

NICU Nurse Approved Hat in 4 Sizes

Pattern by Rachel Wood - Dyed in the Woods

A group of NICU nursers have been prompting the following patterns for hand knitted hats for babies in the NICU. The nurses have reported that they love this pattern because it's very stretchy and not too tight for wee baby heads. Each hat is a different size.

Keep in mind that many hospitals have guidelines for donated items for babies, so check with your hospital first to make sure these will meet their guidelines. Most generally, the only yarn they want is acrylic because it stores well & is easily sanitized.

Recommendation is the Caron Simply Soft yarn.

Yarn: Caron Simply Soft Weight: Medium (4)

Contents: 100% acrylic

Skein Weight: 6 oz. / 170 g

Yardage: 315 yd. / 288 m

Knitting Gauge: 18 sts - 24 rows = 4" (10 cm) Not important for the hats.

Needles: US 5 & 8 double point needles or longer circular needle for Magic Loop or 2 circular needles.

Knitting Directions:

Small – Size 6 lbs +

CO 48 stitches with size 5 needles, knit 8 rounds in 1 x 1 or 2 x 2 ribbing.

Switch to size 8 needles & knit 6-8 rounds.

Decrease rounds:

1. K2tog, k4 around
2. K around
3. K2tog, k3 around
4. K around
5. K2tog, k2 around
6. K2tog, k1 around
7. K2tog around (6 sts)

Finishing:

Cut 6" tail, thread through 6 remaining stitches, pull snug, knot inside & weave in ends.

NICU Nurse Approved Hat in 4 Sizes Continued

Super Small – Size 5 lbs to 6 lbs

CO 40 stitches with size 5 needles, knit 7 rounds in 1 x 1 or 2 x 2 ribbing.

Switch to size 8 needles & knit 6-8 rows.

Decrease rounds:

1. K2tog, k3 around
2. K around
3. K2tog, k2 around4
4. K2tog, k1 around
5. K2tog around (6 sts)

Finishing:

Cut 6" tail, thread through 6 remaining stitches, pull snug, knot inside & weave in ends.

Itty Bitty – Size 3 lbs to 4 lbs

CO 36 stitches with size 5 needles, knit 6 rounds in 1 x 1 or 2 x 2 ribbing.

Switch to size 8 needles & knit 6 rounds.

Decrease rounds:

1. K2tog, k4 around
2. K around
3. K2tog, k3 around
4. K around
5. K2tog, k2 around
6. K2tog, k1 around
7. K2tog around (6 sts)

Finishing:

Cut 6" tail, thread through 6 remaining stitches, pull snug, knot inside & weave in ends.

NICU Nurse Approved Hat in 4 Sizes Continued

Teeny Tiny – Size below 1 lb to 3 lbs.

CO 36 stitches with size 5 needles, knit 4 rounds in 1 x 1 or 2 x 2 ribbing.

Switch to size 8 needles & knit 4 rounds

Decrease rounds:

1. K2tog, k4 around
2. K around
3. K2tog, k3 around
4. K around
5. K2tog, k2 around
6. K2tog, k1 around
7. K2tog around (6 sts)

Finishing:

Cut 6" tail, thread through 6 remaining stitches, pull snug, knot inside & weave in ends.