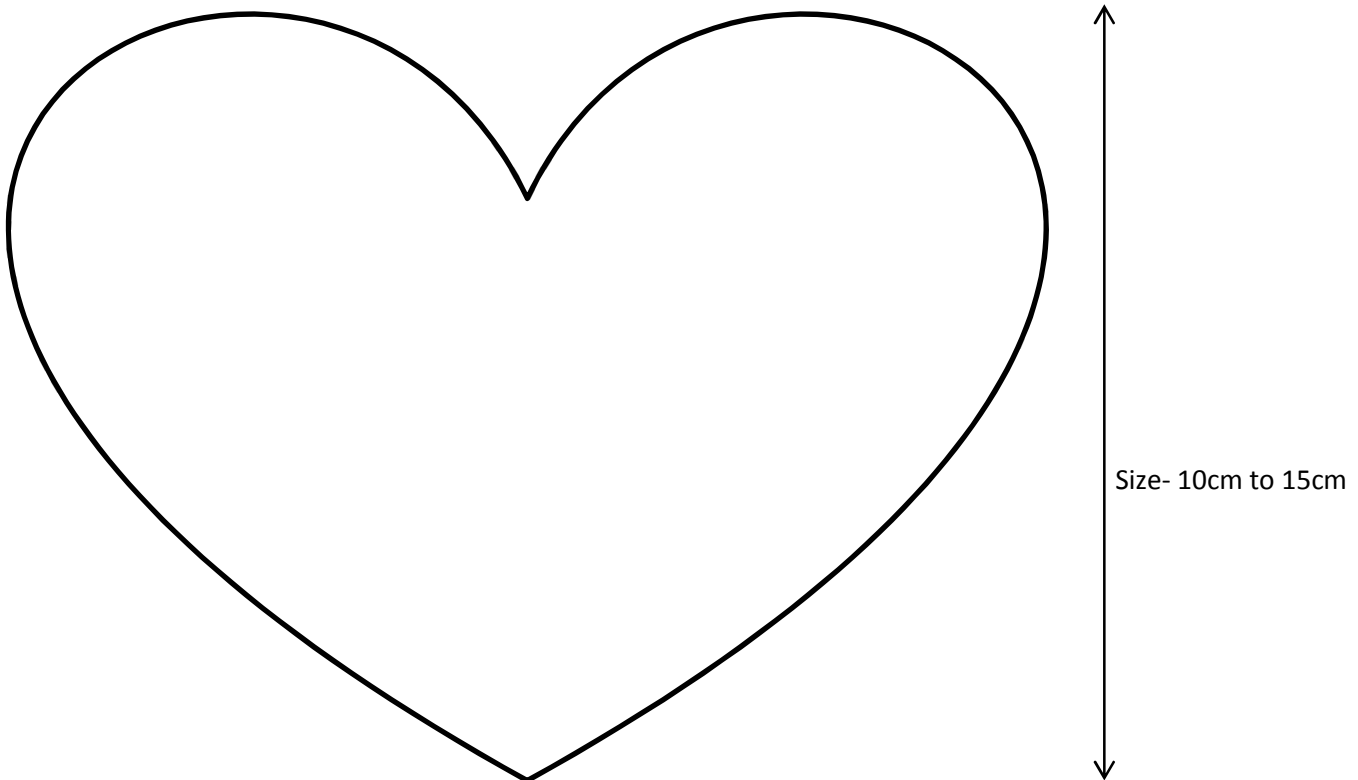


A Guide to sewing Cuddle Hearts

- 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 (updated from original instructions – if you have completed your hearts please still send them)
- Please make three cuddle hearts per pack (one for mum, one for baby and one spare)
- Please wash all hearts and deliver to Mater Mothers' Hospital as per instructions below (no need to place them in snaplock bags)

Template



Hand deliver to:

Mater Mothers' Hospital
Level 6, Neonatal Critical Care Unit reception
Raymond Terrace, South Brisbane

Or

Mail to:

Neonatal Lactation Consultant
Mater Mothers' Parenting Support Centre
Level 7, Salmon Building
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.

