4101

An example of a cuddle heart



**Please note:** The hearts need to be sewn inside out and then turned out, no raw edges or loose threads.

