

Join Chell's "Annual Pilgrimage" to Donate Premie Hats to the St. Paul Children's Newborn ICU

January is "Premie Hat" Month - Michelle (Chell) shares her story and why she puts so much of her own energy into this annual "event." Join Knit'n From the Heart in supporting Chell again this year by knitting and donating premie hats during January.

Chell Story

"It occurred to me that only a few people know why I take this annual pilgrimage into premie hat insanity and why Jeanne and others would join me in my quest. Granted, it's a good cause, but there are many, many good causes out there. So why premie hats? Well, it's rather personal..."



"Here's a picture of my daughter when she was 2 days old. Long story short, I had Preeclampsia and then Peripartum Cardiomyopathy (pregnancy induced heart failure), a rare heart condition. Once they got me stabilized, she needed to come out. She was 2 and 1/2 months premature and weighed only 2 lbs. 3 oz.

"Here's how blessed I am now! A very healthy, happy and spirited young soul who shares her life and her laughter with her Dad and I. The hats are simply my way of thanking NICU for saving my baby. Without Children's Hospital NICU and all their dedicated staff, Bethany wouldn't be here today and the world would be a much grayer place."



Premie's come in all sizes, and unfortunately the average NICU is usually full of sick babies of all sizes from premies right up to full-term babies, and they all need hats to keep their noggins warm. I guess what I'm getting at is that size really doesn't matter here, as long as you end up with a hat that is somewhere between a full term infant and a small orange (the basic premie sized head). This pattern, when knit with DK or worsted weight yarn should produce something that a premie can wear at some point. (Or you can produce something you can use to make your cat angry with you if you are into that sort of thing.)



Follow Jeanne and Chell's total number of hats donated to the St. Paul Children's Hospital NICU this year on their the Ravelry group "k3tog PHK" at www.ravelry.com.

Basic Preemie Hat--designed by Chell

Dk weight yarn - Using Size 2 DPNs (or 1's or 3s) cast on 64 stitches. Join in the round, being careful not to twist and work in K2, P2 ribbing for 19 rounds. K2tog (63 stitches) and then K for 15 rounds.

Decrease round: *K7, K2tog* 7 times. K one round. *K6, K2tog* 7 times. K one round. Continue with a decrease round and a K round until there are 7 stitches on your needles. Pass the yarn through the stitches and pull the yarn tight. Put a pompom on top (optional).

Worsted weight yarn - Using size 5 DPN (4's would be ok) cast on 56. Join in the round, being careful not to twist and work in K2, P2 ribbing for 19 rounds. K for 15 rounds.

Decrease round: *K6, K2tog* 7 times. K one round. *K5, K2tog* 7 times. K one round. Continue with a decrease round and a K round until there are 8 stitches on your needles. Pass the yarn through the stitches and pull the yarn tight. Put a pompom on top (optional).

This pattern is copyrighted and is free for your use with charity knitting. Please do not use it to make items for sale.

Please deliver your hats to Knit'n From the Heart, and we will donate them to the St. Paul Children's NICU (Newborn Intensive Care Unit) at the end of January. Thank you so very much for your time and love. You have made a baby warm and the heart of a worried parent lighter.