



Let's Knit NOW,  
for little lungs LATER!



Time to celebrate National Crochet Month  
and National Craft Month this March

## October is RSV Awareness Month!

RSV, or respiratory syncytial virus, is a serious virus that infects the lungs and is a leading cause of hospitalizations in the US for children <1 year of age. Many parents with babies at risk for RSV don't know about it. But with a ball of yarn, a bundle of love, and a little bit of your time, you can help us spread RSV awareness in a big way.

- WHAT:** Knit Big for Little Lungs to help spread RSV awareness, one stitch at a time
- WHO:** Individuals and organizations/groups with a passion for knitting or crocheting
- WHEN:** Any time throughout the year
- WHERE:** Anywhere you like to knit
- HOW:** Sobi will deliver the items in your name to babies at children's hospitals for RSV Awareness Month in October

### Here's how you can help :

- **Knit or crochet** infant clothing (blankets, hats, etc.) with your friends and family. We suggest peach and/or mint green yarn if possible but don't want to limit your creativity! Please consider the smallest pattern size possible and use machine-washable materials and avoid wool for these little babies. See page 2 for a recommended pattern.
- **Share** pictures of your knitted masterpieces online, using the hashtag **#LittleLungs**, along with photos from your knit-in and follow us on [Facebook](#) and [Instagram](#) @protectlittlelungs to join us in this journey.
- **Send** your creations to **Knit Big for Little Lungs, 140 East Ridgewood Ave, Suite 415 South Tower, Paramus, NJ 07652** by August 31, 2021, with a mention of your (or your group's) name so we know who to thank.

## YOU CAN MAKE A BIG DIFFERENCE FOR BABIES AT RISK FOR RSV

Thank you for helping to raise awareness about the importance of protecting little lungs.



# INSTRUCTIONS & SUPPLIES

## Classic Knit Baby Hat for NICU Babies



### Supplies:

Worsted weight yarn  
Size 4 Double Point Needles (set of 4)  
Size 5 Double Point Needles (set of 4)  
Darning needle to weave in loose ends

### Pattern:

#### 1 Begin with Size 4 needles:

- Cast on 48 stitches (divide evenly among needles- 16 on each needle)
- \*K1, P1 (repeat from \* around)
- Continue ribbing pattern for 1"

#### 2 Switch to Size 5 needles:

- Continue in stockinette stitch (knit only) around until piece measures 4" from beginning

#### 3 Decreasing for Crown:

**Rnd 1:** (K1, SSK, K7, K2tog) x 4 (40)

**Rnd 2:** Knit around

**Rnd 3:** (K1, SSK, K5, K2tog) x 4 (32)

**Rnd 4:** Knit around

**Rnd 5:** (K1, SSK, K3, K2tog) x 4 (24)

**Rnd 6:** Knit around

**Rnd 7:** (K1, SSK, K1, K2tog) x 4 (16)

**Rnd 8:** Knit around

**Rnd 9:** K2 together around (8)

Break yarn, thread through remaining stitches with darning needle and pull tight.

Weave in loose ends!

The perfect size should be stretchy and fit over an average sized Grapefruit :)  
Adjust tension, weight of yarn, and/or knitting needle sizes to achieve right size.

### Details:

We suggest using peach and/or mint green washable, soft yarn and send by August 31<sup>st</sup> to the address below. If you would like your name to be attached to the items when donated, please indicate that with your shipment! Thanks so much for your support!

**Knit Big for Little Lungs**  
**140 East Ridgewood Ave, Suite 415 South Tower,**  
**Paramus, NJ 07652**

#### Other patterns & items for consideration:

<http://www.carissaknits.com/2007/07/preemie-hats-for-charity.html>

[http://news.bbc.co.uk/local/stoke/hi/people\\_and\\_places/newsid\\_8674000/8674298.stm](http://news.bbc.co.uk/local/stoke/hi/people_and_places/newsid_8674000/8674298.stm)

<http://afridgefulloffood.typepad.com/knittingforthenicu/2012/06/the-rules-for-knitting-for-nicus.html>