

KNITTING PATTERNS

This booklet contains knitting patterns for premature baby clothes, newborn cot blankets and items for adults.

You will find knitting for premature babies at the front and patterns for other items towards the back.

Thank you to all our members and supporters who knit or sew for our various projects. Everything you make is so appreciated by the people who receive them.

We ask you to make sure there are no loose ends, small parts or sharp items on or in anything you make, especially things for children.

Thank you for knitting for premature babies. As you know these babies arrive with little or no warning and clothing them is a problem. Babies of as little as twenty five weeks gestation have now a good chance of surviving.



These premature babies are very tiny indeed, weighing less than a bag of sugar. Their little arms and legs can be as tiny as your middle finger. Please bear this in mind when knitting.

General tips: All baby garments should be knitted in 3ply or 4ply yarn and be suitable for hot washing.

Blankets (again suitable for hot washing) and breasts please use double knitting yarn.

Bright colours bring joy and cheer a difficult situation.

Please check with your local neonatal unit &/ hospital that they need knitted items for premature babies before giving much time and yarn to this project. Knitted items cannot be accepted at the LDMU diocesan office and it is advisable to find out if items are needed locally before you and your fellow knitters cast on stitches!

Abbreviations:

DK = Double knitting yarn

K = Knit

P = Purl

K2tog = Knit 2 together

PM = Place marker

RS = Right side

SM = slip marker

St(s) = Stitch(es)

Basic hats for premature infants

Yarn: 3ply/4ply or DK wool can be used in white/pastel colours.

Knitting pins / needle sizes: 3mm – 4mm needles



Pattern 1: Garter Stitch hat

Cast on 32 stitches

Rows 1 – 4: Knit 2, Purl 2

Rows 5 – 18: Knit

Rows 19 & 20: Knit 2 together across the row

cast off and sew up.

Pattern 2: Stockinette Stitch hat

Cast on 32 stitches Rows 1 – 4: Knit 2, Purl 2

Rows 5, 7, 9, 11, 13, 15, 17: Knit

Rows 6, 8, 10, 12, 14, 16, 18: Purl

Rows 19 & 20: Knit 2 together across the row

Cast off and sew up.

Pattern 3: Eyelet pattern

Cast on 32 stitches

Rows 1– 4: Knit 1, Purl 1 across

Row 5: *Knit 1, Yarn Over, Knit 2 together* repeat this across the row, Knit last 2 stitches

Rows 6 – 18: Knit

Rows 19 & 20: Knit 2 together across the row

Cast off and sew up.

Hats can be made bigger by casting on stitches in two's and by adding extra rows of the required stitch

Plain Blanket:

Approximate size = 24" x 24"

Yarn: 2 x 100 gm ball DK yarn,

Needles: 4mm UK

Garter stitch = K every row knit

Cast on 1 stitch

Next row: Make the 1 stitch in to 2 stitches. Turn.

Next row: knit 1st stitch & make 1

into the next stitch (3 stitches on needle).

Continue to knit increasing one stitch at start of each row thus, **knit** the 1st stitch and increase in 2nd stitch make another. *Continue* to increase in this way at the beginning of each row.

Continue until you have almost

come to the end of 100 gm ball.
Each edge will measure
approximately 24" at this point.

Begin decreasing as follows. Knit 1
row.

Next row: k1, k2 tog, K to the end
of the row. Turn. Continue

decreasing in this way.

At start of each row, knit the
1st stitch, decrease into the next
stitch by knitting 2 tog, K to end
of row. *Continue* to decrease at
start of each row until 1 stitch
remains. Cast off.

Baby Bonnet

Yarn: 4 ply baby wool;

Needles: no 10 (3.25)

Cast on 53 (61, 69) sts and work in moss st for 6 rows

Row 7: *k3, yfwd, k2 tog,* repeat * to * until last 3 (6, 4) sts k3 (6, 4)
sts

*Row 7 forms a row of eyelet holes, in case tubes need threading through
in hospital)*

Main part of bonnet

Continue in moss st for 25 (29, 33) more rows.

End main part of bonnet.

