

# Save the Children's Knit Kit



Anna Kari

**DID YOU KNOW –**  
a woolly hat can mean the difference  
between life and death for a newborn baby?

## UPDATE - BABIES AT RISK

About half of all babies born in Tibet suffer from hypothermia during their first week of life. So they're much more likely to catch pneumonia.

## WHY ARE BABIES AT RISK?

Pneumonia still kills about 2 million children every year. The problem is that newborn babies can't regulate their body temperature.

- It takes just 2 minutes for a wet, newborn baby to lose a dangerous 2°C in body temperature.
- Most of this vital heat is lost through soft spots on a baby's head.
- Babies are at risk, whether they're born into a hot or cold climate.

*"Parents do everything they can to protect their babies from cold. But the most important thing, putting a hat on the baby's head, is neglected – that's like leaving a thermos bottle filled with hot water but without a lid."*

Tashi Tsering, Save the Children's Health Project Manager in Tibet

## WHAT CAN I DO?

**We need you to knit a woolly hat.**

Get your needles out. Help keep a newborn baby safe from life-threatening illnesses like hypothermia and pneumonia.

**It really is that simple.**

### NOT A KNITTER?

Don't worry – we've got a beginner's guide just for you.

### WHERE WILL YOUR HAT GO?

Directly on to the head of a newborn baby; a baby in places that suffer high numbers of newborn deaths, like Kenya, Sierra Leone or Tibet.

## THEN SHOUT ABOUT IT!

1. **Knit a woolly hat**
2. **Add your voice - literally**

Your hat can help to save a baby's life. But these babies need more than just hats – they need you to speak up for them.

We're asking everyone who knits a hat to pin a short message to it. Tell politicians that enough is enough. If they don't act now, millions of children will continue to die needlessly every year.

### STUCK FOR WORDS?

We've designed a card for you to fill in. (Find it on the back page)

### WHAT GOOD ARE WORDS?

The world's poorest children are being left to die, because politicians have forgotten them.

We'll make sure your message reaches Gordon Brown. You tell him why he must act today to save newborn lives around the world.

Save the Children



**We Save the Children**  **Will you?**

# YOUR HAT can help us save a life

# YOUR VOICE can help us save millions

SEND YOUR HAT AND MESSAGE TO:  
SAVE THE CHILDREN, 1 ST JOHN'S LANE,  
LONDON EC1M 4AR

## DO YOU WANT TO DO MORE?

Have you:

- knitted a hat?
- pinned on your short message?

Thank you! Your simple actions today really will help to save lives.

If, like us, you still want to do more: write a personal letter to the UK Prime Minister Gordon Brown telling him why you care about this issue. The more personal your letter is, the more likely it is to have an impact.

Facts that might help you are:

- 10 million children die every year before the age of 5.
- That's a coach load of children every 3 minutes.
- Most die from preventable causes.
- Simple solutions like vaccinations, mosquito nets and clean water can help to save children's lives.
- 4 million children die within their first month of life.

Include your letter in the package with your hat.

## LEARNING THE LINGO

**Knit stitch** – a basic knitting stitch, sometimes referred to as plain stitch.

**Purl stitch** – an inverted knitting stitch. Rows of purl stitch are commonly alternated with rows of knit stitch in most knitting patterns.

**Ribbing** – a pattern in which vertical stripes are created by knitting alternate groups of plain stitches and purl stitches.

**Stockinette stitch** – a knitting pattern made by alternating rows of knit stitches and purl stitches.

## KNITTING YOUR HAT

**Size** – 10 inch circumference  
(The babies we support tend to be very small when they're born, so their hats need to be small too!)

**Wool** – use any smooth, washable wool.

**Be creative** – feel free to be creative – the hats can be striped or a combination of colours.

**Colour** – please don't knit an all-white hat, because white symbolises death in a number of cultures in Africa and Asia.

**Pattern** – any infant pattern is fine, so long as it's a suitable size and will keep the baby's head warm. Or you could use the pattern below.

## The hat pattern

**Materials needed:** 1 ball of wool, size 8 (4mm) knitting needles (or size required for gauge), size 6 (5mm) knitting needles, wool needle to sew seam

**Abbreviation key:** **k** or **K** = knit **k2tog** = knit 2 stitches together **p** or **P** = purl

### STEP 1

**Gauge** (a test piece that's knitted before starting the project.)  
20 stitches = 4 inches with larger needles in Stockinette stitch (see definitions above).

