

Tiny Hats for Tiny Babies



**Calling all knitters
and crocheters!**

**Help keep preemies
in East Africa warm.
Tiny hats help save
tiny babies.**

East Africa

Preterm Birth
Initiative

UCSF

University of California
San Francisco





Goal:
**1,117 baby hats by
World Prematurity Day
11.17.2017**

Each year across the world, 1 million preterm babies die within their first 28 days. Unable to regulate their temperatures, they are vulnerable to hypothermia and ultimately death. Tiny hats are an easy solution; they give tiny babies a fighting chance.

UCSF's East Africa Preterm Birth Initiative and the Warm Up America! Foundation are partnering on the **Tiny Hats for Tiny Babies** campaign to deliver your knitted and crocheted hats to newborn health facilities in Kenya, Uganda and Rwanda.

To mark World Prematurity Day on November 17, 2017, help us exceed our goal of 1,117 baby hats!



Make Your Hat

The patterns on the following pages are sized especially for premature babies. Feel free to use any pattern that you like, just be sure that it is sized appropriately. The average preemie in Africa is about 3–4 pounds with a head circumference of 10 in–12.5 in (26–32 cm).

Please use a soft acrylic yarn in pastel or bright colors.

Please prewash the hat in a non-scented or baby-friendly detergent. Tiny babies are sensitive.

Deadline and Delivery

Please mail or deliver your tiny hats by November 5, 2017 to:

Warm Up America! Foundation
Attn: Tiny Hat Campaign
3740 N. Josey Lane, Suite 102
Carrollton, TX 75007
USA

Join Our Mailing List

To receive updates about the Tiny Hats campaign, please write your name and email address on the card below, clip out, and include with your tiny hats donation.

Please send me Tiny Hats updates:

Name: _____

Email address: _____

Share the Project


Do you know others who knit or crochet? The **Tiny Hats for Tiny Babies** campaign would make a great project for a group of knitters or crocheters, or a school, church, or club project. Please pass along this information to others. It's a great opportunity to raise awareness about prematurity, have fun making hats, and help save the lives of premature babies in East Africa.

Share Your Story

We'd love to hear from you. If you'd like to share your story of making hats, send us photos or videos, please email ptbieastafrica@ucsf.edu.

Attach a Note

Send a personal note to the mother and baby who will receive your hat. Attach this card with a piece of yarn.



Handmade by: _____

Town/state: _____

Message to mother and baby: _____

Wee Knit Cap

Yarnspirations™
CARON
SIMPLY
SOFT®



Hat sizes

Preemie 3–4 lbs fits head circumference of 8½ in or 21.5 cm.

Preemie 5–6 lbs fits head circumference of 11 in or 28 cm.

Yarn

Caron Simply Soft

(6 oz/170.1 g; 315 yds/288 m)

Strawberry (0015)

1 ball of yarn will make 15 **Preemie 3–4 lbs hats** or 12 **Preemie 5–6 lbs**.

Knitting needles size

US 7 (4.5 mm) or size needed to obtain gauge.

Gauge

20 stitches and 26 rows =
4 in (10 cm) in stocking stitch

Abbreviations

Alt	Alternate
Beg	Begin(ning)
K	Knit
K2tog	Knit next 2 stitches together
P	Purl
Rem	Remain(ing)
Rep	Repeat
RS	Right side
St(s)	Stitch(es)

yarnspirations.com/abbreviations

Instructions

The instructions are written for **Preemie 3–4**. **Preemie 5–6** is written in parentheses. When only one number is given, it applies to both sizes. For ease in working, circle all numbers pertaining to your size.

Cast on 43 (49) stitches (sts)

1st row: [Right Side (RS)]. *Knit 1 (K1). Purl 1 (P1) Repeat (Rep) from * to last st. K1.

2nd row: *P1. K1. Rep from * to last st. P1.
Rep last 2 rows (K1. P1) ribbing once more.

Beginning (Beg) on a knit row, work in stocking st until Hat from beg measures approximately 1¾ (2¼)" [4.5 (5.5)cm], ending on a purl row.

Shape top: 1st row: (RS). K1. *Knit next 2 sts together (K2tog). K4 (6). Rep from * 6 (5) times more. 36 (43) sts.

2nd and alternate (alt) rows: Purl.

3rd row: K1. *K2tog. K3 (5). Rep from * 6 (5) times more. 29 (37) sts.

5th row: K1. *K2tog. K2 (4). Rep from * 6 (5) times more. 22 (31) sts.

7th row: K1. *K2tog. K1 (3). Rep from * 6 (5) times more. 15 (25) sts.

Sizes 5–6 only

8th row: Purl.

9th row: K1. *K2tog. K 2. Rep from * 5 times more. 19 sts.

10th row: Purl.

11th row: K1. *K2tog. K1. Rep from * 5 times more. 13 sts.

All sizes

Next row: Purl.

Next row: *K2tog. Rep from * to last 1 (1) st(s).
K1 (1). 8 (7) sts.

