

**Looking for something crafty to do? Got a friend or family member who's keen to support or learn a new skill? You can do this and support some of New Zealand's tiniest and most vulnerable babies at the same time!**

You don't need to be an expert, there are plenty of easy, simple projects for all abilities.

## QUILTS

Quilt fabric should be 100% cotton and measure approximately 80cm x 80cm

Please use machine washable batting so it doesn't shrink in the industrial wash and no embellishments e.g. buttons or ribbon



## INCUBATOR COVERS (ISOLETTE COVERS)

Incubator covers are 1mx1.2m. The outside fabric can be any pattern of your choice and preferably a plain darker colour on the underneath side so as to protect baby's eyes from light and visual stimulation. They don't necessarily need to be quilted but preferably double weighted so they don't slip. However, if you do decide to use batting, please ensure it is machine washable so it doesn't shrink in the industrial wash.

No embellishments please e.g. buttons or ribbon



## COT SHEETS

Please make these from 100% brushed cotton (flannelette), measuring approximately 110x70cms



## MUSLINS

100% cotton muslin measuring approximately 90x60cms with a simple overlocked or bound/hemmed



## SCENT HEARTS

Scent Hearts are given to parents whose babies are cared for in some Neonatal Units in New Zealand.

The hearts are made in pairs to give to mum to wear in her bra or dad to wear on his chest whilst they are apart from baby. The second heart is placed near baby so they can smell each other and feel loved. The hearts are then swapped frequently to help maintain a bond.

Note: Nurses in the Unit will further instruct Parents on the use and handling of the Scent Hearts.

Directions: Scent hearts are made from 100% cotton fabric measuring approximately 9cm by 9cm (see pattern on next page).

Please wash fabric using unscented detergent, dry and iron the fabric. Cut two hearts from fabric using pattern provided. Hearts should be made in sets of four. All four hearts should be made of the same patterned fabric.

Please ensure all items are made in a clean, smoke-free environment and washed prior to sending.

Due to the Coronavirus, please do not send us your items just yet. Once NZ has had the all clear and we're out of lockdown, washed items can be sent to:

**The Neonatal Trust**  
**PO Box 9366**  
**Wellington**

On behalf of our neonatal families, we thank you for helping make a difficult start to life that little bit easier!



# CRAFTY IDEAS

## SCENT HEARTS PATTERN

Directions: Scent hearts are made from 100% cotton fabric measuring approximately 9cm by 9cm (see pattern below).

