



Knitting For Prems



The Little Miracles Trust exists to support families through the stress and anxiety of a neonatal journey. Every year 5,000 Kiwi babies arrive early, or full-term with health complications. These babies are cared for in the Neonatal Intensive Care Units (NICUs) and Special Care Baby Units (SCBUs) across New Zealand.

The support we provide, and enable, comes in many shapes and forms, all aimed at delivering on our three core objectives of:

- Supporting neonatal families through the stress and anxiety of their journey
- Supporting neonatal research to increase understanding and enhance outcomes
- Supporting neonatal units and their staff so babies receive the best care possible.

We exist to make a difficult start to life that little bit easier.

To learn more, please head to littlemiraclestrust.org.nz/support-us/how-you-can-help



Babies love wool

Did you know 100% wool is a beautiful natural fibre that importantly is breathable?

Neonatal babies are unable to properly regulate their body temperature in the same way as healthy and full-term babies. Non-breathable yarns such as synthetics and acrylics can trap moisture and cause babies to cool down rather than stay warm and dry. The use of wool is key to ensuring their body can focus on growing and developing.

What should I knit?

While 100% woollen items of all shapes and sizes are gratefully accepted, if you are considering knitting, please be aware that we often go through periods of time with an abundance of certain items, and much less of others.

To check with what we need at particular time, please check littlemiraclestrust.org.nz/wool. We regularly update this page with our needs.

If you're unsure, we have a constant need for:

- Cot / Bassinette size blankets, approx. 60 x 65cm in size
- Knitted squares that are approximately 10cm x 10cm in size.
These can then be sewn together (by our volunteers) to create blankets

Garments can be posted to the following addresses. We will then, as part of our co-ordination, distribute to the neonatal units most in need of the particular items at that time:

The Little Miracles Trust, NICU Wellington Hospital, 49 Riddiford Street, Newtown, Wellington

The Little Miracles Trust, NICU Auckland City Hospital, Park Road, Auckland 1023

The Little Miracles Trust, 27 Mansel Avenue, Hamilton, 3216

The Little Miracles Trust, 21 Raranga Street, Marshland, Christchurch 8083

Neonatal Intensive Care Unit, 201 Great King Street, Central Dunedin, Attn: The Little Miracles Trust

Do you accept crochet items?

Yes, absolutely! As long as it's made from 100% wool, we will gratefully receive crochet items.

A massive thank you to all who create and provide woollen items to support neonatal families and their babies! Be proud that your support helps to *make a difficult start to life that little bit easier* for families going through the stress and anxiety of a neonatal journey.

Abbreviations

The patterns provided by The Neonatal Trust include a number of abbreviations. For clarity, they are:

alt	alternate
beg	beginning
C1, C2	1st contrast colour, 2nd contrast colour
cm	centimetre
cont	continue
dec	decrease
double rib	1st row; K2, P2 repeat to end 2nd row; P2 on the K2, and K2 on the P2 to end
foll	following
garter st	every row knit
Inc	increase
kg	kilogram
K	knit
M1	Make 1
MC	main colour
Moss st	1st row; K1, P1 repeat to end 2nd row; P1, K1 to end (P on K and K on P for patt)
P	purl
Patt	pattern
pssso	pass slip stitch over
rem	remaining
rep	repeat
RS	right side
single rib	1st row; K1, P1 to end 2nd row; P on knit st, K on purl st
sl	slip
st(s)	stitch(es)
slst	slip stitch
stst	stocking stitch - one row knit, one row purl
tbl	through back of loop
tog	together
yfrn	yarn forward around needle thus making a stitch
yfwd	yarn forward - bring yarn to the front of work
yo	yarn over
yon	yarn over needle thus making a stitch

Benefits of knitting

Knitting and crocheting are often associated with friends and family. The craftwork in progress may be intended for a loved one or perhaps it is being created while in the company of friends, family or a social knitting group. Knitting is a fantastic hobby for individuals and the basic stitches are very easy to pick up.