### STEP 2

**Cuff** (a turned-up hem)  
With smaller needles, cast on 48 stitches.  
Work in K1, P1 ribbing for 1½ inches.

### STEP 3

**Body** (change to larger needles)  
**Row 1**  
(right side): knit.  
**Row 2**  
(wrong side): purl. Repeat Rows 1 and 2 until piece measures 5 inches from cast-on edge, ending with a wrong-side row.

### STEP 4

**Shape top**  
**Row 1:**  
\*K2tog, K2; repeat from \* across: 36 stitches.  
**Row 2:**  
Purl.  
**Row 3:**  
\*K2tog, K2; repeat from \* across: 27 stitches.  
**Row 4:**  
Purl.  
**Row 5:**  
\*K2tog, K1; repeat from \* across: 18 stitches.  
**Row 6:**  
Purl.  
**Row 7:**  
K2tog across: 9 stitches.  
Cut wool, leaving a long end. Thread wool into wool needle and draw through remaining stitches on needle. Draw up tightly and fasten off securely. Sew seam. Turn up cuff.

# HOW TO KNIT

## a beginner's guide

Anyone can knit a hat. That's the beauty of it – it's simple to take part and help save the life of a newborn baby. Make your first knit count.

### STEP 1

Make a slip knot on the shaft of one needle. This counts as your first stitch.



### STEP 2

Place this needle in left hand. Hold other needle in right hand to control the wool. Insert point of right needle, from front to back, into the slip knot and under the left needle.



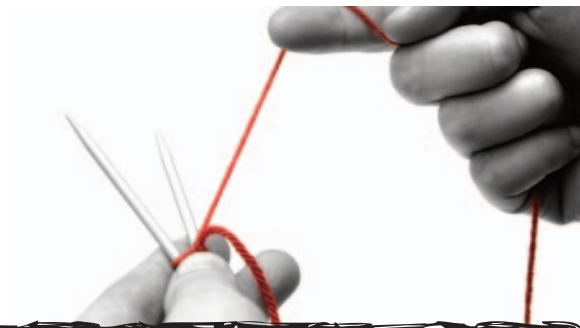
### STEP 3

Hold left needle still in left hand, and move left fingers over to brace right needle.



### STEP 4

With right index finger, pick up the wool from the ball.



### STEP 5

Release right hand's grip on the needle, and use index finger to bring wool under and over the point of right needle.



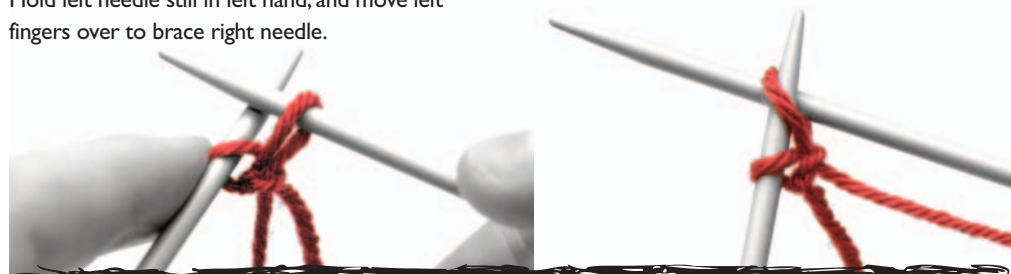
### STEP 6

Return right fingers to right needle, and draw wool through stitch with point of right needle.



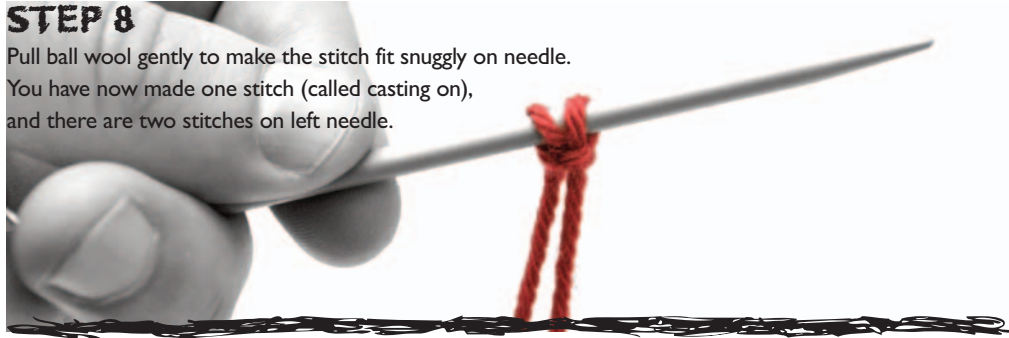
### STEP 7

Hold left needle still in left hand, and move left fingers over to brace right needle.



