

HANDCRAFTED DONATIONS.

Made with love.



Smell helps parents and their baby bond. One creative way Children's HealthSM promotes this special bonding is through the use of Lovies. Lovies are flat, soft flannel hearts designed to transfer scents between a baby and their parents.

Each Lovie package contains two hearts. One is placed under the baby, and the other is given to the parents to keep next to their skin.

When the parents visit their baby, the hearts are swapped to transfer the scents between them, helping build a strong bond.

Did you know babies can identify their mother through their mother's smell?

How to make Lovies

Items Needed:

- Fabric shears
- Sewing machine
- 100% flannel cotton
- Ribbon
- Thread
- Hypoallergenic, unscented detergent

Directions

Step 1: Select gender-neutral fabrics for Lovies

Step 2: Trace an even number of hearts on fabric, using the pattern on the back of this sheet

Step 3: Place two hearts together with the printed sides on the inside

Step 4: Stitch all around the hearts leaving a 2-inch opening

Step 5: Trim the extra fabric

Step 6: Turn inside out and iron flat

Step 7: Stitch all around - the finished hearts should be approximately 7.5 x 7 inches

Step 8: Wash each heart with hypoallergenic, unscented detergent

Step 9: Roll two hearts together, tie with a ribbon and package them in a sandwich bag

Step 10: Place the instructions for parents (in English and Spanish) with the Lovies in the sandwich bag

Contact us to donate items or learn more at [childrens.com/handcrafted](https://www.childrens.com/handcrafted).

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