The act of knitting is recommended to peoples of all genders and ages as it provides unexpected benefits for both physical and mental health – with the enjoyment and satisfaction factors on top of this.

Here are 5 things to know about knitting:

It can help with managing stress, anxiety, and depression

Mental health issues can be difficult to manage, and many have found the act of knitting to help distract from stress or alleviate their anxieties. Sitting still and focusing on the needlework relaxes the heart rate and also lowers blood pressure.



It keeps your brain healthy

Knitting utilises almost the entire brain, engaging movement with precision and planning ahead stimulates and improves brain activity. In a study of people over 70, it was discovered those who participate in arts and crafts are almost 50% less likely to experience slow cognitive decline compared to those who don't.

It can help your motor skills

Working with your hands improves the dexterity of your fingers, and knitting is excellent for keeping the joints and cartilage healthy. The more flexible and strong your fingers get, the more you can knit. This is especially useful for treating cases of impaired joint movement, such as arthritis and tendinitis.



Benefits of knitting



It is a meditative act

While continuous stitching and purling may appear boring to others, the rhythmic and repetitive process can be an excellent meditation technique. The time spent with the needles allows the knitter to relax their mind and body, and time will fly by.

It instils pride upon completion

Finishing any project gives you a great sense of satisfaction, especially when learning a new skill. Knitting yourself a colourful scarf can boost positive vibes during winter, or you will be prepared for Holidays as well as Birthdays with homemade gifts. Whether finishing a scarf or a blanket, you may find yourself planning the next one before you know it.



Thanks.

Our sincere and heartfelt thanks go to the wonderful volunteer knitters who support our work and create beautiful items for neonatal babies.



Julia Booties

(Going home set)

Materials

1 x 50g ball 4 ply 100% wool
1 pair 3.25mm needles

Instructions

Moss Stitch

Row 1: Work alternate knit and purl stitches (same as single rib)

Row 2: Knit the purl stitches, and purl the knit stitches. Repeat.

Using 3.25mm needles, cast on 29 sts

(Inc into the next st - knit into the front and back of the same stitch)

Row 1: K1, inc into the next st, K11, inc into next st, k1, inc into next st, K11, inc into next st, k1 (33)

Row 2: Knit

Row 3: K1, inc into the next st, K13, inc into next st, k1, inc into the next st, K13, inc into next st, k1 (37)

Row 4: Knit

Row 5: K1, inc into the next st, K15, inc into the next st, k1, inc into next st, K15, inc into next st, K1 (41)

Row 6: Knit

Row 7: K1, inc into the next st, K17, inc into next st, k1, inc into next st, K17, inc into next st, k1 (45)

Row 8: Knit

Knit 6 rows of garter stitch

Shape Instep

Row 1: K28, k2tog tbl, turn

Row 2: Slip 1 purlwise, p11, p2tog, turn

Row 3: Slip 1 knitwise, k5, yfwd, k2tog, k4, k2tog tbl, turn

Row 4: Slip 1 purlwise, p11, p2tog, turn

Row 5: Slip 1 knitwise, k3, k2tog, yfwd, k1, yfwd, k2tog tbl, k3, k2tog tbl, turn

Row 6: Slip 1 purlwise, p11, p2tog, turn

Row 7: Slip 1 knitwise, k4, k2tog, yfwd, k5, k2tog tbl, turn

Row 8: Slip 1 purlwise, p11, p2tog, turn

Row 9: Slip 1 knitwise, K11, k2tog tbl, turn

Row 10: Slip 1 purlwise, p11, p2tog, turn

Repeat last two rows until 33 sts remain.

Julia Booties

(Going home set)

Next row: Slip 1 knitwise, knit to end

Next row: P2, p2tog, *p2, p2tog, p3, p2tog, repeat from * to last 2 sts, P2 (26 stitches)

Work 8 rows single rib.

