



## Knots of Love Guidelines

for making Adult Size Beanies, NICU Blankets, PICC Covers, and Limb Huggers.



- ♥ All creations must be made with yarns from our approved yarn list.
- ♥ Only hand-knit and hand-crocheted beanies and blankets, no loomed items.
- ♥ Thin, seamless, non-lumpy beanies are best for increased comfort.
- ♥ Please, no see-through beanies. (Patients don't like to see their bald heads through the beanies).
- ♥ Do not choose a lacy pattern when making NICU blankets because little fingers, toes, and tubes can get caught in blankets with holes.
- ♥ Yarn must be fragrance-free, smoke-free, dander and pet hair-free.
- ♥ Be sure all your ends are tied in well and not showing.
- ♥ Wash, dry, and bag your creations before sending them to us. One bag or box is sufficient for all your gifts of love. (When drying, please do not use dryer sheets as they contain chemicals that can cause a reaction to sensitive skin).
- ♥ We do not accept preemie and/or infant hats because hospitals tell us they are inundated with them. If you want to help a baby, please make a NICU blanket -- it will make a difference.
- ♥ Please follow the sizing guidelines below:

### Head Size Chart

Please use this chart to determine what size beanie you would like to make.

The height noted is the total height of the hat, including the brim.

Size	Circumference	Height of Beanie
Small	18 to 20 inches	6.5 to 7 inches
Medium	20 to 22 inches	7 to 8 inches
Large	22 to 24.5 inches	8 to 10 inches



## Craft & Hobby Store Yarns and Online

<ul style="list-style-type: none"><li>• Baby Boucle (Hobby Lobby)</li><li>• Bamboo Baby by Patons</li><li>• Bernat Giggles</li><li>• Bernat Li'l Tots</li><li>• Bernat Softee Baby, regular or cotton</li><li>• Bernat Satin or Bernat Satin Sport</li><li>• Caron Simply Soft</li><li>• Caron Simply Soft Shadows, Paints, Stripes, Tweed, Ombre, Marled, or Speckled</li><li>• Comfy Worsted Cotton Blend (Knit Picks, Online)</li><li>• I Love This Cotton (Hobby Lobby)</li><li>• I Love This Yarn (Hobby Lobby)</li><li>• K+C Element and Essentials (Cotton Blend)</li><li>• Lion Basic Stitch Anti-Pilling Yarn</li><li>• Lion Feels Like Butta</li><li>• Lion Flikka (Cotton blend)</li><li>• Lion Fun Fur</li><li>• Lion Heartland</li><li>• Lion Heartland Tweed</li><li>• Lion Jeans</li><li>• Lion Mandala Ombre</li><li>• Lion Pima Cotton</li><li>• Loops &amp; Threads Charisma Baby</li><li>• Loops and Threads Coastal Cotton</li><li>• Loops and Threads Soft &amp; Shiny</li></ul>	<ul style="list-style-type: none"><li>• Main Street Yarns Shiny + Soft</li><li>• Patons Canadiana</li><li>• Premier Basix Marls - NOT Basix MULTI</li><li>• Premier Everyday Worsted, Solids, Heather, Plaid, Medley, Multis &amp; Marls</li><li>• Premier Cotton Batik</li><li>• Premier Cotton Sprout</li><li>• Premier Little Bunny (Sleep Caps)</li><li>• Premier Puzzle Cotton</li><li>• Premier Sweet Roll</li><li>• Red Heart Buttercup</li><li>• Red Heart Colorscape</li><li>• Red Heart GumDrop</li><li>• Red Heart <b>SOFT (NOT Red Heart Super Saver)</b></li><li>• Red Heart Soft Baby Steps</li><li>• Red Heart Sweet Baby</li><li>• Shine Worsted - Cotton blend (Knit Picks - Online)</li><li>• Yarn Bee, Aurora Borealis (Hobby Lobby)</li><li>• Yarn Bee, Denim in Color (Cotton blend) (Hobby Lobby)</li><li>• Yarn Bee, Easygoing (Hobby Lobby)</li><li>• Yarn Bee, Glowing (Hobby Lobby)</li><li>• Yarn Bee, Pearlspun (Hobby Lobby)</li><li>• Yarn Bee, Soft &amp; Sleek (Hobby Lobby)</li><li>• Yarn Bee, Soft Secret (Hobby Lobby)</li><li>• Yarn Bee, Sugar Wheel (Hobby Lobby)</li></ul>
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• **No Chenille Yarn of ANY Kind for beanies or NICU blankets.**

