

# CAPS FOR GOOD

YOUR HANDMADE CAP  
CAN HELP SAVE A LIFE



**Save the Children®**

# YOUR HANDMADE CAP CAN HELP SAVE A LIFE

Baby caps are a simple and effective tool that can keep babies warm and ultimately contribute to reducing newborn deaths in the developing world.



CREATED BY:  
LISA EDELSTEIN, HOUSE

In many developing countries, something as simple as a knit or crocheted cap can help the baby keep warm, which is key to helping newborns survive.

Nearly 4 million babies die each year in their first month of life - half within their first 24 hours - mostly from preventable or treatable causes. But by giving mothers and caregivers a package of simple tools, including guidance on healthy newborn care practices, the majority of these deaths could be prevented. Items crucial to saving more babies' lives include:

- ANTIBIOTICS TO TREAT INFECTION
- IMMUNIZATIONS AGAINST TETANUS
- SKILLED BIRTH ATTENDANTS AT EVERY BIRTH
- COUNSELING ON BREASTFEEDING
- INFORMATION ON BASIC NEWBORN CARE SUCH AS KEEPING THE CORD CLEAN AND KEEPING THE BABY WARM

**This is where you can help by making a cap!** Your caps will be sent to Save the Children's newborn health programs in Africa, Asia and Latin America. Visit [GoodGoes.org/caps](https://www.goodgoes.org/caps) to see stories about how caps like yours are making a difference in the lives of mothers and children around the world.



# MAKING YOUR CAP



Making a cap is easy - just follow the patterns in this booklet or visit [GoodGoes.org/caps](http://GoodGoes.org/caps) to view additional patterns for newborn caps.

When you are finished, fill out a cap tag, attach it to your cap and ship your cap to the address below:

Save the Children, Caps for Good  
c/o The Doe Fund  
173 Cook Street  
Brooklyn, NY 11206

If you have any questions or would like more information about Save the Children and Warm Up America's *Caps for Good* program, email [GoodGoes@Savechildren.org](mailto:GoodGoes@Savechildren.org).

If you would like more information about how to make your cap, visit [WarmUpAmerica.org](http://WarmUpAmerica.org) or email specific questions to [info@WarmUpAmerica.org](mailto:info@WarmUpAmerica.org).



# KNITTING AND CROCHETING YOUR CAP FOR GOOD

## KNITTED CAP PATTERN

Abbreviation Key  EASY

" = 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)

Size: 12" circumference

Materials  MEDIUM

-Medium-weight yarn, 1 oz  
- Size 10 (6mm) knitting needles (or size required for gauge)  
- Yarn needle to sew seam

Gauge

16 sts = 4" in Stockinette St

## INSTRUCTIONS

Cuff

CO 44 sts. Work in K1, P1 ribbing for 1 1/2".

Crown

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 side seam. Turn up cuff.

## CROCHETED CAP PATTERN

Abbreviation Key  EASY

" = 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)

Size: 12" circumference

Materials  MEDIUM

- Medium-weight yarn, 1 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:

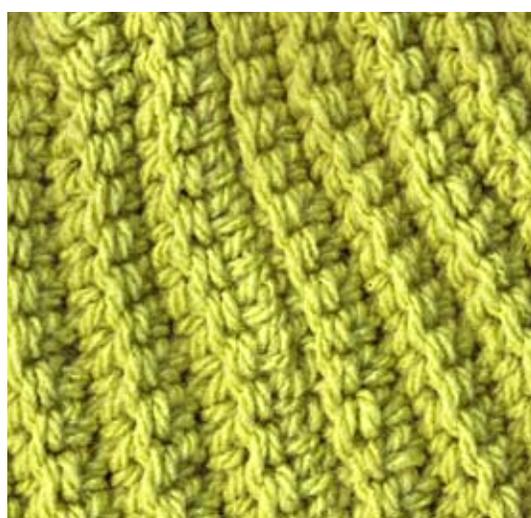
Ch 3, dc in joining ch; \*dc in next 2 dc, 2 dc in next dc; rep from \* around, join: 32 dc.

Rnds 4 through 11:

Ch 3, dc in the top two loops of each dc around; join.

Rnd 12:

Sc crochet in the top two loops of dc around; join, finish off. Weave in all ends. Turn cuff up.



# SHARE YOUR CAP

Complete this cap tag with a personal message to the mother and baby who will receive your cap. You can attach it to your cap with some leftover yarn.

Handmade by: Elizabeth  
U.S. town/state: Syracuse, NY  
Message to mother and baby:  
I hope this cap brings  
warmth and love to  
your new baby.



Handmade by: ..... ○  
U.S. town/state: .....  
Message to mother and baby:  
.....  
.....  
.....  
.....  
.....



## CAPS FOR GOOD



# YOU CAN HELP THE GOOD GO FURTHER

Did you finish your cap already?

Go to [GoodGoes.org/caps](http://GoodGoes.org/caps) to learn how you can:

## MAKE A CONTRIBUTION TO NEWBORN CARE

While a cap is key to keeping a baby warm, other items are also important. For \$10, Save the Children can provide mothers advice on essential newborn care like breastfeeding and keeping the baby warm so their babies have the best chance for a healthy start in life. Donate today!