Work upper socks

Next row: Knit

(inc - purl into the back and then the front of the same stitch)

Next row: P1, *inc into next stitch, p4, repeat from * to end (31 stitches)

Next work 10 rows pattern of your choice (moss stitch, Irish moss stitch, garter stitch, single rib)

Cast off in pattern

Sew seams, reversing the sewing at top of the sock to the right side for the turn down.



Julia Beanie

(Going home set)

Materials

1 x 50g ball 4 ply 100% wool
1 pair of 2.75mm needles
1 pair of 3.25mm needles

Instructions

Moss Stitch

Row 1: Work alternate knit and purl stitches (same as single rib)

Row 2: Knit the purl stitches, and purl the knit stitches. Repeat.

Using 2.75mm needles, cast on 81 stitches

Knit in single rib (k1, p1) for 10 rows

Change to 3.25mm needles and repeat the 10 row pattern below until hat measures 9cm, ending with a wrong side row.

- Row 1: K12, *moss 3, k7, moss 3, k9; repeat from * to last 12 sts, k12
Row 2: P12, *moss 3, p7, moss 3, p9; repeat from * to last 12 sts, p12
Row 3: K12, *moss 3, k3, yfwd, k2tog, k2, moss 3, k9; repeat from * to last 12 sts, k12
Row 4: as row 2
Row 5: K12, *moss 3, k1, k2tog, yfwd, k1, yfwd, k2tog tbl, k1, moss 3, k9; repeat to last 12 sts, k12
Row 6: as row 2
Row 7: K12, *moss 3, k2, k2tog, yfwd, k3, moss 3, k9; repeat from * to last 12 sts, k12.
Row 8: as row 2
Row 9: as row 1
Row 10: as row 2.

Shape Crown: *(sk2p - slip 1 stitch, k12tog, pass slipped stitch over)*

- Row 1: K4, *sk2p, k7; repeat from * to last 7 sts, sk2p, k4
Row 2: Purl to end
Row 3: K3, *sk2p, k5; repeat from * to last 6 sts, sk2p, k3
Row 4: Purl to end
Row 5: K2, *sk2p, k3; repeat from * to last 5 sts, sk2p, k2
Row 6: Purl to end
Row 7: K1, *sk2p, k1; repeat from * to end
Row 8: Purl to end
Row 9: *sk2p, k1; repeat from * to last 5 sts, sk2p, k2tog.

Julia Beanie

(Going home set)

Break yarn, thread through remaining stitches, pull up and fasten off.

Sew back seam.



Julia Cardigan

(Going home set)

Julia Cardigan

(Going home set)

Size: 36cm chest

Materials

2 x 50g ball 4 ply 100% wool
1 pair of 3.25mm needles
3 buttons

Instructions

Moss Stitch

Row 1: Work alternate knit and purl stitches (same as single rib)
Row 2: Knit the purl stitches, and purl the knit stitches. Repeat.

Back

Using 3.25mm needles, cast on 56 stitches and moss stitch for 8 rows.
Next rows: Knit and purl alternate rows (stocking stitch) until work measures 11 cm to armhole.

Shape Raglan

Cast off 3 sts at the beginning of the next 2 rows
Row 1: K1, s1, k1, pss0, knit to last 3 stitches, k2tog, k1
Row 2: Purl
Repeat above two rows until 22 sts remain finishing with a wrong side row.
With right side facing, slip these 22 stitches onto a stitch holder.

Right Front

Using 3.25mm needles, cast on 27 + 6 (border) stitches (33). Moss stitch 8 rows.
Row 1: Moss 6, k7, moss 3, k17
Row 2: P17, moss 3, p7, moss 6
Row 3: Moss 6, k3, yfwd, k2tog, k2, moss3, k17
Row 4: as row 2
Row 5: Moss 6, k1, k2tog, yfwd, k1, yfwd, k2tog tbl, k1, moss 3, k17
Row 6: as row 2
Row 7: Moss 6, k2, k2tog, yfwd, k3, moss 3, k17
Row 8: as row 2
Row 9: as row 1
Row 10: as row 2.
Repeat 10 row pattern above until work measures 11 cm finishing with a rs row.



