



presented in partnership with
ONE SABBATH 2008



KNIT ONE, SAVE ONE

www.savethechildren.org/knitonesaveone

Knit One, Save One is an effort launched by Save the Children to engage knitters, crocheters and other citizens to help protect new babies as part of our **Survive to 5** campaign. Every year, almost 10 million children in the developing world die before they reach the age of 5, largely from preventable, treatable illnesses like pneumonia, diarrhea, and complications related to childbirth. Four million of these deaths occur to newborns – babies less than one month old.

Save the Children is inviting individuals and communities of faith to get involved in a variety of ways to help save newborn children around the world during the season of ONE Sabbath.

Our [Action Kit](#) highlights a variety of ways to get involved including the following:

- **Knit or crochet a cap** that can be shipped to new mothers to give their babies the best chance possible for a health start.
- **Write a letter to the president-elect** to ask for increased leadership and funding for maternal, newborn and child health.
- **Donate \$10** toward the delivery of newborn health care and advice that new mothers need to protect their babies, from breastfeeding advice to important information on immunizations and bednets.

In addition, you can...

- **Host a congregation/community “knitting night,” prayer vigil or interfaith breakfast** to talk about the issue of child health and survival.
- Have your **Sunday School class or Small Group** commit to knitting caps together, doing advocacy, or donating money for newborn health care.
- **Reach out to media and policy makers** to help save the lives of children from preventable, treatable causes.

Please join us in this exciting campaign!

Your cap can help save a life. Your offering of a letter can help save millions.

Knit One, Save One

A Campaign to Save
Millions of Babies

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Why Your Cap Matters

Can something as simple as a knit or crochet cap help save a baby's life?

In many poor countries, the answer is yes. Four million newborns die each year within the first month of life – half within the first 24 hours after being born.

But a package of simple health measures provided to mothers and babies worldwide could prevent 60 percent of these deaths. The missing ingredients to save most babies' lives include antibiotics to fight infection, immunizations against tetanus, training for skilled birth attendants, and education about breastfeeding and basic care such as keeping the baby warm. This is where your cap comes in!

These babies need more than caps – they need your voice too.

The United States can lead the way in saving young lives by increasing funding for critical health measures for mothers and children in developing countries. To do this, we need your help.

Tell the new President that you have done your part and made your cap. Now you want America to lead the way and end the tragedy of preventable newborn deaths.



*Your cap can help us save a life.
Your letter can help us save millions more.*

3 Easy Steps

1. MAKE A CAP

Follow one of our patterns (*pages 4-6*).
Fill in the tag (*page 9*) and attach it to your cap.

2. WRITE TO THE NEW PRESIDENT

Fill in the letter to the next president of the United States (*page 7*) so he knows you care about the needs of newborn babies around the world. It is best if you include your name and address. This information shows policymakers that the cap was made by a volunteer knitter or crocheter.

Put your cap and letter in an envelope and mail it **by December 31, 2008** to:

Save the Children, Knit One, Save One
c/o The Doe Fund
173 Cook Street
Brooklyn, NY 11206

3. DONATE \$10 TOWARD A NEWBORN CARE KIT

While a cap is key to keeping a baby warm, other things are also important. Along with the caps, Save the Children wants to give mothers advice on essential care so their babies will have the best chance possible for a healthy start in life. Donate online at SavetheChildren.org/KnitOneSaveOne



Two years ago, over 22,000 Americans made baby caps for Save the Children to send to newborns in Bangladesh, Malawi and Vietnam. Mollie, an eighth grader from Minnesota, represented these knitters when she traveled to Bangladesh to give the caps to mothers and babies.

“Consider that one of the easiest ways to cut down on infant mortality is to keep babies warm and dry. Earlier this year, Save the Children recruited knitters through the Internet to knit and crochet 280,000 caps for infants.”

BILL GATES, *Newsweek*, October 2007



Easy Patterns for Knitters

The babies Save the Children serves are often low birthweight, so the caps need to be smaller than we are used to making in the United States. A circumference of 9" to 11" is ideal.

Use any smooth, washable yarn. Any infant pattern is fine so long as it is a suitable size and will keep the baby's head warm. Here are suggested patterns for both knitters and crocheters, using either sport or worsted weight yarns. Scrap yarns are fine, and the patterns can be varied as desired with stripes or other color combinations.

