

# Knitting for Sands

*'A little life, not a little loss'*

## Who are Sands and what do they do?

The New Zealand charity Sands is a voluntary, parent-run, non-profit organisation that supports parents and families who experience the death of a baby during pregnancy, after birth, or as an infant. The organisation relies entirely on donations. As well as empathy and support, Sands' goals are to provide bereaved parents and their families with information; to raise public awareness; to provide ongoing education to health professionals; and to promote research into the causes and consequences of all baby loss.

## Here's how you can help

One of the ways in which Sands Canterbury offers support to bereaved parents is to give them a Memory Box. The hand-painted boxes contain a little teddy bear, blanket, candle, tissues, and a notebook for writing down precious memories. Families often keep things like hand prints or photographs of their little ones in the box and it serves as a treasured reminder of their baby who was much wanted and sadly lost. It seems a small thing, but your gift of a hand-knitted blanket can make a real difference.

## THE KNITTED BLANKET

You'll need about 200g of DK yarn (wool or acrylic) and 4mm needles. You can use a lighter weight yarn such as 4ply, and choose needles to match the yarn. Make a plain white or cream blanket or edge it with blue or pink. The finished blanket should be 24 x 24in (60 x 60cm) or 20 x 20in (40 x 40cm) plus the lace edging.



## BASIC BLANKET

Cast on 1 stitch

Next row - Make the one stitch into two stitches.

Next row - Knit 1, into the next stitch make another: 3 stitches on needle.

Continue to knit - ALWAYS knit the first stitch and into the 2nd stitch make another stitch. Only increase this way at the BEGINNING of a row. Continue until the side of the blanket from the cast-on corner to the needle, measures either 20 inches or 24 inches.

Next row - Knit 1 row plain.

Next row - Knit 1, Knit 2 together, Knit to end of row.

Continue this way, always knit the 1st stitch then decrease into the next stitch by knitting 2 together until 1 stitch remains. You should now have a neat square with each side measuring either 20 inches or 24 ins.

## OPTIONAL LACE BORDER/EDGING

Using same double knit wool and same needles (4mm), cast on 5 stitches.

Row 1 Slip 1, yfwd, k2tog, yfwd, k2 (6 stitches)

Row 2 Slip 1, knit to end

row 3 Slip 1, k1, yfwd, k2tog, yfwd, k2 (7 stitches)

row 4 Slip 1, knit to end

row 5 Slip 1, k2, yfwd, k2tog, yfwd, k2 (8 stitches)

row 6 Slip 1, knit to end

row 7 Slip 1, k3, yfwd, k2tog, yfwd, k2 (9 stitches)

row 8 Cast off 4 stitches, knit to end (5 stitches)

These 8 rows form the pattern. Continue in pattern until the strip is long enough to edge the blanket. Sew onto the blanket. You can substitute your own edging pattern if you wish.

Please drop off all finished angel pockets to any Knit World shop or send them to Knit World, PO Box 30645, Lower Hutt, 5040; or Knit World, 62 Queens Drive, Lower Hutt 5010. If you have any queries, email Celia (celia.coyne@yahoo.co.nz) or look for us on Facebook (Sands Baby Blankets Christchurch NZ). For more information about Sands, visit [www.sands.org.nz](http://www.sands.org.nz) or email [sands.canterbury@xtra.co.nz](mailto:sands.canterbury@xtra.co.nz). As well as blankets, we are always grateful for donations of DK yarn in white, cream, yellow, pink or blue. *Thank you for your support.*