Julia Cardigan (Going home set)

Shape Raglan

With wsf, at armhole edge, cast off 3 sts, pattern to end

Next Row: Pattern to last 3 sts, k2tog, k1

Next Row: Pattern to end

Repeat last 2 rows of raglan shaping until 20 stitches remain

Next Row: Wsf, pattern to end.

Shape Neck

Moss 6 and place these 6 border sts on a safety pin. Cast off 3 sts at neck edge, pattern to last 3 sts, k2tog, k1 (10 stitches remain)

Next Row: Wsf, pattern to end

Next Row: K2tog, pattern to last 3 sts, k2tog, k1 (8 stitches remain)

Next Row: Pattern to last 2 sts, p2 tog (7 stitches remain)

Next Row: K2together, pattern to last 3 stitches, k2tog, k1 (5 stitches remain)

Next Row: Pattern to end

Next Row: Work 2 rows dec 1 stitch at each end as before on next and following 0 rows (3)

Next Row: K2tog, k1

Next Row: P2 tog and fasten off.

Left Front

Using 3.25mm needles, cast on 27 + 6 (border) stitches (33). Moss stitch 8 rows.

Row 1: K17, moss 3, k7, moss 6

Row 2: Moss 6, p7, moss 3, p17

Row 3: K17, moss 3, k3, yfwd, k2tog, k2, moss 6

Row 4: as row 2

Row 5: K17, moss 3, k1, k2tog, yfwd, k1, yfwd, k2tog tbl, k1, moss 6

Row 6: as row 2

Row 7: K17, moss 3, k2, k2tog, yfwd, k3, moss 6

Row 8: as row 2

Row 9: as row 1

Row 10: as row 2.

Repeat 10 row pattern above until work measures 11 cm finishing with a ws row.

Julia Cardigan (Going home set)

Shape Raglan

With right side facing at the armhole edge, cast off 3 sts. Pattern to last 3 sts, yrn, p2 tog, k1 (to make a buttonhole in the border)

Next Row: Pattern to end

Next Row: K1, sl, k1, pssso pattern to end

Repeat raglan decreases at armhole edge until 19 stitches remain AND place another button hole in the moss stitch border 12 rows from the first button hole (as above).

Shape Neck

With wsf, at border moss 6 and place these 6 border sts on a safety pin. Cast off 3sts at neck edge, pattern end. (10 stitches remain)

Next Row: K1, s1, k1, pssso, pattern to last 2 sts, k2tog (8 stitches remain)

Next Row: P2 tog, pattern to end (7 stitches remain)

Next Row: K1, sl, k1, pssso, pattern to last 2 stitches, k2tog (65 stitches remain)

Next Row: Pattern to end

Work 2 rows decreasing 1 stitch at each end as before in next and on the following row decrease at neck edge only (3 stitches remain)

Next Row: K1, k2tog (2 stitches remain)

Next Row: P2 together and fasten off.

Sleeves

Using 3.25mm needles, cast on 34 stitches and moss stitch 8 rows.

Working in stocking stitch increase 1 st at end end of 5th and every following 4th row to 46 sts.

Continue without shaping until sleeve measures 10 cm ending with a ws row.

Shape Raglan: Cast off 3 sts at beg on next 2 rows.

Next Row: K1, s1, k1, pssso, knit to last 3 sts, k2tog, k1

Next Row: Purl

Repeat the above two rows with decreases each end of alternate rows until 12 stitches remain, finishing with a wrong side row.

Place these 12 sts on a stitch holder.

Neckband

Join raglan seams. With rsf place 6 moss stitch border onto right needle. Join yarn, pick up and knit 9 sts along right neck, k11 sts from the 12 of the right sleeve, k19 sts from the 22 sts of the back, k11sts from the 12 sts of the left sleeve, pick up and knit 9 sts along left front, moss 6. (71 sts).

