



**Global
Health
Ministries**
*Helping the hands
that heal*

Baby Caps

Baby caps are included in GHM's Newborn Kits. These kits help Lutheran mission hospitals reach out to women for prenatal care and well-baby checks. Included here are instructions for knitted and crocheted baby caps. For a full list of what is included in a Newborn Kit, visit our website at ghm.org/handsonprojects.

Knitted Baby Cap



1. Use baby yarn or thin soft 3 ply and needles to match yarn.
2. Cast on 68 stitches on 2 needles - **very loosely**.
3. Rib: 2 knit, 2 purl for 12 rows.
4. Continue in stocking stitch until 3.5 inches.
5. Decrease gradually for 1 inch. (Total length of cap 4.5 inches)
6. Pull yarn through remaining stitches, gather and fasten.
7. Sew seam.

Works equally well on four needles, and then you don't have a seam to sew. Also nice if you simply continue in rib for the full length of the cap.

Note: The circumference of a newborn baby's head is approximately 14 inches. As a guide, purchase a 5 inch Styrofoam ball at a craft store. The cap should fit comfortably on the ball.



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Crocheted Baby Cap

Hook size: G (smaller or larger depending on how tightly you crochet)
Six double crochets equal 1 inch.
Finished Size: Cap length measures approximately 5½ inches

Row 1: ch 4, slp st in starting ch, ch 3 (counts as first dc), 9 dc in circle, join with slp st into beginning chain 3. 10 dc.

Row 2: ch 1, turn; 2 sc in first dc and in each dc around. Join with slp st to first sc. 20 sc.

Row 3: Ch 3 (counts as first dc, now and throughout), turn; dc in next 3 sc, 2 dc in next sc, *dc in next 4 sc, 2 dc in next sc; repeat from * around; join with slp st to first dc. 24 dc.

Row 4: Ch 1, turn; sc in first dc, sc in next dc, *2 sc in next dc, sc in next dc, repeat from * around, join with slip st to first sc. 36 sc.

Row 5: Ch 3, turn; dc in first sc and in each sc around, join with slp st to first dc.

Row 6: Ch 1, turn; sc in first dc, sc in next dc, *2 sc in next dc, sc in next dc, repeat from* around, join with slp st to first sc. - 54 sc. This is your last increase.

Row 7: Ch 3, turn; dc in first sc and in each-sc around; join with slp st to first dc.

Row 8: Ch 1, turn; sc in first dc and in each dc around; join with slp st to first sc.

Row 9 thru 18: Repeat Rows 7 and 8 for pattern, keeping each round at 54 stitches

Optional Edging: Row 19: (shell stitch) chn 1, sc cr in same space, *skip 2 sc, 5 dc in next sc, skip 2 sc, sc in next sc. Repeat from *, ending with sc in last sc, slp stitch to beginning sc, cut thread and fasten (9 shells total)

Suggested yarns: Bernat's Softee Baby, any light color. Red Heart Baby Soft, White Twinkle or any light color. Lion Brand Twinkle

PLEASE MAIL OR DELIVER TO:

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7831 HICKORY STREET NE
MINNEAPOLIS, MN 55432

Phone: (763) 586-9590 • Fax: (763) 586-9591

E-mail: office@ghm.org • Website: www.ghm.org

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