Shape Crown

1st crown row: k7 (7,8)sts *k2 tog, k5* repeat * to * to last 4 (5,5) sts,
k2 tog,

k2 (3,3). {46 (53, 60) sts}

2nd and every alternate row: purl

3rd crown row: k6 (6,7). *k2 tog, k4* repeat * to * to last 4 (5,5) sts.
K2 tog,

k2 (3,3) sts. {39 (45, 51) sts}

5th crown row: k5 (5,6) sts, *k2tog k3*. Repeat * to * to last 4 (5,5) sts
k2 tog,

k2 (3,3) sts. {32 (37, 42) sts}

7th crown row: k4 (4,5) sts, *k2 tog, k2*. Repeat * to * to last 4 (5,5)

sts, k2 tog,
 k2 (3,3) sts. {25 (39, 33) sts}
 9th crown row: k3 (3,4) sts, *k2 tog, k1* repeat * to * to last 4 (5,5)
 sts, k2 tog,
 k2 (3.3). {18 (21, 24 sts)
 11th crown row: *k2 tog, k1* repeat * to * to end. {12 (14, 16 sts).
 Break off yarn, run yarn through remaining stitches, draw up and fasten
 off.

To make up:

Join back seam to just past start of crown shaping, using a flat seam.
 Leave the rest open. Add ribbons on outside front corners, but do not
 thread through eyelet holes.

Baby Jacket

*Approximate size 12" worked in one piece to
 armhole—no side seams.*

*Use 4 ply baby wool and no 10 (3.25) needles - for
 even smaller use 3 ply*



Cast on 104 sts and work 3 rows
 in garter stitch (every row knit).
 Keeping 3 sts at each end in
 garter stitch, work 30 rows in
 stocking stitch (knit one row, purl
 one row).

Next row: make buttonhole: k1
 yfwd k2 tog, complete row as
 before. Work one more row.

Divide for armhole: pattern 26
 sts, cast off the next 4 sts (leaving
 26 on needle) knit 44, including
 stitch on needle.

Cast off 4. Pattern to end leaving
 26 - 44-26

Continue on last 26 sts (keeping 3

sts at the end in garter st)

1st row purl

2 row k1, slip 1, k1, pass slip st
 over. Pattern to the end.

Repeat these 2 rows to 16 sts
 finishing at the neck edge.

Cast off 6 sts and decrease 1
 stitch at neck edge on the
 following 4 rows.

Continue decreasing at the
 armhole edge as before to 2 sts.

Purl 2 tog.

Rejoin wool to 44 sts and pearl to
 the end.

Next row k1, slip 1 k1, pass slip
 stitch over, knit to last 3 stitches,

k2 tog k1.
Repeat last 2 rows to 18 stitches.
Purl one row. Cast off.
Rejoin wool to last 26 stitches.
Purl to last 3 sts, k3
pattern next row to the last 3
stitches, k2 tog, k1.
Repeat last 2 rows to 22 stitches
finishing at the front edge.

Make buttonhole: k1, yfwd, k2
tog
Knit to last 3 stitches, k2 tog, k1
Pattern to the end.
Complete to match left front,
reversing shaping.

Sleeves: cast on 26 sts garter
stitch 5 rows
Continue in stocking stitch
increasing 1 stitch at each end of
the first and every following 6th

row until 36 stitches
Stocking stitch 8 more rows
ending on a purl row.
*32 rows of stocking stitch have
now been worked.*

Shape top: cast off 2 stitches at
the beginning of the next 2 rows.
Next row k1, slip 1, k1, pass slip
stitch over, knit to the last 3
stitches, k2 tog, k1.

Next row, purl to the end.
Continue with these 2 rows until 6
stitches remain. Cast off.

Join raglan sleeves: pick up 48
stitches evenly round the neck.
Garter stitch 5 rows, making
buttonhole as before on 2nd row.
Cast off. Then sew up seams
neatly and add on buttons.

Baby bootees

Keep bootees very small. Units do not use as many pairs as they used to. This pattern measures just 2 1/2" (6cm) across and they are 2" (5 cm) deep when the top is turned over. No ribbon needed.

No 12 (2 3/4 mm) and no 10 (3 1/4mm) needles , 4 ply yarn.

With no 12 needles cast on 23
(29,, 31) stitches and work 4,5cm
(5cm, 5.5cm) in single rib (knit 1
purl 1 rib) ending with a first row
& decreasing 1 stitch at the end of
the last row on the first 2 sizes 22
(28, 31) sts.

Change to no 10 needles:

Starting with a knit row work 2
rows in stocking stitch

Shape instep: knit 15 (19, 21)
sts. Turn .

Next row: purl 8 (10, 11) turn

Work 10 (12, 14) rows in stocking stitch on these 8 (10, 11) stitches. Break off yarn.

With right side of work facing, rejoin yarn at point of right needle and pick up 7 (8, 8) sts evenly up right hand side of instep.

Knit 8 (10, 11) sts across the top, pick up and knit 7 (8,8) sts evenly down the left hand side of instep and knit across the remaining 7 (9, 10) sts. {36 (44, 47)} sts

Work 9 (11, 13) rows in garter stitch (every row knit).

