

# MAKE BABY HATS

## What is it?

This is an activity for anyone who has a passion and skill for knitting and wants to use that skill to create hats for babies and children connected to March of Dimes Military Baby Showers. In this toolkit, you'll see instructions for preemie babies along with kids 0-12.



**SIGN UP**

## Why is important?

Mission: Healthy Baby® is a March of Dimes program that is designed specifically for military families and provides free pregnancy and newborn health information, as well as, support services to help them have one less thing to worry about and have healthy, full-term babies. Through the military baby showers, military families receive resources and health information along with donated products to defray costs of baby essentials. Every parent wants each child to feel cared for and special. These handmade hats go a long way in helping with just that.

## HOW YOU CAN DO IT:

- 1. Do it:** Have fun and get your knitting on! You'll likely want to make several hats and then make the donation.
- 2. Personalize it:** Use one of the notes included in this toolkit, sign it and add it with your donation!
- 3. Donate:** Complete and please email the donation form included at the end of this toolkit to Patty Gentry with the March of Dimes at [pgentry@marchofdimes.org](mailto:pgentry@marchofdimes.org). Please include a printed copy of the donation form in your shipment as well.
- 4. Ship it:** March of Dimes Fulfillment Center, 200 Charis Drive, Moody, AL 35004. If you are in need of discounted FedEx shipping see the information included at the end of this toolkit for more information. You can use any carrier you prefer.
- 5. Log hours and activity:** Go to your volunteer profile by logging in at [GetInvolved.MarchofDimes.org](http://GetInvolved.MarchofDimes.org) to log hours and how many you completed.

## KEY MESSAGES:

- There are no color restrictions for blankets or hats.
- Newborn size hats are preferred, but preemie hats are accepted as well.
- Blankets and hats may be created in an environment where pets live. However, we want to ensure that the items are clean, so washing is recommended. No preference on laundry detergent, but mild for baby wear.
- Hats can be made out of wool or would acrylic yarn.

## QUICK LINKS (ON BACK)

- [Materials Needed](#)
- [Hat Sizes](#)
- [Gauge](#)
- [Pattern Instructions](#)
- [Alternative Preemie Hat Instructions](#)

## ABBREVIATIONS

- K = Knit
- P = Purl
- K2tog = Knit two stitches together

# MATERIALS NEEDED

- Four US #6 (4 mm) double-pointed needles or a circular needle
- Yarn needle
- Category 4 medium worsted weight yarn with a total length of approximately 50 to 100 yards: Color A (white) approx. 42 - 86 yards and Color B (yellow) 8 - 14 yards
- A stitch marker for a circular needle user.

# HAT SIZES

Age (in months)	Actual Head Circumference	Hat Circumference	Hat Height
0-3	13"~14"	11.5"	5"
3-6	14"~17"	14.5"	5.5"
6-12	16"~19"	17"	6.5"

# GAUGE

22 sts x 30 rows = 4" x 4" in stocking sts

# PATTERN INSTRUCTIONS

- With Color A, cast on (64, 80, 96) stitches evenly on three US #6 (4 mm) double-pointed needles. Make sure not to twist and join to knit in the round.

OR

- Cast on (64, 80, 96) stitches with a US #6 (4 mm) circular needle by using yarn Color A.

Make sure not to twist and join to knit in the round. Place a marker to remember the starting stitch.

See next page for round by round.

## PATTERN INSTRUCTIONS CONTINUED

Rounds 1-4: (K1, P1) around.

Round 5: Change Color B and (K1, P1) around.

Rounds 6-8: (K1, P1) around.

Round 9: Change Color A and (K1, P1) around.

Round 10: (K1, P1) around.

Round 11: K around.

Repeat Round 11 to reach Round (26, 34, 42) OR the hat measures approx. (3.25", 3.75", 5.25") from the cast on edge.

Start to shape top.

Round 1: (K6, K2tog) around. (56, 70, 84) sts

Round 2: K around.

Round 3: (K5, K2tog) around. (48, 60, 72) sts

Round 4: K around.

Round 5: (K4, K2tog) around. (40, 50, 60) sts

Round 6: K around.

Round 7: (K3, K2tog) around. (32, 40, 48) sts

Round 8: K around.

