

## SLEEPER SACK

This is a sleeper sack design for burial/bereavement garments for The Preemie Project. My goal was to create a garment that is suitable for boys as so many of the garments patterns currently available for these tiny ones are, though lovely, very feminine appearing.



Pattern: Sleeper Sack (Adapted from Preemie Kimono by Lois Walters)

Size: Less than 1 lb baby [1-3 lb baby, 3-5 lb baby] Yarns Used: TLC Baby [Bernat Softee Baby, Baby Bee Sweet Delight Yarn] Needles: US 3 (3.25 mm) [4 (3.5 mm)] straight or circular (plus double pointed needles in same size you use for the body if you wish to knit the arms in the round (optional)) (Edited 7/7/2008) Gauge: Note: Gauge is not critical, as babies come in all sizes. Finished Measurements: Chest: 6-1/2" [8", 10"] measured at underarms with button band buttoned. Length: 12" [13", 17"] from top of neck to hem (note: length has been added at the request of the NICU nurses — when in doubt make it longer rather than shorter). Notions: Ribbon for ties. Buttons if desired.

Cast on 27 [27, 34] stitches.

Neck: Row 1: K1, P1 ribbing across Row 2: K2, YO, K2tog, continue K1 P1 ribbing across to last 4 stitches, K2tog, YO, K2. On third row place markers: placing markers after 6 stitches, 4 stitches, 7 stitches and 4 stitches (with 6 stitches remaining after the last marker). (edited 3/22/200)

On all remaining body rows knit first 4 and last 4 stitches to make garter stitch back edge.

Body: Knit body in stockinette stitch (knit right-side rows, purl wrong-side rows).

Increase knit rows one stitch before and after each marker, until middle section measures approx 2-1/4" [2-1/2", 3"] measured from the cast-on edge.

On next knit row, make an eyelet at beginning of row (K2, YO, K2tog), knit to first marker CO 2 stitches, remove marker, place all stitches until next marker on a stitch holder (sleeve), remove marker, knit across front to next marker and remove it, CO 2 stitches, place all stitches until next marker on holder (sleeve) and continue to last 4 stitches, make another eyelet (if desired, see notes\* below regarding closure options).

Continue body in stockinette stitch until desired length, as above, making eyelets at approximately even inter-

vals until within 3 or 4 inches of desired length.

Make drawstring row by K1, YO, K2tog across row. Purl next row Bind off next row.

Pick up sleeve stitches on DPNs and knit 10 [15, 20] rows in stockinette, then 3 rows in K1,P1 ribbing and bind off. (Alternatively, knit back and forth and then sew up sleeve seam.) Repeat with second sleeve.

\*Closure options: If you plan to use ribbons or crocheted chains for ties in back, make an eyelet on both edges of the placket to run ribbon through. If you plan to use buttons, make an eyelet on one side of the placket. I ultimately decided to use a ribbon closure for the neck edge and buttons down the back. The bottom is closed with ribbon.

This pattern was developed for charity use. If you make one for your own personal use, please consider making another for charity. Update 9/7/06: Tracy of Wool Windings made a version of this pattern that turned out beautifully, check hers out.

Update 2/25/2007: Pattern was updated to include instructions for 3-5 lb size and minor changes in instructions to make them a bit clearer.

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## SLEEPER SACK - CROCHET VERSION

Recently The Premie Project put out a request for sleeper sack patterns written for crocheters. I'm not much of a crocheter, but my knit sleeper sack pattern is pretty simple and so I attempted to convert it to crochet pattern. This is a VERY rough draft, I've never written a crochet pattern before, and my technique is pretty basic. I'm sure more experienced crocheters will have more elegant construction methods. If you try this pattern I would very much appreciate feedback to make the pattern easier to follow and to suggest any improvements in the design. Here it is:

## CROCHET SLEEPER SACK

Materials: Baby Yarn (I used Baby Bee Sweet Delight Baby) 4.25 mm hook (US size G)

Size: Chest is approx 8 to 8-1/2 inches around so should fit a 1-3 lb baby. (I'll work on other sizes, but you should be able to adapt this pattern pretty readily on your own.)

Abbreviations: dc= double crochet hdc= half double crochet sc= single crochet ch= chain sl= slip stitch st/sts= stitch/stitches inc= hdc twice in st pm= place marker (I use a short length of scrap yarn and just lay it between stitches, but you can use stitch markers or safety pins)

Notes: I envision these sleepers being used with the buttons in the back for ease in dressing the baby, but most people see the button side as the front, so the sleeper is designed to be reversible to allow the person dressing the baby to use whichever side is easiest.