Shape foot:

1st row: k1, k2 tog, k10 (13,14) k2 tog through back of loop, k6 (8, 9) knit 2 tog, knit 10 (13, 14) knit 2 tog through back loop, K1. {32 (40,43)} sts.

2nd row; knit

3rd row k1 k2 tog, k9 (12, 13) k2 tog through back of loop, K4, K2 tog, K9, K2 tog, K1 {28 (36,39)} sts.

4th row knit. Cast off.

To make up join under foot and back seam reversing seam for turn back.

Basket Stitch BABY BLANKET

Needles: 6mm needles and Yarn: Double Knitting

Cast on 110 stitches. Knit 20 rows in garter stitch. (Knit every row)

Keeping to a border of 10 in garter stitch at each end of knitting

Knit 10, Purl 10 for 10 rows. Next row: Purl 10, knit 10 for 10 rows (On the first row you will Knit 20 stitches at the beginning and end of row)

(On the second row you will knit 10 stitches at the beginning and end of row)

Continue in this manner until 14 pattern repeats have been done

Knit 20 rows in garter stitch and cast off loosely

Using the same method you can knit this blanket in any size or any ply of wool.



Knitted Breast

These are used by breastfeeding specialists to demonstrate to mothers of new infants and support them in establishing good breastfeeding by getting it right!

Yarns: 1 Ball of brightly coloured double knitting yarn & 1 Ball of contrast yarn for nipple.

Needle sizes: Pair of size 10 and size 8 (metric = 3mm and 4mm).

Abbreviations: K = knit, M = miss

With size 8 needles cast on 6 sts.

1st row Knit.

2nd row K1 (ml k1) to end. lists.

Make 1 by picking up loop between stitches.

3rd row and every alt row Purl.

4th row: K1 (ml K1) to end 21 sts.

6th row: K1 (ml K2) to end 31 sts.

8th row: K1 (ml K3) to end 41 sts.

10th row: K1 (ml K4) to end 51 sts.

12th row: K1 (ml K5) to end 61 sts.

14th row: K1 (ml K6) to end 71 sts.



15th row: Purl.

16th row: Knit

17th row: Knit.

Change to size 10 needles.

Work 20 rows in st.st.

21st row K1, *K2 tog, K5, rep from *to end

22nd and alt rows Purl.

23rd row K2 tog K4 to last st K1.

25th row K4 (K 2 tog K3) to last 2 sts K 2 tog.

Change to darker wool.

27th row K3 (K 2 tog K2) to last 2 sts K 2 tog.

29th row K2 (K 2 tog K1) to end.

31st row K1 *(K2 tog) to end. 11 sts.

32nd row Purl.

Work 4 rows in st.st.

Break wool, thread thro' remaining 11 stitches.

Stuff and sew up the Breast, placing a small dried pea in the nipple!

Knitting patterns for items being given to an adult

Here are some patterns for items being given to adults. This is a new ministry for Lichfield Diocesan Mothers' Union. Thank you to members who have contributed patterns for this part of our booklet.

Prayer shawls have been around for a number of years, indeed some recipients of this booklet

may already be involved in making shawls.

As a shawl is knitted, prayers are said for the recipient. Thus in human terms, prayers are knitted into the shawl to envelop or embrace the wearer. This can be a moving experience for the makers and the one to whom the shawl is then given.

Prayer Shawl (Triangular)

Extra abbreviations: YO = Yarn Over - thus increasing as you go and creating lacy pattern

Using DK yarn and 6mm needles
(100/150cm length circular needle is best as there are 291 sts at end)
Length from top to point 32 inches/81cms

Working in garter st, that is every row K. Cast on 7 sts

Row 1: K1, YO, K2, YO, PM, K1, PM, YO, K2, YO, K1 (11 sts)

Row 2: (RS) K all sts

Row 3: K1, YO, K to marker, YO slip SM, K1, SM, YP, K to last st (15 sts)

Row 4 K all sts including YOs, slipping markers as you go.

Continue in this manner until you have the desired length or 291 sts whichever comes first!

Enhance with a fringe or tassels.

If liked this shawl can be knit in multiple colours of yarn making sure the joined ends are sewn in securely.

If you wish you can yfwd K2tog all across selected rows; however do remember to keep increasing pattern correct throughout.

Large Cape

This garment is knitted from side to side. A little different in appearance, a great shape which falls over the shoulders and stays in place when worn.