For additional patterns and tips, go to warmupamerica.org

Tube Hat with Gathered Top

Size: 10" circumference

MATERIALS

- size 5mm/8 needles
- worsted weight yarn, $\frac{3}{4}$ oz
- yarn (darning) needle
- extra yarn to sew hat together
- 12" of $\frac{1}{4}$ " ribbon (optional) or yarn to gather hat top together

WHAT YOU NEED TO KNOW

- the gauge is 4 stitches = 1 inch
- how to cast on stitches
- how to do the knit stitch
- how to bind off stitches
- how to sew one short side together

INSTRUCTIONS

- cast on 20 stitches
(check to make sure this measures 5 inches)
- knit every row
- knit until piece is 10 inches long
- bind off all 20 stitches
- Thread yarn into yarn needle and sew the two short sides together
- With yarn needle, weave in any yarn ends
- Thread ribbon or yarn into yarn needle; approximately 1 to $1\frac{1}{2}$ " below the top edge of the hat weave ribbon or yarn around the hat, making long, evenly spaced stitches
- slip ribbon or yarn off the needle, pull ends tight, tie together and make a bow
- pull ends of ribbon tight and tie together and make a bow

Hat A
Tube hat with
gathered top.



Gathering the top
*This hat is made
from one 5 x 10
inch rectangle.*

The Rectangle Hat

Size: 10" circumference

MATERIALS

- size 5mm/8 needles
- worsted weight yarn, $\frac{3}{4}$ oz
- yarn (darning) needle
- extra yarn to sew hat together

WHAT YOU NEED TO KNOW

- the gauge is 4 stitches = 1 inch
- how to cast on stitches
- how to do the knit stitch
- how to bind off stitches
- how to sew three sides together

INSTRUCTIONS

- cast on 20 stitches
(check to make sure this measures 5 inches)
- knit every row
- knit for 4 inches
- bind off all 20 stitches
- make another square following steps **a** through **d**
- put one square on top of the other
- sew three sides of the squares together
- with yarn needle, weave in any yarn ends
- pom-poms could be added and sewn on to the two sewn corners

Hat B
The rectangle
hat



*This hat is made from two
4 x 5 inch rectangles.*



Intermediate Patterns for Knitters

Sport Weight Cap

Size: 10" circumference

MATERIALS

Sport weight yarn, ¾ oz

Size 8 (5mm) knitting needles (or size required for gauge)

Size 6 (4mm) knitting needles

Yarn needle to sew seam

GAUGE

20 sts = 4" with larger needles in Stockinette St

INSTRUCTIONS

CUFF

With smaller needles, CO 48 sts.
Work in K1, P1 ribbing for 1 ½".

CROWN

Change to larger needles

Row 1 (RIGHT SIDE): Knit.

Row 2 (WRONG SIDE): Purl.

Repeat ROWS 1 and 2 until piece measures 5" from CO edge, ending with a wrong-side row.

SHAPE TOP

Row 1: *K2tog, K2; rep from * across: 36 sts.

Row 2: Purl.

Row 3: *K2tog, K2; rep from * across: 27 sts.

Row 4: Purl.

Row 5: *K2tog, K1; rep from * across: 18 sts.

Row 6: Purl.

Row 7: K2tog across: 9 sts. Cut yarn, leaving a long end.

Thread yarn into yarn needle and draw through rem sts on needle. Draw up tightly and fasten off securely. Sew seam.

Turn up cuff.

Worsted Weight Cap

Size: 10" circumference

MATERIALS

Worsted weight yarn, ¾ oz

Size 10 (6mm) knitting needles (or size required for gauge)

Size 8 (5mm) knitting needles

Yarn needle to sew seam

GAUGE

16 sts = 4" with larger needles in Stockinette St

INSTRUCTIONS

Cuff

With smaller needles, CO 44 sts.
Work in K1, P1 ribbing for 1 ½".

CROWN

Change to larger needles

Row 1 (RIGHT SIDE): Knit.

Row 2 (WRONG SIDE): Purl.

Repeat ROWS 1 and 2 until piece measures 5" from CO edge, ending with a wrong-side row.

SHAPE TOP

Row 1: *K2tog, K2; rep from * across: 33 sts.

Row 2: Purl.

Row 3: *K2tog, K1; rep from * across: 22 sts.

Row 4: Purl.

Row 5: K2tog, *K2, K2tog; rep from * across: 16 sts.

Row 6: Purl.

Row 7: K2tog across: 8 sts. Cut yarn, leaving a long end.

Thread yarn into yarn needle and draw through rem sts on needle. Draw up tightly and fasten off securely. Sew seam.

Turn up cuff.