Round 9: (K2, K2tog) around. (24, 30, 36) sts

Round 10: K around.

Round 11: (K1, K2tog) around. (16, 20, 24) sts

Round 12: K around.

Round 13: (K2tog) around. (8, 10, 12) sts

Cut the yarn about 10 inches to work with. With a yarn needle, pull the yarn through all the remaining loops, draw up firmly, fasten securely, and weave in the wrong side of work. Weave in the other ends too.

## ALTERNATIVE PREMIE PATTERN INSTRUCTIONS

Gauge should be 5 stitches to inch and 8 rows to the inch.

Using Berroco purple yarn and size US 7 double pointed needles, cast on a total of 36 stitches (12 on each of 3 needles to knit in the round).

Rows 1-17 (or until hat measure 1-3/4" long): Knit all stitches

Row 18: Knit 4, Knit 2 together (should end up with 30 stitches)

Row 19: Knit all stitches

Row 20: Knit 3, Knit 2 together (should end up with 24 stitches)

Row 21: Knit all stitches

Row 22: Knit 2, Knit 2 together (should end up with 18 stitches)

Row 23: Knit all stitches

Row 24: Knit 1, Knit 2 together (should end up with 12 stitches)

Cut yarn 6-8 inches from end. Thread yarn onto tapestry needle and pick up remaining stitches. Turn hat inside out and draw stitches together. Tie a knot and work excess yarn into back of stitches and trim. Using sewing needle, work beginning tail into stitches and trim. Roll brim and your hat is done. Hat should measure approx. 3-1/2" wide at brim and be 3" long before brim is rolled.

# MAKE BLANKETS FOR BABIES

## What is it?

This is an activity for anyone who wants to use a little creative skill to make baby blankets for babies and children connected to March of Dimes Military Baby Showers. Blankets can be sewn, no sew, crocheted or quilted. They can also be purchased and donated.

## Why is important?

Mission: Healthy Baby® is a March of Dimes program that is designed specifically for military families and provides free pregnancy and newborn health information, as well as, support services to help them have one less thing to worry about and have healthy, full-term babies. Through the military baby showers, military families receive resources and health information along with donated products to defray costs of baby essentials. Every parent wants each child to feel cared for and special. These handmade blankets go a long way in helping with just that.

**SIGN UP**



## HOW YOU CAN DO IT:

- Do it:** Have fun and get creativity! You'll likely want to make several blankets and then make the donation.
- Personalize it:** Be sure to use one of the notes included in this toolkit, sign it and add it with your donation!
- Donate:** Complete and please email the donation form included at the end of this toolkit to Patty Gentry with the March of Dimes at [pgentry@marchofdimes.org](mailto:pgentry@marchofdimes.org). Please include a printed copy of the donation form in your shipment as well.
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## KEY MESSAGES:

- Any fabric, style or size blankets are accepted.
- Blankets can be sewn, no sew, crocheted or quilted. Purchased blankets are accepted as well.
- There are no color restrictions for blankets or hats.
- Blankets and hats may be created in an environment where pets live. However, we want to ensure that the items are clean, so washing is recommended.

# NO SEW FLEECE BLANKET

## Instructions

1. Lay the two pieces of fleece out so that the wrong sides are together (both right sides are facing out) and the edges are even. If the edges are not even, trim the larger piece of fleece so that both pieces are even. Cut off the selvage edge from the both pieces.
2. Cut out a 6" square from each corner. On all four sides, cut slits all the way around that are 4" deep and approximately 1" apart. You should cut through both layers of fleece at one time.
3. Cutting the slits in the edges makes fringe. Since you cut through both layers of fleece at the same time, the fringe will be in pairs. Knot each pair in an overhand knot\*. The knot should be close to the actual blanket. Continue knotting each of the pairs all the way around.

\*To tie an overhand knot, keep the two pieces of fleece together (as if they were one piece) and wrap them around your finger forming a loop. Then, pass the ends through the loop you made and pull taught

Cut out a 6" square from each corner.

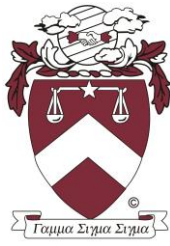


Cut fringe that is 4" deep and 1" wide.



Knot the fringe to finish off the blanket





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