## STEP 8

Pull ball wool gently to make the stitch fit snugly on needle. You have now made one stitch (called casting on), and there are two stitches on left needle.



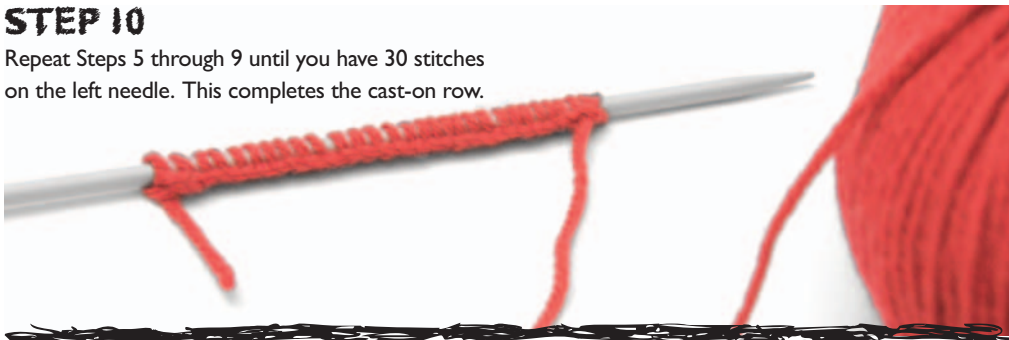
## STEP 9

Insert point of right needle, from front to back, into stitch just made, and under left needle.



## STEP 10

Repeat Steps 5 through 9 until you have 30 stitches on the left needle. This completes the cast-on row.



## FIRST KNIT ROW

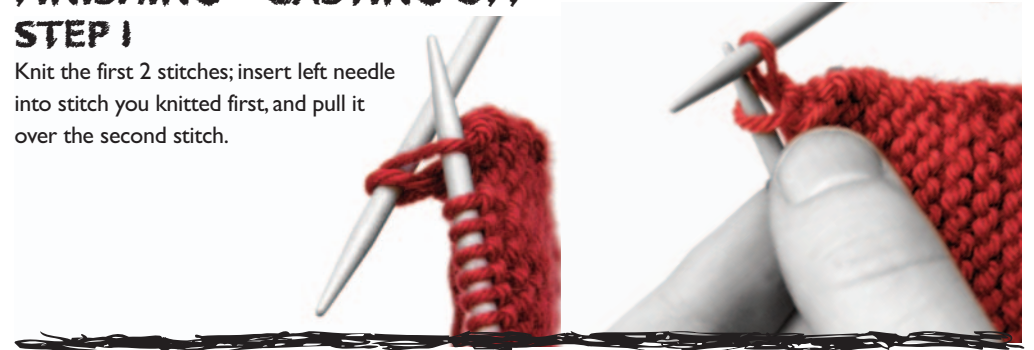
This step now differs from casting on: Slip loop on left needle off, so new stitch is entirely on right needle.



This completes one knit stitch. Repeat Steps 1 through 4 in each stitch still on left needle. When the last stitch is worked, one row of knitting is completed. Begin next knit row as follows: turn right needle and hold it now in left hand. With free needle in right hand, work Steps 1 through 4 of First Knit Row in each stitch. Again take needle with stitches in left hand, and work another row of knit stitches. Work rows of knit stitches until desired length. When it is at your desired length, cast off all the stitches.

