

# Knitting a Preemie Cap



## "Why My Preemie Hat is Important to Me"

It's 9:00 AM, hands are approaching my frail arms, chest and legs. A probe touches my armpit and a cold circular object is placed on my chest. Indistinguishable sounds reverberate in my Isolette. A diaper is placed and my legs pull up for warmth. Everything warm is a comfort to me. My Mom awaits; time to venture out of this box. My preemie hat is placed on my flattened head. It feels tight and warm. Most of my heat loss is through my head, so I need my hat to help me grow. If there is a chill, I cannot shiver. Not until I'm older and stronger. My Mom looks at me with my knit hat on and is full of love. She knows she can help to take care of me by

keeping me warm and comfortable. My hat represents Mom's way of helping me when I can't help myself.

Written by;  
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Neonatal Nurse, Scranton CMC NICU

Dear PreemieCare,

I have been teaching in the Mountain View Elementary School for 26 years, so kids are very special to me. When I first saw some preemie quadruplets on TV, I noticed their little caps and thought they looked familiar. My mother made the little knitted caps they wore. She was thrilled to see them. You see, she spent a week in CMC from Feb 4 to Feb 12 for heart problems. She had catheterization and angioplasty done while there. She knits sweaters for my niece and caps for the babies in the hospitals to occupy her time. While she was in the hospital, she had me bring a dozen hats she had made to the neonatal unit. The nurses were so pleased to get them, and we had no idea that such famous babies would wear them.



Sincere Congratulations!

Cindy G Reynolds of PA



A special thanks to [Lion Brand](http://www.lionbrand.com) Yarns for supporting PreemieCare and all families of babies born preterm by providing this information.

Friends and family members want to do something to celebrate the birth of your new baby, but what can they do? You can suggest that they either knit or crochet some different color preemie caps for your precious new arrival.

Here is how:

- Knit Preemie Cap - <http://www.lionbrand.com/patterns/kja-preemie.html>
- Crochet Preemie Cap - <http://www.lionbrand.com/patterns/cja-preemie.html>