

Knitted with Love for Ethiopian Newborns

Join us in knitting woollen baby hats for newborns. Your handmade creations will offer warmth and comfort to babies born in rural areas where cold nights are common and resources are scarce.

A warm hat can be lifesaving for a vulnerable newborn. And in communities where women traditionally birth at home without medical care, gifting a baby hat encourages mothers to give birth safely with a Hamlin midwife.

For many of these babies, this will be their only piece of clothing – an essential item that provides warmth and symbolises the love and care from people like you, thousands of miles away.



Hats for Hamlin

How to Get Involved:

Materials: Please use pure wool if possible, preferably in bright and varied colours. Ethiopians love vibrant hues, so this is a great opportunity to use up leftover yarn.

Why Wool: Wool is ideal due to its natural insulating properties, which help regulate temperature and keep babies warm during the cold nights that are common in the high altitude areas of rural Ethiopia. It's also breathable, allowing moisture to evaporate while retaining warmth. And durable, ensuring that the hats will last and can be passed down to subsequent babies.

Pattern: Any simple baby hat pattern will be gratefully received, although we recommend the one outlined here as it features a ribbed and stretchy band that can be rolled up to double the warmth for a newborn and rolled down as the baby grows.

Sending Your Hats: Please package your hats and deliver or post them to our office, including your name and contact details so we can thank you for your generous contribution.

Hamlin Fistula NZ
C/- Oxford Terrace Baptist Church
288 Oxford Terrace, Christchurch 8011

BABY BEANIE HAT PATTERN

Using: 8 ply wool

Needles for knitting: 3 mm - 3.5 mm

1. **Cast on** 64 stitches and work 16 rows in (K2 P2) rib.
2. **Then knit** 26 rows in stocking stitch. (1 row knit, 1 row purl)

Shape the crown of hat as follows:

- **Row 1:** K6, K2 together – repeat to end of row
- **Row 2:** Purl
- **Row 3:** K5, K2 together
- **Row 4:** Purl
- **Row 5:** K4, K2 together
- **Row 6:** Purl

Continue decreasing until K1 K2 together has been completed and 16 stitches remain.

- **Knit 1 row.**
- **Break wool off and thread through the remaining 16 stitches.**

Sew the seam up ensuring the fold back of the seam on the brim (the ribbed part) is not visible.



Every hat you knit makes a significant difference. This small act of kindness can **save two lives**, mum and baby, and bring warmth, love and hope to a family in Ethiopia. Thank you for helping these precious little ones start their lives wrapped in warmth and care.



If you wanted to make even more impact, a \$30 donation provides pregnancy, birth and antenatal care for one mother and baby.

Founded by New Zealand Doctor, Reg Hamlin and his Australian wife, Dr. Catherine, Hamlin Fistula Ethiopia offers life-changing treatment to women suffering from debilitating birth injuries (obstetric fistula). We provide surgical intervention and rehabilitation, along with the training and placement of midwives across rural Ethiopia to improve maternity care access. www.hamlinfistula.org.nz

 HamlinNZ

Hamlin
Fistula
NZ 