



Baby's sense of smell

The sense of smell is the most advanced sense that babies have at birth. In fact research has shown that even before birth, fetuses can smell. Infants at just three days old can recognize the specific smell of their mother's amniotic fluid, and by 2 weeks an infant can tell the difference between the scent of their parent's breast milk and that of another person's.

What are NICU Lovies?

NICU Lovies are flat, soft flannel hearts designed to transfer smells between baby and their parent. Each package contains two hearts. One is placed under the baby and the other is given to the parent to keep next to their skin. When they visit baby, they swap hearts, allowing smells to transfer between them.

NICU Lovies

How to make NICU Lovies

Needed Items:

Fabric Shears

100% Flannel Cotton

Thread

Sewing Machine

Ribbon

Printer and Paper

Hypoallergenic Detergent (such as Dreft)

Resealable Sandwich-Sized Bag

Step 1:

Print the heart pattern on page 4 of this document.

Step 2:

Trace the hearts on the back of your fabric and cut the fabric, making sure to prepare an even number of hearts. Note: Please select gender-neutral fabrics.

Step 3:

Place two hearts together, printed sides inside.

Step 4:

Stitch all around the heart leaving a two inch opening. Trim the extra fabric.

Step 5:

Turn inside out and iron flat.

Step 6:

Stitch all around. Your finished heart will be approximately 7.5 x 7 inches.

Step 7 (optional):

Embroider hearts with the words "From my heart to yours."

Step 8:

Wash each heart with hypoallergenic detergent. Roll two hearts together, tie with a ribbon, and package them in a ziplock bag along with the printed message on page 3 of this document.

Lovies

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Lovies are a great way to foster bonding between you and your baby.

Instructions:

- One lovie stays with the parent and the other stays with the baby.
- The parent wears the lovie against their skin while the baby will have it in contact with their skin or near their nose.
- Lovies will be traded at each visit. Parents are responsible for washing lovies whenever there is a trade.

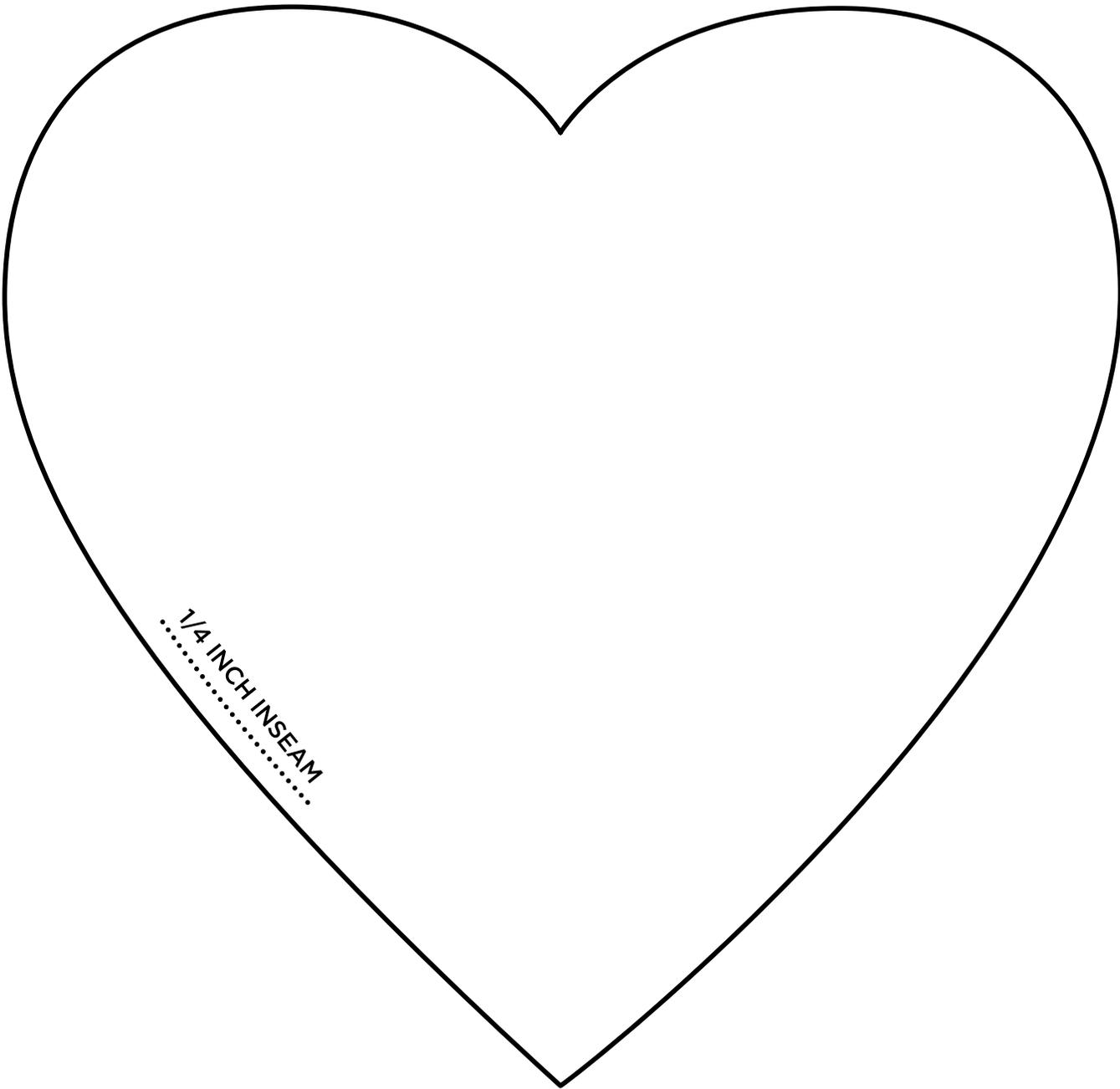
“Lovies”

El sentido del olfato es el sentido más avanzado que tienen los bebés al nacer. De hecho, los estudios han demostrado que incluso antes de nacer los bebés pueden oler. Para cuando tienen 2 semanas nacidos pueden diferenciar entre el olor de la leche materna de su madre y el de la leche de otra persona.

Los “Lovies” son una excelente forma de fomentar la unión afectiva entre usted y su precioso chiquitín.

Instructions:

- Un “Lovie” se queda con la mamá y otro “Lovie” se queda con el bebé.
- La mamá lleva el “Lovie” en su pecho mientras que el bebé lo tiene en contacto con la piel o cerca de la nariz.
- La mamá y el bebé intercambiarán “Lovies” cuando se reúnan de nuevo. La mamá es la responsable de lavar el “Lovie” siempre que haya un intercambio.



1/4 INCH INSEAM