PATTERNS FOR KNIT CAPS



ABBREVIATION KEY

"..... inch(es)

CO..... cast on

k or K..... knit

k2tog..... knit 2 stitches together

mm..... millimeter(s)

oz..... ounce(s)

p or P..... purl

rem..... remaining

rep..... repeat

st(s)..... stitch(es)



PATTERNS FOR CROCHETED CAPS



ABBREVIATION KEY

".....inch(es)
 ch.....chain
 dc.....double crochet
 lp.....loop(s)
 mm.....millimeter(s)
 oz.....ounce(s)
 sc.....single crochet
 rnd.....round
 rep.....repeat
 sl st.....slip stitch
 st(s).....stitch(es)

Intermediate Pattern for Crocheters

Sport Weight Cap

Size: 9 ½" circumference

MATERIALS

Sport weight yarn, ¾ oz
 Crochet hook size F (3.75mm) or size required for gauge
 Yarn needle to weave in ends

GAUGE
 10 dc = 2"

INSTRUCTIONS

RND 1:
 Ch 4, work 11 dc in 4th ch from hook; join with a sl st to top of beg ch: counts as 12 dc.

RND 2:
 Ch 3 (counts as first dc, now and throughout), dc in joining ch;
 2 dc in each dc around, join: 24 dc.

RND 3:
 Ch 3, 2 dc in next dc; *dc in next dc, 2 dc in next dc; rep from * around, join: 36 dc.

RND 4:
 Ch 3, dc in next dc, 2 dc in next dc; * dc in next 2 dc, 2 dc in next dc; rep from * around, join: 48 dc.

RNDS 5 THROUGH 9:
 Ch 3, dc in each dc; join.

RND 10 (turning rnd):
 Ch 1, sc in front lp only of each dc around; join, turn.

RND 11:
 Ch 1, sc in both lps of each sc; join.

RNDS 12 THROUGH 14:
 Rep rnd 11.

RND 15:
 Ch 1, * sc in next sc, ch 3, skip 3 sc; rep from * around; join, finish off.
 Weave in all ends. Turn cuff up.

Worsted Weight Cap

Size: 10" circumference

MATERIALS

Worsted weight yarn, ¾ oz
 Crochet hook size H (5mm) or size required for gauge
 Yarn needle to weave in ends

GAUGE
 7 dc = 2"

INSTRUCTIONS

RND 1:
 Ch 4, work 11 dc in 4th ch from hook; join with a sl st to top of beg ch: counts as 12 dc.

RND 2:
 Ch 3 (counts as first dc, now and throughout), dc in joining ch;
 2 dc in each dc around, join: 24 dc.

RND 3:
 Ch 3, 2 dc in next dc; *dc in next dc, 2 dc in next dc; rep from * around, join: 36 dc.

RNDS 4 THROUGH 8:
 Ch 3, dc in each dc; join.

RND 9 (turning rnd):
 Ch 1, sc in front lp only of each dc around; join, turn.

RND 10:
 Ch 1, sc in both lps of each sc; join.

RNDS 11 THROUGH 13:
 Rep rnd 10.

RND 14:
 Ch 1, * sc in next sc, ch 3, skip 2 sc; rep from * around; join, finish off.
 Weave in all ends. Turn cuff up.

Tag for Your Baby Cap

1. Print this page (preferably on heavy paper).
2. Cut out the tag using dotted lines as guidance.
3. Write your name, town, state and your personal message.
4. Fold the tag in half using the edge of the picture as guidance.
5. Punch a hole and attach the tag to the hat with thread or yarn.

Handmade by: _____

U.S. town/state: _____

Message to mother and baby: _____



For more information on doing a *Knit One, Save One* event in your school, church or place of work, go to SavetheChildren.org/KnitOneSaveOne. Please send us your pictures and press clippings.



Want to Stay in the Loop?

Cut on the dotted line above and include this form in your package when you mail it.

Name: _____

Address: _____

City/State/Zip: _____

E-mail: _____

I would like to receive e-newsletters, emergency alerts and ways to help. Save the Children may contact you by e-mail, telephone or postal mail. We may also share a selected portion of our mailing list with other organizations. Please visit <http://www.savethechildren.org/privacy> or call 1-800-728-3843 to change how we manage your information or obtain a copy of our Privacy Statement.

Q&A

WHAT WILL HAPPEN TO MY CAP AND LETTER TO THE NEW PRESIDENT?

In January, Save the Children will deliver the letters (and some sample caps) to the new president when he is setting his priorities for the coming years. We want to bring LOTS of letters from people in all 50 states to make sure our leaders in Washington recognize that saving babies' lives is important to Americans.

The caps will be shipped to our newborn health programs around the world and distributed to new mothers.

WHY IS MY LETTER SO IMPORTANT?

Save the Children and our partners in the U.S. Coalition for Child Survival have been seeking greater U.S. government funding for child health programs around the world. Currently, the U.S. government puts about \$450 million toward this challenge. But more resources are needed to reach the 200 million children who lack basic health care.