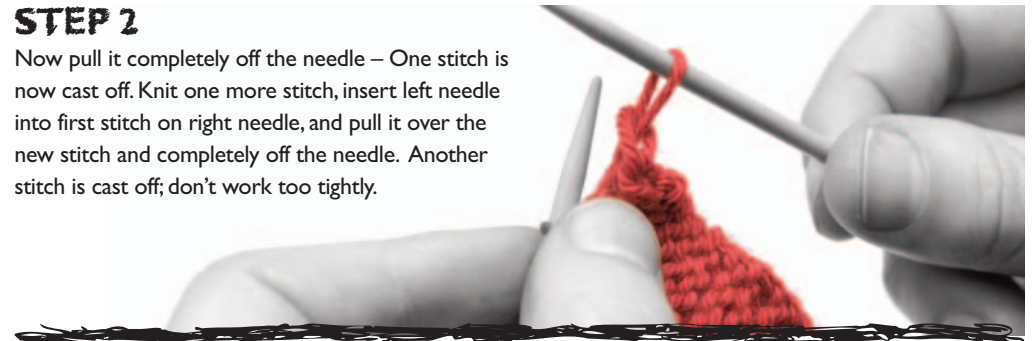
## FINISHING - CASTING OFF STEP 1

Knit the first 2 stitches; insert left needle into stitch you knitted first, and pull it over the second stitch.



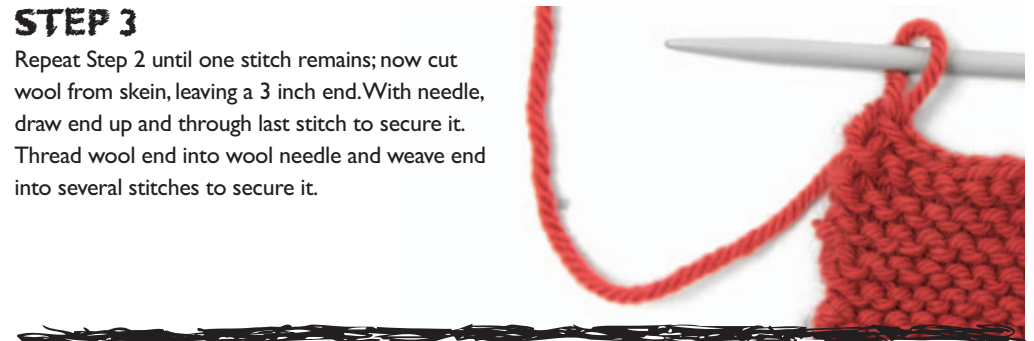
## STEP 2

Now pull it completely off the needle – One stitch is now cast off. Knit one more stitch, insert left needle into first stitch on right needle, and pull it over the new stitch and completely off the needle. Another stitch is cast off; don't work too tightly.



## STEP 3

Repeat Step 2 until one stitch remains; now cut wool from skein, leaving a 3 inch end. With needle, draw end up and through last stitch to secure it. Thread wool end into wool needle and weave end into several stitches to secure it.



# POLITICIANS

say saving children's lives is 'complicated'

# WE

think that's a woolly excuse

# YOU

show them how it's done

Fill in the card (right).

Cut it out along the dotted black line.

Fold along the solid black line so the purple sides face out.  
(You can glue it together if you like).

Pin it to your hat.

Then, send it to:

Save the Children  
1 St John's Lane  
London EC1M 4AR

**Make sure you provide all your details, so we can keep you up to date on your hat's journey from a ball of wool in the UK to a life-saver overseas.**

We're the world's independent children's charity. We're outraged that millions of children are still denied proper healthcare, food, education and protection. We're working flat out to get every child their rights and we're determined to make further, faster changes. How many? How fast? It's up to you.

**DEAR PRIME MINISTER GORDON BROWN,**

I've knitted a hat to help save a newborn baby's life because

FULL NAME .....

EMAIL .....

ADDRESS .....

POSTCODE .....

**IF YOU'RE UNDER 18, PLEASE GIVE US YOUR DATE OF BIRTH** .....

We will keep you informed by email about what happens to the hats, as well as future campaigning activities. Please tick this box if you do not want us to contact you

Every year, 10 million children die before they reach their 5th birthday. Most could be saved by a number of simple interventions, such as woolly hats that help newborn babies regulate their body temperature.

**IT'S THAT SIMPLE GORDON! MAKE SAVING CHILDREN'S LIVES A PRIORITY TODAY.**

**We Save the Children  Will you?**



Photo: Aubrey Wade

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