

[What Is the NICU? What to Know If You Have a NICU Baby](#)

This source provided me information about the NICU, No one plans on having their newborn spend time in the neonatal intensive care unit (NICU), but roughly 78 out of every 1,000 babies born in the U.S. each year stay in these specialized nurseries. Most of them are premature babies, as 1 in 10 newborns are born before 37 weeks in the U.S. So it's worth learning about the place all preemies visit upon arrival. Here's a quick guide to what you can expect while your baby is there.

[How to Donate Caps or NICU Blankets](#)

I found this source useful because once my creations arrive at Knots of Love, your creations are carefully checked in, inspected, sorted, tagged, placed in pretty bags decorated with a red bow or with a flag for veterans, boxed, labeled, and shipped to the 580+ locations across the USA that we serve at zero cost to those in need who receive the beanies or blankets. This is an option I could take during this process.

[Newborn/Infant Intensive Care Unit \(N/IICU\) | Children's Hospital of Philadelphia](#)

I selected this source because Having a newborn or infant in the intensive care unit can be an overwhelming experience. We know it's not what you envisioned for your baby and it's hard to be in a situation that feels so out of your control. At Children's Hospital of Philadelphia (CHOP), we are here to help. We want to assure you that your child is in the very best hands. This is true whether your baby is being cared for in our Newborn/Infant Intensive Care Unit (N/IICU) at CHOP's Philadelphia location or in our N/IICU at CHOP's King of Prussia location. Both N/IICUs have the technology and teams to provide the best care possible for very sick babies with health issues related to prematurity; birth defects; lung, heart and gastrointestinal conditions; and other disorders.

[4 NICU Craft Ideas To Make And Donate - Create To Donate](#)

This source provided me insight on how they typically provide blankets and hats to preemies in the NICU but also offer costumes and outfits celebrating various holidays and seasons throughout the year. When possible, Preemies also get gifts "NICU graduate" bodysuits to babies who have finished their stay in the NICU and are able to leave the hospital and return home with their parents. If you are unable to make something to donate right now, they also welcome your 100% acrylic yarn or flannel fabric of any size.

[Giving the Gift of Comfort to NICU Families](#)

I selected this source because these items for baby enable parents to care for and bond with their baby. A parent's touch only accounts for 14% of baby's interaction in the NICU, which can may lead to a prolonged NICU stay and future complications such as sensory issues. Items for baby also help make the NICU life as "homey" and "warm" as possible. They can bring comfort and hope to both the families and their babies.

[Free Sewing Pattern To Make A Tiny Beanie - Create To Donate](#)

This source provides information about DIY patterns for handmade keepsakes that support parents who have experienced a miscarriage or stillbirth, however, aren't something I have addressed. So the logical thing, for me at least, was to build on something that is already a typical handmade gift for a baby (fullterm or preemie). And a small hat or beanie is the first thing that comes to mind for most people.

[The Guide for Giving to your Hospital's NICU](#)

I found this source useful because, after you have a proposal, contact your hospital's child life department, volunteer services, Chaplin, or unit director and let them know you are interested in donating. You can almost always locate their telephone numbers on the website. And if that doesn't work - try calling the hospital and ask a service rep. This is often the most difficult part in the process because it may take some time for the hospital to connect you with the right personnel and even more time if they have to approve your efforts. Policies vary greatly from facility to facility. Some may have an open donation policy and some have very specific guidelines on what can be donated or services that may be provided.

[17 Cutest 30-Minute Baby Hat Crochet Patterns \(easy and free!\) - Little World of Whimsy](#)

I found this source useful because this beginner crochet newborn baby hat pattern made from a rectangle, so it's the perfect choice if you prefer not to work in the round. The ribbing and pompom make it absolutely adorable, and the pattern has written and video instructions for doing half-double crochet in the front bottom loop. You'll have a perfect hat in no time.

[18 Free Crochet Baby Mittens Patterns - Crochet Scout](#)

I found this source useful because these little mittens are worked in mesh stitch with a ribbed cuff. The mittens are in two sizes – newborn and three months.

YARN WEIGHT: #3 / Light / DK / Light Worsted weight yarn, e.g., Paton's Grace.

RECOMMENDED HOOK SIZE: 3.75 mm (F-5) crochet hook for newborn-size mittens. 4 mm (G-6) crochet hook for the 3-month size.

NOTIONS: a tapestry needle and scissors.

SPECIAL STITCHES/TECHNIQUES USED: Mesh Stitch.

[10 Free Crochet Patterns for Baby Booties - Easy Crochet Patterns](#)

I found this source useful because when deciding what yarn to use for a baby bootie, you will need to take think about what type of yarn would be best for a baby's sensitive skin. For example, wool yarn would be scratchy and might irritate a baby's skin. You should pick a soft yarn that is easy to wash and made with hypoallergenic fibers. It's soft, washable and comes in beautiful colors that are perfect for crocheting any type of baby project.

[50 Free Crochet Baby Blanket Patterns - Daisy Farm Crafts](#)

I found this source useful because this is a business called Daisy Farm Crafts, they are a mom and daughters, team sharing what we are making for our friends and family. The patterns they share are all free, written in an explanatory way, and also always include a free printable version of the pattern at the end of the pattern post. Some patterns also include a video tutorial.