We know these programs work—an investment of approximately \$50 per year can provide basic health services to a child in a developing country. This includes better newborn care and immunizations; care for diarrhea, pneumonia and malaria; and prevention of/or treatment for malnutrition. When the new President puts the budget together it is important that he knows you want our country to do more to help these babies survive.

IS THERE A PATTERN I SHOULD FOLLOW?

Yes. Please select one of the patterns in this kit. They were designed to fit the heads of babies born in developing countries. Choose your own color and a soft acrylic yarn. Find tips for knitting and crocheting at warmupamerica.org

WHAT IF I DON'T KNOW HOW TO KNIT OR CROCHET?

You can still support this effort and write a letter to the President. Go to SavetheChildren.org/KnitOneSaveOne for other ways to get involved. The more citizens from all 50 states who participate personally, the louder our voice will be.

WHY DO YOU NEED MY ADDRESS?

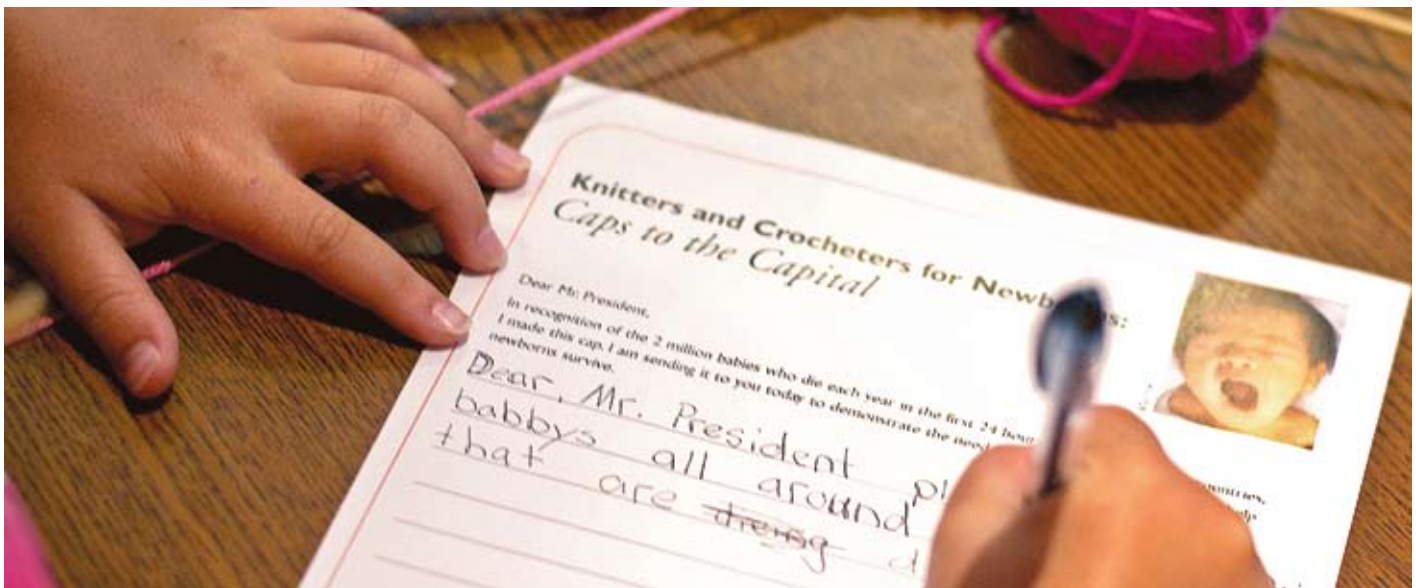
By providing your name and mailing address in your personal note, our leaders in Washington will know that your cap was made by a volunteer knitter or crocheter. The information along with your e-mail if you choose to provide it, will also allow us to keep you informed on our progress.

WHEN DO YOU NEED MY CAP?

Caps and personal note(s) to the new President should be mailed to us **no later than December 31st** so we can meet with the new President's staff before he takes the oath of office in January. (See page 3 for mailing address.)

WHERE DO I FIND MORE INFORMATION?

Go online to SavetheChildren.org/KnitOneSaveOne to see videos about the *Knit One, Save One* campaign, get guidance on planning an event in your community, get a sample press release, and learn how to get more involved, even if you're not a knitter.





www.SavetheChildren.org

Save the Children is the leading independent organization creating lasting change for children in need in the United States and around the world. Save the Children USA is a member of the International Save the Children Alliance, a global network of 28 independent Save the Children organizations working to ensure the well-being and protection of children in more than 120 countries.

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Warm Up America! Foundation is committed to motivating, training and coordinating volunteers to knit and crochet clothing and afghans for people in need.