Moss stitch 7 rows, **placing last button hole** at end of 2nd row as noted in Left Front.

Cast off in pattern.

Join side seams, sew on buttons. Shape and place under a damp cloth until dry.

Prem singlet

Materials

1 x 50g ball 4 ply washable merino wool (1 Singlet will use about 3/4 of a ball)

1 pair of 3.25mm needles

Back and Front worked in one piece.

Instructions

Back

With 3.25mm needles, leave a long tail and cast on 42 stitches loosely.

Use the tail to sew up one of the side seams.

Row 1 (Right side): K2, *p2, k2, repeat from * to end

Row 2 (Wrong side): P2, *k2, p2, repeat from * to end

Continue as above until back measures 2cm from the beginning ending with a wrong side row.

Next row (Right side): K2, *p2, k2, repeat from * to end

Next row (Wrong side): Purl to end

Repeat these two rows until front measures at least 16cm, ending with a purl row.

(It is better to be 16cm or more, not less).

Shape Sleeves

Continuing with rib pattern, cast on 8 sts at beginning of next 2 rows (58 sts)

Continue until sleeves measure at least 5cm from sleeve cast on, ending with a purl row.

Shape Neck

Rib 18 sts, place these 18 sts onto a stitch holder

On the same row: Cast off next 22 sts, then continue in rib pattern over last 18 sts to end (18 sts)

On these 18 sts work 9 rows in rib, ending with a purl row.

Next: rejoin yarn and pick up the 18 sts from the stitch holder.

Work 9 rows rib on these sts ending with a purl row

Next: Rib 18 sts, turn work and cast on 22 sts, turn work again and continue across the last 18 sts (58 sts)

Continue working in rib across these 58 sts until sleeves section measures 12 cm

Cast off 8 sts at beginning of next 2 rows (42 sts)

Prem singlet

Front

Continue in rib pattern until front section measures the same as the back section (when folded in half), to the top of the cast on ribbing. Then k2, p2 rib a further 2 cm as done at the start of the back. The front and back should match up when folded in half.

Cast off loosely.

To Make Up

Sew up side and sleeve seams

(There is no need to crochet around the neck edge as this often makes it too tight)



This pattern was designed and written by Natalie Simpson.

Weight: 1.8kg and 2.25kg

Materials

1 x 50g ball 3 ply 100% wool
1 x 50g ball 4 ply 100% wool
3 ply - 1 pair of 2.75mm needles and 1 pair of 3.00mm needles
4 ply - 1 pair of 3.00mm and 1 pair of 3.25mm needles
4 buttons

Back

Using 2.75mm (3.00mm needles) needles cast on 48 sts
Work 7 rows K1, P1 rib
Row 8 increase 1 st at both ends - 50 sts

Change to 3mm (3.25mm) needles and proceed in Garter Rib pattern as follow:

Row 1: Knit
Row 2: *P2, K1, repeat from * to last 2 sts, P2.
Repeat rows 1 and 2 for 26 rows in total

Shape raglan armhole

Cast off 2 sts at beginning of next two rows
Row 3: K1, K2tog tbl, knit to last 3 sts, K2tog, K1.
Row 4: P2, pattern to last 2 sts, P2.
Repeat rows 3 & 4 until 14 sts remain, finishing on ws row.
Cast off 14 sts.

Right front

Using 2.75mm (3.00mm) needles cast on 27 sts.
Row 1: K4, *K1, P1, repeat from * to last st, K1
Row 2: P1, *K1, P1, repeat from * to last 4 sts, K4.
Rows 3 & 4: Repeat Rows 1 & 2
Row 5: Buttonhole row: K2, yfwd, K2tog, *K1, P1, repeat from * to lasts st, K1
Row 6: Repeat Row 2
Rows 7 & 8: Repeat rows 1 & 2.

Change to 3.00 mm (3.25mm) needles.