• **No Metallic Thread or Yarn.**

**Please note: If you cannot find these yarns in your local yarn stores, please don't get discouraged. Most of the yarns are available online.**

[Website](#) | [LinkTree](#) | [LinkedIn](#) | [YouTube](#) | [Instagram](#) | [Facebook](#) | [Twitter](#)

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## Specialty Fine Yarn Stores Yarns and Online

<ul style="list-style-type: none"> <li>• Babe Soft Cotton Worsted by Euro</li> <li>• Berroco Comfort</li> <li>• Berroco Modern Cotton</li> <li>• Berroco Plush (Sleep Caps)</li> <li>• Blue Sky Alpaca Dyed Cotton</li> <li>• Cascade Anthem Chords (Sport Colors)</li> <li>• Cascade Avalon</li> <li>• Cascade Cherub Aran</li> <li>• Cascade Pima Tencel</li> <li>• Cascade Sunseeker Shade</li> <li>• Cascade Ultra Pima</li> <li>• Hayfield Baby Blossom</li> <li>• HiKoo CoBaSi Plus, Skacel</li> <li>• HiKoo Simpliworsted, Skacel</li> <li>• Jil Eaton Cottontail</li> </ul>	<ul style="list-style-type: none"> <li>• Kramer Tatamy Tweed</li> <li>• NEVE by Juniper Moon Farm (Cotton)</li> <li>• Paintbox Yarns Cotton Aran</li> <li>• Plymouth Baby Beenz</li> <li>• Plymouth ToyBox Collection - Candy</li> <li>• Rowan All Seasons Cotton</li> <li>• Schoeller-Stahl HIT</li> <li>• Sirdar Snuggly Bunny (Sleep Caps)</li> <li>• Sirdar Snuggly Snowflake (Sleep caps)</li> <li>• Sirdar Snuggly Tutti Frutti</li> <li>• Sublime Evie Prints</li> <li>• Universal Uptown Worsted</li> <li>• Universal Uptown Worsted Hues</li> <li>• Universal Cotton Supreme</li> </ul>
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**Please use any of the yarns from the crafts store yarn list, the fine yarn store yarns, or any of the yarns listed below when making Neonatal Intensive Care blankets.**

- **No Chenille Yarn of ANY Kind for beanies or NICU blankets.**
- **No Metallic Thread or Yarn.**

Remember, these tiny preemie babies sometimes weigh only 1lb!  
We do not accept preemie and/or infant hats because hospitals tell us they are inundated with them.

**Please make your NICU blankets no smaller than 30"x 24"**

**Here are a few of our favorite yarns. Any of the yarns on this list can be used for NICU Blankets.**

<ul style="list-style-type: none"> <li>• Berroco Comfort</li> <li>• Bernat Softee Baby</li> <li>• Baby Bee Sweet Delights</li> <li>• Caron Simply Soft</li> <li>• Cascade Avalon</li> <li>• Cascade Cherub Aran &amp; DK</li> <li>• Cascade Sunseeker Shade</li> <li>• King Cole Cotton Soft DK</li> <li>• Knit One Crochet Two Baby Boo</li> <li>• Lion Baby Soft</li> </ul>	<ul style="list-style-type: none"> <li>• Loops &amp; Threads Snuggly Wuggly</li> <li>• Main Street Yarns Shiny + Soft</li> <li>• Plymouth Dream Baby, DK &amp; Paintpot</li> <li>• Plymouth ToyBox Collection - Candy</li> <li>• Premier Anti-Pilling Everyday Worsted &amp; DK</li> <li>• Premier Bloom DK Yarn - NOT BLOOM CHUNKY, CHENILLE, or CHUNKY BIG 200G</li> <li>• Sirdar Snuggly Bunny</li> <li>• Sirdar Snuggly DK</li> <li>• Yarn Bee, Pearlsun (Hobby Lobby)</li> </ul>
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