

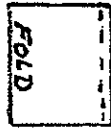
PREEMIE CAP FROM KNIT FABRIC

NOTE: You must use knit fabric to make this cap.

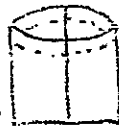
1. Cut a rectangle 11" by 10" with the stretch along the 11" edge.



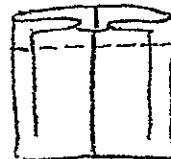
2. With right sides together, fold, forming a 5 1/2" by 10" rectangle and sew along the 10" side to make the center back using a 1/4" seam. Turn right side out.



3. Fold in half with wrong sides together matching the raw edges and back seam. Stitch the raw edges together 1/4" from the cut edge.



4. To form the pleats, fold in half with the center back seam facing you. Pin the center together. Take each side edge and fold to the inside toward the center. Pin and stitch across all thicknesses. Stitch again about 1/8" from the first stitching and then trim seam allowance close to stitching.



5. Turn right side out and fold up about 1-1 1/2" along the bottom to make a cuff. A small applique or flower could be sewn to the front if desired.



CROCHETED PREEMIE CAP

Cap will be small and should fit an orange (approximate)

Crochet hook size F

Baby yarn, fingering yarn or worsted weight as long as it is SOFT

Worsted weight makes a slightly larger size as will a larger hook

Chain 3

Round 1: 12 double crochet in 3rd chain from hook

Join with slip stitch in top of beginning ch

Round 2: ch 2, 2 dc in each dc around, join with sls in top of ch 2 (24 dc)

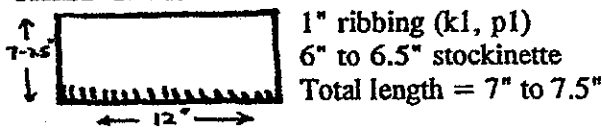
Round 3: ch 2, (2dc in first dc, 1dc in next dc) repeat around, join with sls in top of ch 2 (36 dc)

Rounds 4 through 10: ch 2, 1 dc in each dc around, join with sls in top of ch 2. Finish off and weave end back through

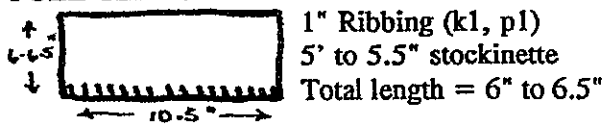
BASIC KNIT HAT

Use 4 ply washable yarn and size 6 needles. Cast on the appropriate number of stitches for the size you want to knit. Rib in k1, p1 for 1". In stockinette, knit to the size needed.

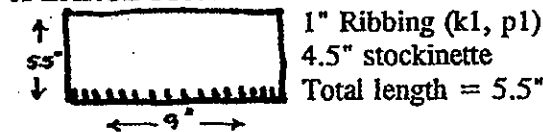
CHILD-SIZE: Cast on 74 stitches



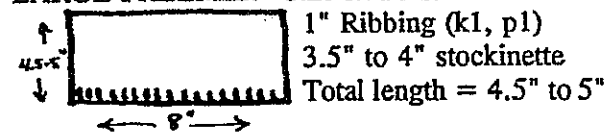
FULL-TERM: Cast on 66 stitches



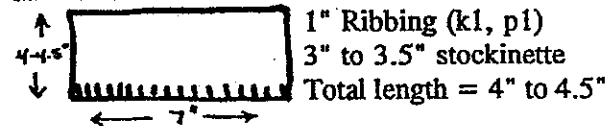
X-LARGE PREEMIE: Cast on 58 stitches



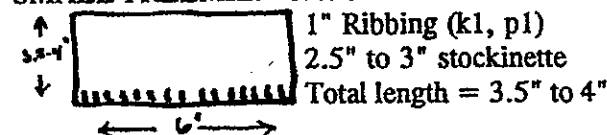
LARGE PREEMIE: Cast on 50 stitches



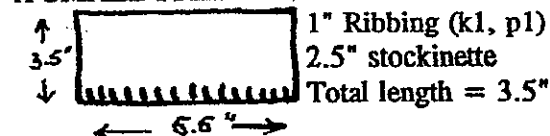
MEDIUM PREEMIE: Cast on 44 stitches



SMALL PREEMIE: Cast on 40 stitches



X-SMALL PREEMIE: Cast on 36 stitches



After knitting the piece to the approximate dimensions shown, draw all stitches together tightly at the top by weaving yarn through all the stitches on the needle. Knot securely. Weave together the seam using yarn. Optional: Make a pom-pom or bow for the top.

NOTES:

1. You may knit the entire hat in a ribbing (k1, p1 or k2, p2) stitch.
2. You may substitute small needles, baby yarn or sport yarn. Simply knit to the dimensions shown for each size. For example, 7" x 4-4.5" for medium preemie.
3. You may knit a rectangle or within one inch from the top, begin to decrease stitches by knitting two stitches together (K2tog) every three stitches in the remaining rows (k3, k2tog, rep).
4. Because there is a great deal of variation in the sizes of the babies in intensive care, hats do not have to *exactly* match the dimensions above. The dimensions that are given represent the range of sizes that can be used.
5. Cast on loosely. Maximum stretch is preferred.
6. Use double pointed needles to omit the seam, if you wish.