Keeping garter stitch border (K4) correct, commence garter rib pattern as follows:

Row 1: Knit
Row 2: *P2, K1, repeat from * to last 6 sts, P2, K4
Rows 3 & 4: Repeat rows 1 & 2 above
Continue in pattern with garter stitch border, make 2 more buttonholes as before 10 rows apart.
Work 8 more rows, finishing at armhole edge.

Shape raglan armhole and front neck

Row 1: Cast of 2 sts, pattern to last 4 sts, K4
Row 2: K2, yfwd, k2tog, knit to last 3 sts K2tog, K1
Row 3: P2, pattern to last 4 sts, K4
Row 4: Knit to last 3 sts, K2tog, K1
Row 5: P2, pattern to last 4 sts, K4.

Begin front neck shaping

Row 6: K4, K2tog tbl, knit to last 3 sts, K2tog, K1
Row 7: P2, pattern to last 5 sts, P1, K4
**Continue in this manner, repeating Rows 6 & 7 above, decreasing 1 st at armhole edge on alternate rows, and at the same time decrease 1 st at front edge (before the garter stitch border) next 3rd and every following 4th row until 9 sts remain.
Decrease at armhole edge only on alternate rows until 5 sts remain.**

Next row: K2tog, K3
Work 18 rows in garter stitch on remaining 4 sts. Cast off.

Left front

Using 2.75mm (3.00mm) needles cast on 27 sts,
Row 1: K1, P1 to last 4 sts, K4
Row: K4, *P1, K1, repeat from * to last st, P1
Repeat rows 1 & 2 a further 3 times.

Change to 3.00mm (3.25mm) needles. Keeping garter stitch border (K4) correct commence garter rib:

Row 1: Knit
Row 2: K4, *P2, K1, repeat from * to last 2 sts, P2
Repeat rows 1 & 2 until work measures to armhole shaping on right front finishing with ws row (26 rows in total).

Shape raglan armhole and front neck

Row 1: Cast off 2 sts, knit to end
Row 2: K4, pattern to last 2 sts, P2
Row 3: K1, K2tog tbl, K to end
Row 4: K4, pattern to last 2 sts, P2
Row 5: Begin front neck shaping: K2, K2 tog tbl, K to last 6 sts, K2 tog, K4
Row 6: K4, P1, pattern to last 2 sts, P2

Work as for right front ** to ** until 5 sts remain

Next row: K3, K2tog

Work 18 rows in garter stitch on remaining 4 sts. Cast off.

Sleeves

Using 2.75mm (3.00mm) needles cast on 26 sts.

Work 7 rows in K1, P1 rib.

Next Row: Increase 4 sts evenly across the row - 30 sts.

Change to 3.00mm (3.25mm) needles.

Row1: Knit

Row 2: P1, K1, *P2, K1* repeat * to last st, P1

Work in garter rib pattern as for fronts and back increasing 1 st at both ends of next 3rd and every following 4th row until there are 40 sts incorporating extra sts into pattern.

Continue without further shaping until work measures 8cm in total, ending with a ws row.

Shape raglan armhole

Cast off 2 stitches at the beginning of the next 2 rows.

Work rows 3 & 4 from Back until 6 sts remain, finishing on a ws row.

Cast off.

MAKE UP: Join raglan seams. Join side and underarm seams. Join garter border to top of sleeves and across the back to meet halfway. Sew on buttons. Shape garment and place under damp cloth until dry.



Weight: 2-2.5kg

Materials

2 x 50g ball 4 ply 100% wool
1 pair of 3.00mm and 3.25mm needles each
4 buttons

Instructions Right front

Using 3.00mm needles cast on 28 + 7 stitches (right front and band - 35 sts)

K1, P1 rib 2 rows

Row 3: K1, P1, K1, yrn, K2 together, rib to end (to make buttonhole)

Rib 5 more rows (8 in total)

Row 9: Rib 7, slip these 7 sts onto a safety pin. Change to 3.25mm needles and work pattern as follows:

Lace border	Pattern Row 1:	P2, K5, P2, knit to end
	Pattern Row 2:	Purl to last 9 stitches, K2, P5, K2
	Pattern Row 3:	P2, K2tog, yfwd, K1, yfwd, K2tog tbl, P2, knit to end
	Pattern Row 4:	Same as Pattern Row 2

These 4 rows form lace border.

