

2019

Tiny Hats for Tiny Babies



Calling all hat makers!

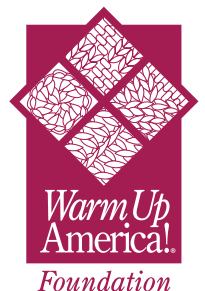
Help keep newborns
in developing
countries warm.
Tiny hats give tiny
babies a fighting
chance!

UCSF Institute for
Global Health
Sciences
Maternal and Newborn
Health Research Cooperative

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®





Goal: 17,000 tiny hats for World Prematurity Day 11.17.2018

In 2017, knitters and crocheters from around the world contributed 16,000 hats to our *Tiny Hats for Tiny Babies*™ campaign—14 times our goal!

This year, in honor of World Prematurity Day, on November 17, 2018, we're aiming to collect 17,000 baby hats!*

Join us in helping save the lives of preterm babies with something as simple as a knitted hat.



About the Tiny Hats for Tiny Babies™ 2018 Campaign

UCSF Global Maternal Newborn Child Health Research Cooperative

The UCSF Global Maternal and Newborn Child Health Research Cooperative at the Institute for Global Health Sciences is dedicated to saving the lives of mothers and newborns in low- and middle-income countries by giving their health care providers the tools and knowledge they need to deliver quality care. By partnering with Ministries of Health, government agencies, healthcare providers, and communities, the team empowers people to strengthen their health systems in a way that builds capacity and ensures lasting sustainability.

tiny.ucsf.edu/MNCHResearch

American Academy of Pediatrics

Tiny Hats is pleased to announce its newest partner, the American Academy of Pediatrics (AAP), a US-based membership organization of 67,000 pediatricians and other pediatric care providers dedicated to improving the health of all children. The Academy will amplify the message that these small gifts to new mothers go beyond helping their babies survive their first month. By encouraging mothers in low-income countries to initiate optimal care for newborns including breastfeeding and kangaroo care, Tiny Hats is also raising awareness of the current global epidemic of preterm birth. Through the connections we knit and the global commitment we sow, together we hope to give every child a healthy start to life.

aap.org

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

We'd love to hear from you! Tell us why you've chosen to participate in Tiny Hats for Tiny Babies, and we'll share your story with mothers so they know they're not alone.

Email: tinyhats@ucsf.edu.

More on the Tiny Hats for Tiny Babies campaign: tiny.ucsf.edu/TinyHats

More on how to make your hat: warmupamerica.org. Or email knitting and crochet questions to info@warmupamerica.org.

[#TinyHats4TinyBabies](https://twitter.com/TinyHats4TinyBabies)

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 (1400–1800 grams) 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 pre wash the hat in a non-scented or baby-friendly detergent. Tiny babies are sensitive.

Attach a Note

Send a personal note to the mother and baby who will receive your hat. Attach this card or one you've made with a piece of yarn.



○

Handmade by:

Town/state/country:

Message to mother and baby:

Deadline and Delivery

From North America, please mail or deliver your tiny hats by December 31, 2018 to the address that is least expensive for you:

Warm Up America! Foundation

Attn: Tiny Hat Campaign

3740 N. Josey Lane, Suite 152
Carrollton, TX 75007
USA

OR

UCSF Global Maternal Newborn Child Health Research Cooperative

UCSF Mission Hall
550 16th Street, 3rd Floor
San Francisco, CA 94158
USA

OR

American Academy of Pediatrics

C/O GCHLS: Richard P. Peyton
345 Park Blvd.
Itasca, IL, 60143
USA

From Africa, Europe, or other parts of the world, please contact us at tinyhats@ucsf.edu for delivery information.

Donate to Our Shipping Fund

To keep costs down, we will hand carry as many hats as possible to health facilities. The remaining hats will be shipped. If you'd like to make a contribution to our shipping fund, please visit crowdfund.ucsf.edu/tinyhatsshipping.

Cover photo by Lubowa Abubaker

Preemie Baby Hat



Size

Hat circumference approximately
10 ½" (27 cm)

Materials

- Size 6/4mm knitting needles
- Yarn needle
- 1 ounce lightweight #3 yarn

Any soft, washable lightweight #3 yarn, such as double knitting (dk) or lightweight worsted, is perfect for baby's first hat.

Gauge

19 stitches and 28 rows to
4 inches (10 cm)

Abbreviations

K	knit
K2tog	knit next 2 stitches together
P	purl
Sts	stitches
St st	stockinette stitch (knit 1 row, purl 1 row) as known as stocking stitch

Instructions

Cast on 48 stitches

Ribbing

Row 1: K2, p2, rep to last st.
Repeat Row 1 (k2, p2 rib) for 8 rows.

Body

Work in St st (stockinette stitch).

Row 1: K all sts.

Row 2: P all sts.

Repeat Rows 1 and 2 until hat measures approximately 2 ¼"- 2/1/2"
(5.5–6.5 cm) from the ribbing.

End with purl row.

Shaping top

Row 1: K2tog to end of row, 24 sts.

Row 2: Purl all sts.

Row 3: K2tog to end of row, 12 sts.

Row 4: Purl all sts.

Row 5: K2tog to end of row, 6 sts.

Row 6: Purl across all stitches.

Cut yarn leaving enough length to sew the seam.

Finishing

Thread a yarn needle with the yarn tail and pull yarn through the remaining 6 stitches to secure and close the top of the hat. With the right sides of the hat facing out, join the side seams together with the mattress stitch.

Weave in all ends.

Baby's First Cluster Crochet Hat



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)
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.