

# Small babies, small knitting required.

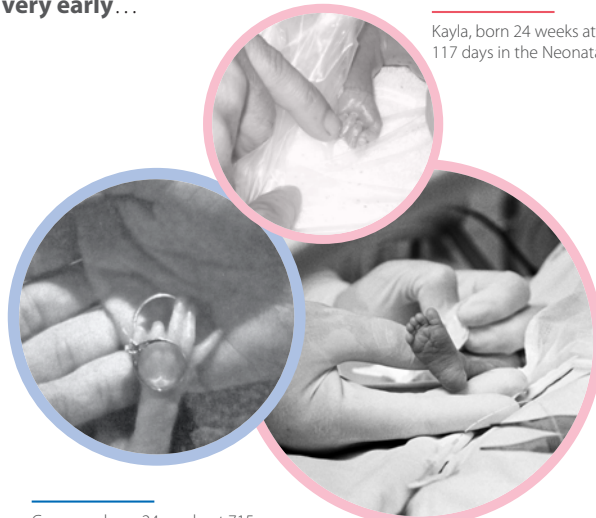


The Neonatal Trust is a registered charity which operates across New Zealand. Light on paid management, but heavy on volunteer commitment and resource, the support we provide for families is delivered in a number of different ways, all aimed at, "Making a difficult start to life that little bit easier"

## Why we exist

Every year approximately 10% of all babies are born premature in New Zealand. That's one premature baby born every 90 minutes.

Some are **very early**...



Cameron, born 24 weeks at 715 grams.  
129 days in the Neonatal Intensive Care Unit

Kayla, born 24 weeks at 545 grams.  
117 days in the Neonatal Intensive Care Unit

Charlotte, born 24 weeks at 650 grams.  
132 days in the Neonatal Intensive Care Unit

The Neonatal Trust also provides support to full-term babies where their condition or illness requires them to stay in a Neonatal Intensive Care Unit (NICU) or Special Care Baby Unit (SCBU).

In all, over 5,000 babies have a difficult to start life in New Zealand each year.

The patterns over the page are from our booklet **Knitting for prems.**

This booklet was produced as a fundraiser (it is for sale at [www.neonataltrust.org.nz](http://www.neonataltrust.org.nz)) and to help with patterns for those who wish to produce knitted items for the families with babies in NICUs and SCBUs.



Bailey - Ribbed Raglan  
Sleeve Cardigan 3 or 4 ply

## To keep up to date with all of our news and updates

Head to our Website [www.neonataltrust.org.nz](http://www.neonataltrust.org.nz)

Like us on Facebook [www.facebook.com/neonataltrustnz](https://www.facebook.com/neonataltrustnz)

Follow us on Twitter [www.twitter.com/neonatalnz](https://www.twitter.com/neonatalnz)





## Beanie

**Size** 1kg-1.2kg, 1.2kg-1.4kg, 1.4kg-1.8kg, 1.8kg-2.5kg

**Length** 12cm, 13cm, 15cm, 17cm

### Materials

1 x 25g ball 3 or 4 ply 100% wool  
1 pair 3.25mm needles

### Instructions

Cast on 66 (80, 90, 90) stitches depending on size.

Work in double rib to length required 12cm (13cm, 15cm, 17cm).

Decreasing row \*K2 tog, P2 tog, repeat from \* to end.

Work 6 rows in single rib.

Break off yarn long enough to thread onto a needle and pull through stitches.

Sew up with a flat seam.

Make pom pom if desired.

**Note** This pattern can also be knitted in the round. To knit in the round cast on 64 (78, 88, 88)st. Join in the round, be careful not to twist knitting – continue working the double rib pattern.



## Moss Stitch Rib Beanie 4 Ply

**Size** 800g (1.5kg, 2.2kg)

**Length** 8cm (10cm, 12cm)

### Materials

1 x 25g ball 4 ply 100% wool  
1 pair 3.25mm needles

### Instructions

Cast on 50 (55, 60) sts as indicated by sizes above.

Work 7, (8, 10) rows of moss stitch, then a further 8 (10, 12)cm of stocking stitch.

Next row, with right side facing, knit 2 tog across the row then knit 4 rows of stocking stitch.

Break yarn leaving enough to thread onto a sewing needle to run through the stitches on knitting needle. Pull through to form the crown, ensuring not to pull too tight.

Turn inside out and flat stitch seam together, turn up the moss stitch rib and stitch in place if desired.

**Note** These sizes and lengths are approximate only.

## Use 100% wool

When knitting for prems, please use 100% wool as it is a natural breathable product.

Our babies are unable to regulate their body temperature in the same way as full term babies. Non-breathable yarns such as acrylic trap moisture and cause them to cool down rather than stay warm and dry.

### **Want more patterns?**

The Neonatal Trust has produced a booklet *Knitting for prems* as a fundraiser and to help with patterns for those who wish to produce knitted items for the families with babies in Neonatal Intensive Care Units (NICUs) and Special Care Baby Units (SCBUs).

To purchase a copy, please visit [www.neonataltrust.org.nz](http://www.neonataltrust.org.nz)



Julia Beanie



Julia Socks



John 4 ply



Garter stitch booties 3 ply



Grace 4 ply



Contrast striped booties 4 ply



Ribbed singlet 2 ply

