

Premature Baby Bonding squares.

Knit 2.

One square is placed with a premature baby and another is worn against the mum's skin, then the squares are swapped around every 12 hours or every time mum visits.

You will need double knitting yarn and Size 8/4mm needles

Simple Bonding Squares. Knit 2.

Cast on 28 stitches

Start with a garter stitch border – knit 6 rows.

7th Row: Slip 1, knit across row

8th Row Slip 1, Knit 4, purl to last 5 stitches, Knit 5.

Repeat the last 2 rows 11 times more.

Complete with a garter stitch border – knit 7 rows.

Cast off knit wise.

Darn away the ends.

Nevis bonding squares. Knit 2

Cast on 30 stitches.

Start with a garter stitch border – knit 6 rows.

7th row: Slip 1, knit across the row.

8th row: Slip 1, knit 3, *Purl 4, Knit 2. Repeat from * to last 2 stitches, Knit 2.

9th row: Slip 1, knit across the row.

10th row: Slip 1, Knit 3, Purl 1, Knit 2, * purl4, knit 2, repeat from * to last5 stitches. Purl 1, Knit 4.

Repeat the last 4 rows 5 times more.

31st row: Slip 1, knit across the row.

32nd row: Slip 1, Knit 3, * Purl 4, knit 2. Repeat from * to last 2 stitches, Knit 2.

Complete with a garter stich border – Knit 7 rows.

Cast off knit wise.

Darn away ends.