Gauge is not critical, whatever size it turns out to be will fit some baby. Because these sleepers are intended to dress the tiniest, most fragile babies, please choose a gauge that results in a loose, supple fabric, but does not leave holes for the baby's hands and feet to get caught on, or to be seen through. Families prefer that the baby looks "warm" in the garment, so there should be no open holes. This sleeper is crocheted using half double crochet throughout, but obviously other stitch patterns could be used, especially for the body of the gown — just make sure it's not too lacy.

Starting from neck, form bodice: Chain 27 Row 1: hdc in second chain from hook and each remaining chain, placing markers after 5, 4, 7, and 4 sts (25 sts); ch 2, turn. Row 2: hdc across, increasing in st before and after each marker (moving markers to current row as you go); ch 2, turn. Repeat Row 2 until garment measures about 2-1/4 to 2-1/2 inches from neck edge.

Next row: hdc to first marker, join with first stitch after second marker (skipping stitches in between markers), hdc to next marker, join with stitch after fourth marker (again skipping stitches in between markers), hdc to end; ch 2, turn. (Skipped stitches form sleeve caps and will be picked up later to form sleeves).

Body: Row 1: Hdc across; ch 2, turn. Repeat row 1 until body measures about 12" from neck edge. On last row ch 3 instead of 2, turn.

Eyelet row: \*dc, ch 1 (skip hdc); repeat from \* to end of row. Fasten off.

Sleeve: Row 1: Hdc in each stitch around, picking up one or two sts under arm to avoid holes; sl into first stitch of round, ch 2, turn. Row 2: Hdc in each stitch around; sl into first stitch of round, ch 2, turn. Repeat row 2 until sleeve measures approx 3-1/2 inches. Fasten off.

Repeat for second sleeve.

Single crochet evenly around all edges (except sleeves), ending with buttonhole band edge (right front); ch 1, turn. sc back along buttonhole band edge, placing button holes at even intervals along band (ch 1, skip sc to make button hole). Fasten off.

Sew buttons on opposite front edge to match buttonhole placement. Insert ribbon or crocheted tie in eyelet row at bottom.

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## Crochet Burial Wraps



Inspired by Betsy Dey's knitted fetal demise pouch

These wraps are designed to hold the tiny preemie babies that are too small or fragile to be dressed in other types of garments. They are used both to present the babies to the families and for burial if the family chooses, and may be kept as mementos.

Notes:

0. Wrap is crocheted in two parts, a mitered square for the back (blanket) portion of the wrap, and a mitered triangle for the pouch, then joined with single crochet.

0. I like to start my miters out with a magic adjustable ring to avoid the messy holes I always get with the more traditional way. The more traditional way is to start with a series of chains. Use whichever method you prefer.

0. Gauge is unimportant as long as the “holes” in the fabric are small enough that the baby won’t be visible through them (and tiny feet and hands don’t get caught). Start with the hook size suggested on the yarn’s ball band and adjust as needed, keeping the fabric flexible and soft.

0. The Preemie Project uses sizes as small as 10□ up to 24-30□ square. (At the time of this writing they are currently more in need of wraps in the medium to larger range.)

0. As always, please let me know if something is unclear or incorrect; I am not a skilled pattern writer. Abbreviations: sc = single crochet dc = double crochet (This pattern uses American crochet terminology.)

For the mitered square: Create a magic adjustable ring then make 3 sc in the ring. (Alternatively, chain 2 and make 3 sc in the second stitch from the hook.) Chain one, turn, sc in the first stitch from the hook, make 3 sc in the next stitch, sc in the last stitch. With each successive row, add one more stitch before and after the center increases. So, the directions for Row 3 would read “sc 2, make 3 sc in next st, sc 2,” directions for Row 4 would read, “sc 3, make 3 sc in next st, sc 3,” etc. (I lose count, so I place a split ring as a marker in the middle stitch of the 3-sc increase set. Many people will be able to just see where it goes. Mine wanders, so I mark it.) Continue adding rows in this manner until the square reaches the size you need. Fasten off.

For the mitered triangle: Begin as you did the square, except start with 5 sc in the ring. (Alternatively, chain four, 2 sc in second stitch from the hook, 3 sc the next stitch and 2 sc in the last stitch.) Continue as for the square except make 2 sc in the first and last stitches in each row.

When the length of outer edges of the triangle match the length of the corresponding edges of your square, in the last row make 3 sc in the very last stitch rather than 2 and continue on with sc across the top edge of the triangle. Chain two, turn, and make 4 dc in the first stitch from the hook. \*Skip one stitch and make a sc in the next stitch. Skip one stitch and make 5 dc in the next stitch.\* Repeat from \* across top of triangle and fasten off. (You may have to adjust your spacing at the end of the row a bit on the scallops, depending on how many total stitches you ended up with. Just fudge it so it looks fairly even.)

