

# Breast Cancer Heart Pillows

## 4-H Emerald Star Project by Anna Felipe



Breast Cancer Heart Pillows offer comfort to Breast Cancer patients as well as ease the pain of their axillary or mastectomy incisions, support their arm during a long chemo infusion and to place between their body and upper seat belt. The pillows will be donated to local Breast Cancer patients.

I will have a sewing event where we will make Breast Cancer Heart Pillows and attach a tag with the California 4-H Mission Statement. We will also learn about Breast Cancer.

**Saturday, May 13, 2017**

**UCCE Office Multi-Purpose Room  
1-4:30 pm**

I strongly encourage everyone to come and participate. Even if you don't know how to sew, please come and help stuff the pillows and attach the mission statement tags. If you would like to help in other ways I can use donations of soft cheerful fabric or batting/stuffing.

Copies of the pattern are available in the UCCE Office and anyone is welcome to make the pillows on their own and return them to the UCCE Office by Friday, May 19, 2017. This can be counted as community service for members. [Breast Cancer Pillow pattern](#)

Please contact me, Anna Felipe at 559-707-3615, if you have any questions.



**University of California**  
Agriculture and Natural Resources

4-H Youth Development Program



## Breast Cancer Heart Pillow

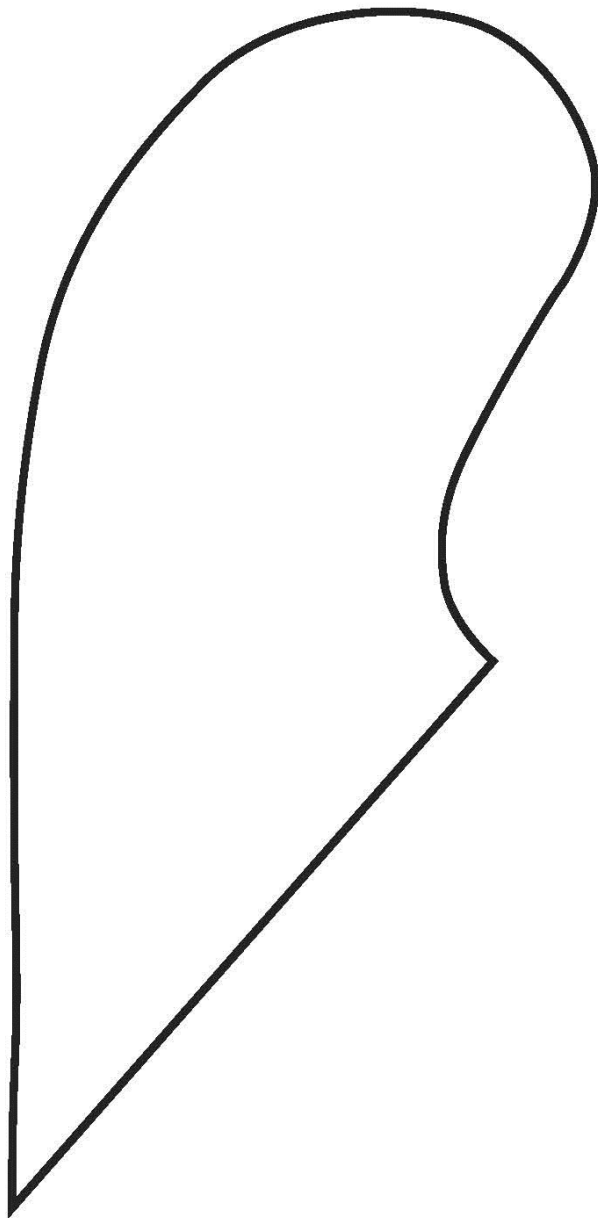
### Supplies & Tools:

- Poly-Fil® premium polyester fiberfill (approx.. 7oz per pillow)
- (2) 12" x 12" squares of fabric
- Thread to match
- Piece of plain paper for template



### Project Directions

1. Trace the attached template on a folded piece of paper starting at the fold and moving outward so you end with the bottom tip of your heart back at the fold again. With the paper still folded in half, cut on the drawn line and unfold it to reveal one large heart shape. (Diagram 1)
2. Trace two heart shapes onto your fabric and cut them out.
3. With right sides together, line up your fabric hearts.
4. Using  $\frac{1}{4}$ " seam allowance, sew around the edges of the heart, leaving a 2" section open for turning.
5. Turn right side out and stuff with Poly-Fil® until it is firm.
6. Whipstich the opening closed.



Breast Cancer Heart Pillow  
Enlarge 200%