

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 seek a safe delivery with a skilled Hamlin midwife - potentially saving both their lives.

BABY BEANIE KNITTING PATTERN

Using: 8 ply wool
Needles for knitting: 3mm - 3.5mm

- **Cast on** 64 stitches.
- **Work** 16 rows in (K2, P2) rib.
- **Knit** 26 rows in stocking stitch (1 row knit, 1 row purl).

Shape the crown as follows:

- **Row 1:** K6, K2tog – *repeat to end of row.*
- **Row 2:** Purl.
- **Row 3:** K5, K2tog – *repeat to end of row.*
- **Row 4:** Purl.
- **Row 5:** K4, K2tog – *repeat to end of row.*
- **Row 6:** Purl.

Continue decreasing in this pattern (knit one fewer stitch before each K2tog on knit rows) until you work K1, K2tog and 16 stitches remain.

Finishing:
Knit 1 row.
Break yarn, thread through remaining stitches and pull tight.
Sew up the seam, ensuring the fold of the ribbed brim is neat and not visible.

Approx size of completed hat:



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 hat will last and can be passed down to subsequent babies.

Pattern: Any simple knitted 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. If you prefer to crochet, there's a pattern on our website.

Sending your hats: Please package your hats including your name and email address so we can thank you for your generous contribution and keep you updated on our work via our newsletter. Hats can be sent to our Christchurch office or dropped to a local collection point if there's one near you.

Help us get every hat to a baby who needs it:
To make sure every hat reaches a baby, we need to cover the cost of getting them there. It costs around 50 cents to package and ship each hat to Ethiopia. With a goal of **40,000** hats per year, this adds up quickly – and we can't do it without your help.

If you're able, we kindly ask that for every hat you send, you also include a 50-cent donation to cover the freight. Eg: 10 hats = $5, 20 hats = $10.

Your knitting warms their heads – your donation gets it into their hands. Thank you for helping these precious little ones start their lives wrapped in warmth and loving care ♥



Delivery address:

Hamlin Fistula New Zealand
C/- Oxford Terrace Baptist Church Office. 288 Oxford Terrace, Christchurch 8011.

Or drop your hats to a local collection point - see the list at:

hamlinfistula.org.nz/hats
or call 020 4100 9412.

Scan to visit our website

Founded by obstetrician-gynaecologists, Dr Reg Hamlin from New Zealand and Dr Catherine Hamlin from Australia, Hamlin Fistula Ethiopia provides 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

Header Image credit: Maheder Haileselassie