Continue in pattern until work measures 11cm from beginning finishing at side edge.

Shape armhole *(Hint, place a marker ½ way through the row to help with measurements)*

Cast off 3 sts at beginning of next row

Decrease 1 st at armhole edge on next and every alternate row until 21 sts remain.

Continue on these 21 sts until work measures 4 cm from beg armhole shaping finishing at front edge.

Shape neck

Cast off 3 stitches at beginning of row

Decrease 1 stitch at neck edge on every row until 12 sts remain

Continue on these until work measures 7.5cm from beginning of armhole shaping, finishing at neck edge.

Cast off 12 stitches.

Left front

Using 3.00mm needles cast on 28 + 7 stitches (left front and band - 35 sts)

Rib 8 rows (no buttonhole)

Change to 3.25mm needles

Lace border:	Pattern Row 1:	K19, P2, K5, P2 and place last 7 stitches onto a holder (band)
	Pattern Row 2:	K2, P5, K2, knit to end
	Pattern Row 3:	K to last 9 sts, P2, K2tog, yfwd, K1, yfwd, K2tog tbl, P2
	Pattern Row 4:	As Pattern Row 2

Follow pattern as above, working reverse shaping to Right Front.

Back

Using 3.00mm needles cast on 56 sts and work 8 rows K1 P1 rib

Change to 3.25mm needles and work 11cm stocking stitch

Shape armhole: Cast off 3 sts at beginning of next 2 rows

Decrease 1 sts at both ends of next and alternate rows until 42 sts remain.

Continue on these sts until work measures same as front up to shoulder shaping

Shape shoulders: Cast off 12 sts at beginning of next 2 rows

Put remaining 18 sts onto a stitch holder.

Sleeves

Using 3.00mm needles cast on 28 stitches

Work 8 rows K1, P1 rib

Change to 3.25mm needles and continue in stocking stitch increasing 1 st at both ends of 5th and every following 4th row until there are 40 sts.

Continue on these until work measures 9cm from beginning, finishing at the end of a P row

Shape top: Cast off 3 sts at beg next 2 rows

Decrease 1 st at both ends of next and every alternative row until 26 sts remain

Work 5 rows finishing with a P row

Cast off loosely.

Left front band

Slip 7 sts back onto 3.00mm needle

Rib to neck shaping and place sts onto a holder again

Sew band to front (can be slightly stretched)

Mark out even button placement for 2 buttons - the bottom buttonhole is already in the band, the top button will be in the neck band. Mark out places for 2 more buttons in the garment allowing for the neck one and the buttonhole already in the band.

Right front band

Slip 7 sts back onto 3.00mm needle

Rib to neck shaping placing 2 buttonholes in garment

Buttonhole row: K1, P1, K1, yrn, K2 tog - place buttonholes to match button placements marked out in left front band

Place sts onto a holder

Sew band to front edge.

Neckband

Sew shoulder seams together

With right side facing Rib 7 across the top of the band

Knit 12 sts from the back holder

K 12 sts down the left front

Rib 7 sts across top band. 55 stitches

Next Row: rib

Next row - neck buttonhole - rib 3, yrn, k2tog, rib to end

Rib 3 more rows

With right side facing, cast off loosely

Make up

Sew in sleeves

Sew up side seams and underarms

Sew on buttons (4)

Shape and place under a damp cloth until dry.





We provide support to families of premature or sick full term babies as they make their journey through Neonatal Intensive Care, the transition home, and onwards.

We are committed to supporting these courageous families, the people who care for them, and partnering with organisations and people who want to support us.

We are dedicated to making a difficult start to life that little bit easier.

Learn more
littlemiraclestrust.org.nz

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