Using DK yarn and 5mm needles

Cast on 94 sts

- Row 1: K18, P18, K1. (57 left on needle) yfwd K2tog to last st, yfwd K1
Row 2: K77, (18 left) turn
Row 3: P18, K2 (57 left) yfwd K2tog to last st, yfwd K1
Row 4: K78 (18 left) turn
Row 5: P18, K3, (57 left) yfwd K2tog to last st, yfwd K1
Row 6: K full row
Row 7: K40 (57 left) yfwd K2tog to last st yfwd K1
Row 8: K60 P20 (18 left) turn
Row 9: K23 (57 left) yfwd K2tog to last st yfwd K1
Row 10: K61, P20 (18 left) turn
Row 11: K full row
Row 12: Cast off 5, K56, P19, K18 (94 sts).

Repeat these 12 rows until 25 patterns are completed. Cast off. Thread ribbon through holes at collar edge.

Prayer scarf

This is knitted as a straight edged scarf and may be suitable for a man who might not appreciate a full length shawl.

Width 19 cm & Length (excl tassels) 150 cm

Yarn: 5 x 50 gram balls DK yarn

Needles: 6.50mm needles work in garter st throughout

Cast on 66 sts.

Row 1: Knit

Repeat Row 1 until desired length or 150 cm

Cast off.

Make 10 tassels and attach 5 securely to each end of scarf

Experienced or beginner knitters will be able to knit a scarf quite quickly and easily using the skills they already have.

POCKET PRAYER SQUARE

Materials: Aran wool, size 7 needles

Cast on 17 stitches.

Rows 1 to 4: knit
Row 5: k2, p13, k2
Row 6 & remaining even rows: knit
Rows 7, 9, 11, 13, 15: k2, p5, k3, p5, k2
Row 17, 19, 21: k2, p2, k9, p2, k2
Row 23 and 25: repeat row 7
Row 26: knit
Row 27: repeat row 5
Rows 29 to 31: knit
Row 32: cast off

LARGE PRAYER SQUARE WITH CROSS

Size 7 = 4.5mm needles. DK or ARAN wool k = knit, p = purl
keep to same wool if you are knitting squares for a blanket

Cast on 37 sts.

Rows 1 to 4: knit
Row 5: k4 p29 k4
Row 6 and all remaining even rows: knit
Rows 7 to 10: repeat rows 5 & 6
Rows 11 to 33: k4, p13, k3, p13 k4 (ODD rows only)
Row 34: k
Rows 35 to 39: k4, p8, k13, p8, k4 (ODD rows only)
Row 40: k
Rows 41 to 45: k4, p13, k3, p13, k4 (ODD rows only)

Row 46: k
 Row 47: k4, p29, k4
 Row 48: k
 Rows 49 to 50: repeat rows 47 & 48
 Rows 51 to 54: k
 Cast off.

Fiddle Muffs/Sensory bands



A sensory band or fiddle muff is a pocket or glove that has attachments added to it inside and out.

Patients with dementia or Alzheimer's disease can twiddle and fiddle with the muffs to ease them of distressing symptoms.

Materials

A pair of 6mm knitting needles
 Yarn: Wool or acrylic yarn. The brighter the better! (These bands are perfect for using up leftover oddments of yarn.)
 Beads, zips, ribbons & buttons, anything that can be attached securely and that will not break.

Directions

Cast on 40 sts using two strands of DK yarn or one strand of chunky
 Work 28cm in K1 P1 rib
 Change to stocking stitch, one row Knit, one row Purl.
 And finally, a perfect small gift for a young person who may be going off to start college, university or a

Work until band measures 58cm,
 &
 Cast off

Attach bits and pieces securely here and there throughout.
 Neatly join side edges with Purl side out.
 Turn, then push the band with ribbed section inside.
 Neatly sew the two ends together.

There is no regular size to these bands, any yarn can be used. If you have different textured yarn so much the better.

job ... so s/he knows they are being fondly thought of!

Mug Hugger Cosy pattern

Materials - You will need:

- 12mm knitting needles
- Super-chunky knitting yarn – pure wool yarn insulates a mug better than acrylic
- One large toggle or button.

A Garter stitch mug cosy:

simple involves knitting each row in plain knit. It is easier for beginners and creates a stretchy knitted fabric.

Method:

- Cast on 20 stitches. Any casting on method is appropriate.
- Knit 8 rows in garter stitch.
NB: The mug cosy may not look sufficiently wide but remember you do not want it to come all the way up to the mug's rim – there



has to be room for lips when drinking! If you are knitting to fit any extra-tall mug, add two extra knit rows.

- Cast off.
- Finish off: thread the loose yarn ends through the cast-on edge to tidy its appearance.
- Add toggle or button about half-way along one short edge.
- To fasten the cosy, wrap it around a mug with the ends meeting through the handle. Ease the toggle or button through a stitch on the opposite end of the mug cosy. Fasten as tightly as you like.



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Further resources for the support of family life are available at:
www.mothersunion.org