Join the triangle to the square: Two of the edges of the square piece will look neatly finished, the other two edges will look a bit less so. Match these unfinished-looking edges of the square up with the outer edges of the triangle and join them with single crochet stitches, making sure the crochet hook goes through both edges of the fabric (again making three single crochet in the “point”), forming the pouch. At the corner where the triangle stops, start the scalloped edging as you did on the top, flat edge of the triangle, being careful to make extra double crochet stitches in the top point so it flows around the point neatly (making 10 double crochet works fine) and continuing down to the other corner where the pouch begins again. You can continue the scallops all the way around the outside bottom edge of the pouch if you wish, or stop at the corner where the pouch is attached. Fasten off. Weave in ends.

Make a tie: Make a crochet chain tie or use a ribbon, about 18□ long for a 10-11□ square wrap (longer for larger wraps) and thread it through one corner of the pocket. (The tie will wrap around the “back” of the pouch and close in the front.)

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## SEAMLESS BOOTIES

0. Yarn: Baby yarn (I used Bernat Softee Baby for the blue ones, and Baby Bee Sweet Delight Prints for the white/pink ones (color: kitty).

0. Needles: Size 6 (4 mm) US long circular needle for the “magic loop” method OR two circular needles.

0. Gauge: Not critical, I got approximately 5-1/4 stitches per inch with the Baby Softee and not quite 6 stitches per inch with the Baby Bee yarn.

0. Sizes: Preemie 1-3 lbs (3-5 lbs; 6-8 lbs)

0. Terminology: M1: Make one. I just knit in the front and the back of the stitch, but use whatever method

you prefer. K2tog: Knit two stitches together. SSK: Slip, Slip, Knit - slip one stitch as if to knit, slip another stitch as if to knit, stick point of left needle in two slipped stitches in front of the right needle and knit the two stitches together. References to first and second “needles” actually means the ends of the big circular needle. Cast on using Turkish cast on with 7 (11, 15) wraps (which will create a total of 14 (22, 30) stitches). (You could also use a figure-of-eight cast on.)

Round 1: Knit Round 2: K1, M1, K until there is 1 stitch on first “needle”, M1, K2, M1, knit until there is 1 stitch on second “needle”, M1, K1 Round 3: Purl Round 4: K until there is 1 stitch on first “needle”, M1, K2, M1, knit to end of round Round 5: Purl Repeat rounds 4 and 5 twice more.

Continue in garter stitch (alternating knit & purl rows) until there are 5 (6, 7) garter stitch ridges from bottom of foot.

Next round: K until 4 stitches remain on first needle, K2tog, K4, SSK, K to end of round. Repeat last round until there are a total of 14 (18, 22) stitches total on needles (7, 9, 11 on each needle).

Make cuff: K1 P1 ribbing for 12 (14, 18 ) rows.

Bind off very loosely and weave in ends, closing the gap at the top of the cuff between the first stitch in the bind off row and the last stitch bound off.

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## TINY HATS

To go with the sleepers for <1 lb and 1-3 lb preemies.

Stockinette hats: Using baby yarn such as TLC Baby (as in the white and blue-striped hat pictured with sleepers at top of page) or Baby Bee Sweet Delight Yarn (as in hats directly above):

Size: <1 lb (1-3 lbs) Yarn: Baby yarn such as TLC Baby or Baby Bee Sweet Delight Needles: US 3 double pointed, two circular, or one long circular for “magic loop” method Gauge: Approximately 5 to 5-1/2 stitches per inch (this is not critical, but should be fairly close, especially if you tend to knit tightly)

Cast on: 32 (40) stitches Join row. Knit K1,P1 ribbing for 1 inch. Knit in stockinette stitch for 1-1/2 (2) inches for a total length of 2-1/2 (3) inches.

Begin decreases: \*K6, K2tog\* repeat across row. \*K5, K2tog\* repeat across row. \*K4, K2tog\* repeat across row. \*K3, K2tog\* repeat across row. \*K2, K2tog\* repeat across row. \*K1, K2tog\* repeat across row. \* K2tog across row. (4 (5) stitches.

Switch to two double pointed needles and make i-cord for approx 1-1/2 to 1-3/4 inches, cut yarn. With a yarn needle draw tail through the remaining loops, tie i-cord into a knot, and bury and anchor the tail in the tied knot. Weave in ends.

Ribbed hats: Size: <1 lb to 3 lbs (this hat is quite stretchy) Needles: US 3 double pointed, two circular, or one long circular for “magic loop” method Gauge: Approximately 5 to 5-1/2 stitches per inch (this is not critical, but should be fairly close, especially if you tend to knit tightly)

Cast on 40 stitches. Join row. Knit K1,P1 ribbing for about 3-1/2 inches. K2tog across. Cut yarn and with a yarn needle draw tail through the remaining loops, pull tight and tie off end on underside of hat. Weave in ends. Attach pom pom if desired.