



# HEART Pillow

SUGGESTED DIMENSIONS FOR HEART PILLOW:  
USE A CLEAN, SMOOTH FABRIC  
ALLOW AT LEAST 1/2" TO 1" FOR SEAM  
TRIM SEAM, TURN INSIDE OUT  
FILL WITH A HYPOALLERGENIC MATERIAL  
HAND SEW FILLING OPENING

*2 1/2 to 3" thick, firm*

PLACE AN FOLD OF FABRIC CUT OUT A