

How to
make..

Pocket Kiss



For some bereaved children - even those who are school-loving - separation anxiety may develop and, whilst this usually passes with time, patience and ongoing reassurance, there are a few strategies we can try which may help with these transitions.

One of our favourites is also one of the most simple - a secret heart or kiss shape sewn into a child's pocket, cuff or neckline which their parent kisses before they leave. The child can then touch or kiss the secret stitching during the day when they think of their parent or when they feel the need for some comfort.



For a kiss:

You will need..

Needle & Thread

To make ...

- Stitch an X onto the inside of a cuff or pocket.

For a heart:



You will need...

Needle & thread

Material & wadding (optional)

To make ...

- Cut out a heart shape from fabric
- Stitch the heart on the inside of a pocket
- For a portable heart, you could cut out 2 hearts, stitch the edges together, leave a gap to fill with some wadding then stitch up the hole.