

St. Luke's Baby Cap Crafting Guidelines:

Yarn

St. Luke's Auxiliary is happy to provide you with the yarn to be knit or crocheted into baby caps for babies born at St. Luke's Birth Center. If you prefer to use your own yarn, we ask that you follow these guidelines:

- Bold, bright and trendy colors. No pastels please.
- Hats that are either knit or crocheted will need to be made with new, clean, SOFT TO THE TOUCH washable yarn.
- "Value" and "economy" yarn are sometimes scratchy and don't feel good and are rarely chosen by parents for their newborn. If you are unsure, check the softness on your cheek.

Size

These hats will be worn by newborn babies that are 1 or 2 day old. The average newborns head circumference is between 13-15 inches and hats should be approximately 5-7 inches high. Please adjust your needles or crochet hook to meet the sizing guidelines. Smaller stitches provide for a warmer hat, whereas larger loose stitches tend not to be warm enough.

How to make sure the caps you donate will fit a newborn:

"Try on" your finished caps using any spherical object that measure 14" around. Such as: inflated balloon, ball, bowl, jar, doll's head, stuffed animal head, etc. Hats should measure 5-7 inches high.

Safety

Please help us keep babies safe from choking and strangulation risks:

Do not attach: Straps, ribbons, buttons etc.

Crochet or knit pom poms, flowers, hearts, bows, shamrocks , etc. *must* be securely sewn on.

Color

St. Luke's Auxiliary has changed up their color scheme. This generation of mom's and dad's request the bold, pop culture colors and not the pastels of previous generations. You'll see bright, trendy modern colors in our inventory. We ask for an equal number of Girl Friendly and Boy Friendly hats. Parents of boys request solid colored hats with stripes of blue, gray, red, orange, green etc. Iowa college teams are extremely popular and we are stocking Hawkeye black/gold, Cyclone red/gold and Panther purple/gold. We also stock a variety of purple yarn to support the Click for Babies Campaign. Babies born at St. Luke's Birth Center during the month of November will receive a purple hat.

If you have any questions, please call or email the Auxiliary office: 319-369-7804; lisa.parrish2@unitypoint.org

Thank you!

St. Luke's Auxiliary

Due to variations of patterns and how tight/loose you knit or crochet, you may need to play around with your needle or hook to achieve these size guidelines. We appreciate your time and dedication to creating a hat that is the correct size for St. Luke's babies.

Thank you.