

## How to Make A Heart Shaped Pillow for Breast Cancer Patients

NOTE: These instructions are provided as a help. If you have another way to make a heart-shaped pillow or a different pattern, feel free to use yours!

Just keep in mind that the ending product needs enough dip at the top of the heart for a lady to tuck it under her arm.

The shoulder strap is to help her keep the pillow in place, but is not required.

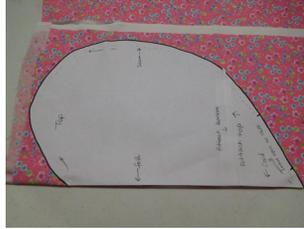
### Supplies:

- ½ yard fabric
- Polyester fiberfill
- Ribbon and fray check (if adding the optional shoulder strap)

1. Print and **cut out the pattern**.
2. **Fold the cloth** in half and then in half again so that there are four layers of cloth with 2 folds.
3. **Place pattern on cloth** on the double folded edge. Pin pattern to cloth or mark it with a pencil if needed.
4. **Cut the cloth** through all four layers according to the pattern.  
NOTE: For steps 1-4 you may choose instead to cut out a full heart (instead of a half) and then fold the cloth once and cut two full hearts out at once (instead of two half hearts that you unfold).
5. **Place rights sides together** of the two unfolded hearts.
6. **Mark** where to leave an opening.
7. **Pin** the hearts together.
8. **Sew** all the way around the heart **except leave an opening for the stuffing**. Pivot at the point of the heart. Backstitch at each start and stop.
9. **Clip the seam allowance** by the point of heart to allow it to lay flat after it is turned right side out. You may clip additional places as needed.
10. **Turn the heart right side out**.
11. **Iron**.
12. **Add stuffing** through the opening. **Hand-stitch** the opening shut.



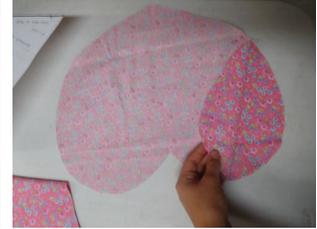
Step 2



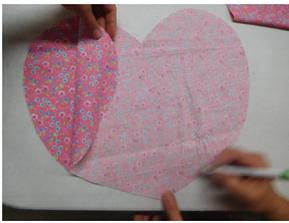
Step 3



Step 4



Step 5



Step 6



Step 7



Step 8



Step 8



Step 9



Step 10



Step 11



Step 12

### Distribution Ideas

- Contact local hospitals or cancer treatment centers
- Contact local breast cancer support groups
- Personally deliver to friends in the church or community