

Socks for Life



1 baby in 10 is born premature. Worldwide.

Baby socks are a symbol for human growth from infancy to adulthood. Knitting socks as the first piece of clothing in preparation for the arrival of the new baby has a long tradition in many cultures. The feet of pre-term born babies are smaller than those of term born babies and show their small size and fragility. Socks and hats are particularly important for preterm born babies to help them keep their body temperature, something that is often challenging for them. Please find below knitting instructions for premature baby socks¹.

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¹If you want to knit for hospitals, please use high quality cotton that can be washed at 60 degrees Celsius

Knitting instructions for preterm babies / tie socks

Instructions:

Cast 28 M on 4 needles and knit in rounds, 6cm in a rib pat (1 M right, 1 M left). Afterwards, one round flat right as border between shaft and heel. Then, knit the boomerang heel or heel with three-part cap, separate 4/6/4 M for the heel. After the heel, complete the foot to a length of 6,5 cm and knit a ribbon end. Hospitals often ask for tie socks. Therefore, please insert a row of holes between shaft and heel (close-knit the stitch, overcast / 1 yarn over needle, etc. up to round end) and, at the end, insert a ribbon to tie - approx. 55 cm length.

Boomerang heel:

This heel is knitted flat, right and over the stitches of the 1st and 4th needle. Take all on one needle. As for the three-part cap, separate the heel stitches into three parts (4/6/4)

- 1st row:** (Leading row) Knit all 14 stitches to the right, turn.
- 2st row:** (Reverse row) Place the thread in front and knit a double stitch: Pin from the right into the 1st stitch, then slip the stitch and thread to the left, pull the thread tightly to the back. Pull the stitch over the needle to have a double stitch. If you do not pull the thread tight enough, there will be holes later. Pull the thread to the front and knit all stitches to the left, turn.
- 3st row:** Place the thread in front and knit a double stitch. Knit all stitches to the right until you reach the double stitch at the row end. The double stitch remains unknitted! Turn.
- 4st row:** Place the thread in front, then, knit the double stitch and knit to the left until you reach the double stitch, turn.
- Repeat the 3rd and 4th row until the last double stitches are knitted with the middle third of heel stitches, i.e. 4 double stitches are on both side; the last double stitch is knitted on the right side!
- Knit 2 rounds over all stitches, flat to the right. In the 1st round for the double stitches, take both stitches and knit them together as one stitch to the right. Knit 2 rounds over all stitches, flat to the right. In the 1st round for the double stitches, take both stitches and knit them together as one stitch to the right.
- After these two rounds, knit shortened rows with double stitches:

- 1st row:** (Leading row) Knit the stitches of the middle third to the right, turn (10 stitches).
- 2st row:** (Reverse row) Place the thread in front and knit a double stitch. Now, knit to the left, including the last stitch of the middle third, i.e. you have 4 unknitted stitches on the needle, at the end; turn.

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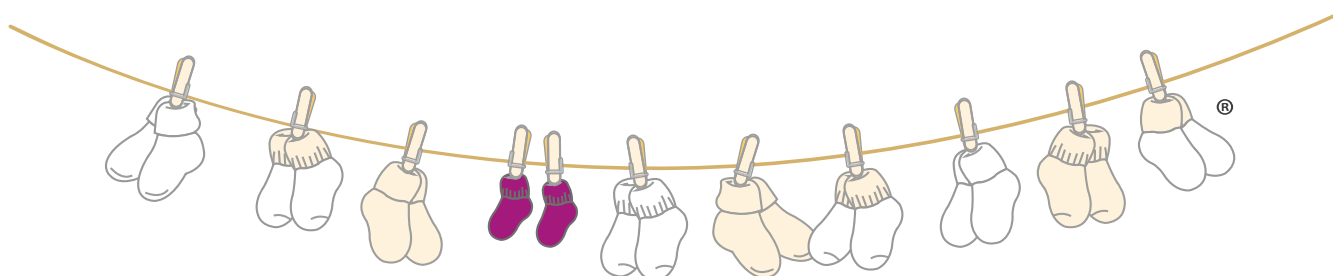


- 3st row:** Place the thread in front and knit a double stitch. Knit to the right until the double stitch. Knit this double stitch to the right as described (i.e. the double stitch will be a normal stitch, afterwards), knit the following stitch and turn.
- 4st row:** Place the thread in front and knit a double stitch. Knit to the left until the double stitch, knit the double stitch to the left as described, knit the following stitch and turn. Repeat the 3rd and 4th row until you have a double stitch over the outer heel stitches. After the last reverse row (the following row or round will be knitted with once with a double stitch), complete the rounds, knitting the 1st round as double stitch to the right as described.
- The heel ends as follows: 1 double stitch, 12 right stitches, 1 double stitch, distribute these 14 stitches on 2 needles.
- Foot length:** Knit 11-15 rounds flat to the right (please try in advance), and finish with ribbon end.

End:

- 1st row:** Slip round.
For slip, knit the second and third stitch from last of the 1st and 3rd needle to the right, knit the last stitch to the right. Knit the 1st stitch of the 2nd and 4th needle to the right, slip the 2nd stitch, knit the 3rd stitch to the right and pull the slipped stitch over.
- 2st row:** Knit all stitches to the right.
- 3st row:** Slip round.
- 4st row:** Knit all stitches to the right.
- 3st row:** Slip round.
- 3st row:** Slip round.

Now, you have three stitches on each needle left. Cut the thread, pull it through the stitches and sew up.



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