Break yarn, leaving a long end. Draw end tightly through remaining (rem) sts and fasten securely. Sew center back seam. Weave in ends.

Baby's First Cluster Crochet Hat



Yarnspirations™
CARON
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Hat sizes

Preemie 3–4 lbs fits head circumference of 8½ in or 21.5 cm.

Preemie 5–6 lbs fits head circumference of 11 in or 28 cm.

Yarn

Caron Simply Soft

(6 oz/170.1 g; 315 yds/288 m)

Soft Pink (39719)

1 ball of yarn will make 12 **Preemie 3–4 lbs hats** or 10 **Preemie 5–6 lbs**.

Crochet hook size

US 7 (4.5 mm) crochet hook or size needed to obtain gauge.

1 stitch marker.

Gauge

14 sc and 15 rows = 4" (10 cm).

Abbreviations

Approx	Approximately
Beg	Begin(ning)
Ch	Chain(s)
Dc	Double crochet
Hdc	Half double crochet
Rep	Repeat
Rnd(s)	Round(s)
Sc	Single crochet
Sl st	Slip stitch
Sp	Space
St(s)	Stitch(es)

yarnspirations.com/abbreviations

Instructions

The instructions are written for **Preemie 3–4**. **Preemie 5–6** is written in parentheses. When only one number is given, it applies to both sizes. For ease in working, circle all numbers pertaining to your size.

Beginning (Beg) at crown, chain (ch) 3.

1st rnd (rnd): 8 half double crochet (hdc) in 3rd ch from hook. Join with slip stitch (sl st) to first hdc.

2nd rnd: Ch 3 [counts as double crochet (dc)]. 1 dc in same space (sp) as last sl st. *Ch 1. 2 dc in next hdc. Repeat (Rep) from * around. Ch 1. Join with sl st to top of ch 3. 8 groups of 2 dc.

Size 3–4 lbs only

3rd rnd: Sl st in next sp between 2 dc. [Ch 3 (counts as dc). 1 dc] in same sp. *(2 dc in next ch-1 sp) twice. 2 dc in sp between next 2 dc. Rep from * once more. (2 dc in next ch-1 sp. 2 dc in sp between next 2 dc) 3 times. Join with sl st to top of ch 3. 13 groups of 2 dc.

Size 5–6 lbs only

3rd rnd: Sl st in next sp between 2 dc. [Ch 3 (counts as dc). 1 dc] in same sp. 2 dc in next ch-1 sp. *2 dc in next sp between 2 dc. (2 dc in next ch-1 sp) twice. Rep from * twice more. 2 dc in next sp between 2 dc. Join with sl st to top of ch 3. 12 groups of 2 dc.


4th rnd: Sl st in next sp between 2 dc. [Ch 3 (counts as dc). 1 dc] in same sp. (2 dc in next sp between 2 groups of 2 dc) twice. *2 dc in next sp between 2 dc. (2 dc in next sp between 2 groups of 2 dc) 3 times. Rep from * twice more. 2 dc in next sp between 2 dc. Join with sl st to top of ch 3. 16 groups of 2 dc.

All sizes

Next rnd: Sl st in next sp between 2 groups of 2 dc. [Ch 3 (counts as dc). 1 dc] in same sp. *2 dc in next sp between 2 groups of 2 dc. Rep from * around. Join with sl st to top of ch 3.

Rep last rnd until Hat measures approx. 3½ (4)" [9 (10) cm].

Next rnd: Ch 1. 1 single crochet (sc) in each dc around. Join with sl st to first sc. Fasten off. Weave in ends.



UCSF East Africa Preterm Birth Initiative (PTBi-EA)

At PTBi-EA our focus is on saving lives. Each year across the world, one million preterm babies die within the first 28 days of life, while over 300,000 women die in childbirth. PTBi-EA is working to reduce the number of preterm births and save the lives of preterm infants and their mothers by improving quality of care at health facilities in Kenya, Uganda and Rwanda. Funded by the Bill & Melinda Gates Foundation, the initiative is a partnership of the University of California, San Francisco; Makerere University in Uganda; Kenya Medical Research Institute; the University of Rwanda; and Rwanda Biomedical Center.

pretermbirth.ucsf.edu

Warm Up America!

Warm Up America! has warmed peoples' lives since 1991. It started in a small Wisconsin town with neighbors knitting and crocheting afghans for neighbors in need. Thanks to the creativity of founder Evie Rosen who came up with the idea of having volunteers knit or crochet small sections and then others join them together, the idea quickly caught on. Today Warm Up America! distributes warm afghans, caps and other items to tens of thousands of people, thanks to the generosity of knitters and crocheters around the country.

warmupamerica.org

If you would like more information about how to make your cap, visit warmupamerica.org or email specific questions to info@warmupamerica.org.

If you have questions about PTBi-EA, email ptbieastafrica@ucsf.edu.

For media inquiries, contact:

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Front cover photo: *Doreen Namuye and baby (born at 28 weeks). Jinja Referral Hospital, Uganda.* By Melanie Wise.
Hat photos by Dionne Pinder.