## BRING CAPS FOR GOOD TO YOUR COMMUNITY

Do your friends knit or crochet? Does your local school want to participate in an inspiring project? This is the perfect opportunity to raise awareness about the needs of newborns around the world while interacting with your community and having fun doing something to help others.

## TELL YOUR ELECTED OFFICIAL THAT YOU ARE MAKING A CAP

It is important for policymakers to know about the issues that matter to you. Your cap can make a difference for one child and your voice can make a difference in the lives of millions.



# STAY IN THE LOOP

## SHARE YOUR STORY...

Save the Children and Warm Up America! want to hear about how you and your community participated in this program. Please send photos, press clippings or any stories you have about your experience making *Caps for Good*.

Name .....

Address .....

Email .....

Organization/School .....

I would like Save the Children to send me email about the Good Goes campaign and other ways to help. Save the Children may contact you by email, telephone or postal mail. We may also share a select portion of our mailing list with other organizations. Please visit [savethechildren.org/privacy](http://savethechildren.org/privacy) or call 1-800-728-3843 to change how we manage your information or obtain a copy of our Privacy Statement.

We would like to know more about your interest in this program. Please fill in the following information so that we can continue to make this program a success in the future!

## HOW DID YOU HEAR ABOUT CAPS FOR GOOD?

- Knitting/crocheting group
- Michael's® craft store
- Local store/event
- Local school or teacher
- Knit/crochet magazines
- Good Goes website
- Save the Children website
- Warm Up America! website
- Other (please specify) .....

## CHECK YOUR INTEREST IN ANY OF THE FOLLOWING AREAS:

- Knitting/crocheting/crafts
- International issues/development
- Children's issues
- Maternal, newborn and child health
- Travel/other cultures



Save the Children®



# Q&A

## HOW MANY CAPS SHOULD I MAKE?

The *Caps for Good* initiative is part of Save the Children's larger campaign to raise awareness on the issue of newborn and child survival. This is a grassroots movement and we want as many Americans as possible to participate. Making a cap is important - but so is telling your friends, family and co-workers about this project and enlisting their support. So instead of making a bunch of caps by yourself, make one cap and then encourage others to make a cap too. This will result in more caps and more people who care about this issue and feel empowered to make a difference. You can learn about other actions you can take to support this initiative at [GoodGoes.org/caps](http://GoodGoes.org/caps)

## IS THERE A PATTERN I SHOULD FOLLOW?

Yes! Please select one of the patterns in this toolkit for a basic knitted or crocheted cap for a low-birthweight baby. Feel free to use other patterns you may have - provided the finished cap is approximately 12" in circumference at the crown. You can visit [GoodGoes.org/caps](http://GoodGoes.org/caps) and [WarmUpAmerica.org](http://WarmUpAmerica.org) for more pattern options. We suggest using an easy care yarn.

## WHEN DO YOU NEED MY CAP?

The *Caps for Good* program will conclude on February 28, 2011. Although we know you love to knit and crochet, please do not send any caps after this date, as we will have already begun the process of shipping the caps to our programs overseas.

## WHY AM I SENDING MY CAP TO THE DOE FUND?

Save the Children staff do enjoy looking at the beautiful caps that are sent to our office, but we just don't have adequate space to store them at our headquarters. Please make sure to send your cap to the Doe Fund, a fulfillment house with which we work closely on this project. At the Doe Fund, the caps will be processed and stored until they are shipped. Look for a thank you postcard in the mail letting you know that your cap has been received.

## WHERE WILL MY CAP GO?

All handmade baby caps will be sent to select countries in Africa, Asia and Latin America at the conclusion of the *Caps for Good* program. Your cap will be distributed to a new mother and her baby through Save the Children's newborn health programs.

## CAN I SEND ITEMS OTHER THAN BABY CAPS?

While we appreciate your creativity, we cannot accept caps for older children and adults, machine-made caps or non-cap items like blankets, booties or clothing. We encourage you to donate these items to local charities or other organizations helping children and families.

## WHAT ELSE CAN I DO TO MAKE A DIFFERENCE?

An important part of the *Caps for Good* program is encouraging Americans to take action to help save the lives of newborns around the world. You can make a difference by lending your voice to our cause - host a knit/crochet event to involve your community, send a note to your elected official letting them know that you are participating, or donate \$10 to provide a package of newborn care to a new mother at [GoodGoes.org/caps](http://GoodGoes.org/caps).

## HOW CAN I GET MORE INFORMATION ABOUT CAPS FOR GOOD?

Go to [GoodGoes.org/caps](http://GoodGoes.org/caps) to get more information on the *Caps for Good* program, see who is participating, and learn more about what you can do in your community to make a difference in the lives of children globally. To get updates on our efforts, make sure to fill out the Stay in Loop form on page 8, or sign up to receive monthly Good Goes campaign updates at [GoodGoes.org](http://GoodGoes.org).





Save the Children is the leading independent organization creating lasting change for children in need in the United States and around the world.

[SaveTheChildren.org](http://SaveTheChildren.org)



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

[WarmUpAmerica.org](http://WarmUpAmerica.org)

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