



# Bonding Heart Template

Bonding hearts are soft, heart-shaped pieces of fabric designed to help parents or carers stay connected with their baby or child when they can't be together.

One heart is kept with the baby or child, and the other with the parent—each placed close to the skin (where possible) to absorb their unique scent. The hearts are then regularly swapped, so the baby or child can be comforted by their parent's scent, and the parent can feel closer to their little one. This simple but meaningful practice can support bonding and bring comfort during what is often a challenging and emotional time.

The hearts need to be approximately the size of the template below (about 15cm /6inches) and to be made of 100% cotton. It takes two pieces of material sewn together to make one heart. Two completed hearts, in the same pattern, are needed per family (one each for parent and baby/child).

Ideally these should be a neutral colour although lemon and yellow are our favourites here at Peeps!

We will wash them with a baby sensitive detergent before they are sent to families.

If you are able to help we would be so grateful and it really would mean a lot to our families.



If you have any questions, or would like the details of where to send them, please do not hesitate to contact [laura@peeps-hie.org](mailto:laura@peeps-hie.org)

