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How to use bernat baby blanket yarn

Having an empty crib decreases the risk of sudden infant death syndrome (SIDS). But when can babies start sleeping with blankets? Concerned parents might be tempted to keep Baby warm with a blanket at night. But this could actually be deadly: having any soft or loose item in an infant’s crib increases the risk of sudden infant death syndrome (SIDS). Find out more about the connection, and learn when babies can start sleeping with blankets. Sudden infant death syndrome (SIDS) is the sudden, unexpected death of an infant. Experts don’t know exactly what causes SIDS, according to Rachel Moon, M.D., a pediatrician at Children’s National Medical Center in Washington, D.C., and a member of the American Academy of Pediatrics’s SIDS Task Force. But many think it stems from an “immature arousal center” that prevents babies from waking up if they can’t breathe properly. About 3,500 infants die from SIDS each year, says the Centers for Disease Control and Prevention (CDC), although that number has dropped since the Safe to Sleep (formerly Back to Sleep) campaign launched in 1994. This campaign encourages parents to put babies to sleep in their backs, which has been shown to reduce the chances of SIDS. Another common risk factor for SIDS: putting a blanket, pillow, stuffed animal, or other object in the crib with your baby. According to 2016 recommendations from American Academy of Pediatrics’s SIDS Task Force, “Soft objects, such as pillows and pillow-like toys, quilts, comforters, sheepskins, and loose bedding, such as blankets and nonfitted sheets, can obstruct an infant’s nose and mouth. An obstructed airway can pose a risk of suffocation, entrapment, or SIDS.” In other words, your baby could accidentally press his nose and mouth into the blanket during the night, which could lead to suffocation. An important thing to note: the AAP recommendations don’t apply to swaddling. Indeed, a Belgian study found that swaddling may reduce SIDS risk by allowing babies to startle more easily. Make sure you don’t swaddle your infant too tight, though, since they still need to kick and squirm, says Steven A. Shapiro, D.O., chair of the Pediatrics Department at Abington-Jefferson Health. RELATED: SIDS Prevention Strategies Every Parent Should Know baby sleeping in pink swaddle You can use a receiving blanket to swaddle your baby right away. But because of the risk of SIDS, you shouldn’t use any soft objects or loose bedding while he’s sleeping until he’s at least one year old. At this time, your baby’s motor skills are sharp enough to be able to roll over and push objects away from his face if they’re affecting his breathing. Coincidentally, a year is about the time that many babies start getting super-attached to certain “blankies,” which may help them cope with separation anxiety from saying good-bye or goodnight to you. RELATED: A Parent’s Guide to Safe Sleep for Babies Are you worried that your little one will be chilly without a blanket? Simply use pajamas with feet or a sleep sack on cold nights. These wearable items won’t cover your little one’s face and risk suffocation. 1 What Is the Market Volatility Index, and How Does It Impact Your Investments? 2 What Is a 3D Oval Called? 3 Hitchin’ a 400-Legged Ride: Why Are Japanese Millipedes Halting Train Traffic? 4 10 Best States to Retire to in the U.S. 5 What Does a Soft Shoulder Sign Mean? Our team covers as many areas of expertise as we do time zones, but none of us started here as a so-called expert on sleep. What we do share is a willingness to ask questions (lots of them), seek experts, and dig deep into conventional wisdom to see if maybe there might be a better path towards healthy living. We apply what we learn not only to our company culture, but also how we deliver information to our over 12.7M readers. Sleep research is changing all the time, and we are 100% dedicated to keeping up with breakthroughs and innovations. You live better if you sleep better. Whatever has brought you here, we wish you luck on your journey towards better rest. One of the most popular types of knitting patterns out there is baby blankets. While there are tons of cute knitting patterns for baby blankets out there, it’s not too difficult to go your own way and design your baby blanket based on a simple stitch pattern or a smaller version of a large afghan design. The first guideline when it comes to estimating how much yarn will need for a project should be pretty easy to grasp: the thicker the yarn, the less you will need. Bigger stitches take up more space, after all, so you will need fewer of them to make the same amount of blanket than you would of, say, lace-weight stitches. That’s a good thing to keep in mind if, for instance, you see a pattern you like but maybe it’s written for sport weight yarn and you want to use worsted. You won’t need as much yardage as the pattern calls for if you adjust the size down accordingly. The other thing to keep in mind is that yardage estimates for blankets or anything else tend to be based on knitting Stockinette Stitch at the standard gauge for that yarn weight. If you’re planning a blanket with a highly textured stitch pattern or cables, you will need considerably more yarn. If you’re thinking lace or planning to work with much larger needles than usual, you might need less. It can be a little tricky to estimate exactly how much yarn you’ll need to make your blanket since patterns can vary widely, but here are some basic guidelines to get you started: Sock weight: 1,300 yards Sport weight: 1,200 yards Lightweight: 1,100 yards Worsted weight: 1,000 yards Bulky weight: 900 yards These are just estimates, and it’s always a good idea to grab an extra ball of yarn just in case, but these yardage requirements should give you enough yarn for basic a blanket around 36 inches/94 cm around. If you want to know more exactly how much yarn you need, knit a large swatch using the yarn, needles and stitch pattern you intend to use. Launder as you will the finished blanket, then measure the actual dimensions of the swatch as well as your gauge. Determine how many pieces of knitting of that size you’ll need to complete your blanket. Example: if you knit a 6x6 inch/15x15 cm square and you want a 36x36 inch/94x94 cm blanket, you’ll need 36 squares of that size to make the blanket (6 rows of 6 squares each). Unravel your swatch and measure the yardage it took. Multiply by the number of squares you need to determine your yardage. If, say, your six-inch square took 50 yards, you’d need 1,800 yards to complete the blanket. The recommended yarn for this project is Bernat Softee baby yarn. The weight is “light worsted,” “DK,” or “Double Knitting.” This is important to know in case you want to select a different yarn to substitute; look for the same weight if you aim to create a blanket with the same drape. That said, you can use any yarn weight and a corresponding hook size to create an easy crochet baby blanket using this pattern. This crochet baby blanket pattern includes instructions for three sizes: preemie, newborn, and toddler. Instructions list the smallest size first with changes for the larger sizes noted in parentheses. The measurements below don’t include any edging, if you wish to add a baby blanket edging, your finished blanket will be a little bit bigger. Preemie: The smallest blanket measures about 26 inches wide by 34 inches long. If you crochet your blanket using Bernat Softee, you will need two to three 5-oz skeins of yarn to complete this project, depending on how tight you crochet. As far as yardage goes, you’ll need about 724 yards/662 meters for the blanket itself, plus a bit more for your gauge swatch. Newborn/receiving blanket: The mid-sized blanket is 30 inches square. You can make it a little bit longer if you prefer a more rectangular shape for the blanket. If so, aim for 30” x 34”. You will need two to three of the 5-oz balls of Bernat Softee for this size, depending on how tight you crochet. Toddler: The largest of the blankets measures 36 inches by 44 inches. You will need four 5-oz balls of Bernat Softee to crochet this size. ch = chain ch-1 sp = chain-1 space, the space formed when you crochet a chain stitch in the previous row rep = repeat sc = single crochet st = stitch Stitch gauge: 4 stitches = 1 inch when crocheting the stitch pattern as instructed below. Row gauge: The row gauge is not important for this pattern. To check your gauge, crochet a gauge swatch. Form a starting chain of 25 stitches and crochet using the blanket pattern instructions until your piece is square. End off. Measure your swatch to see how many stitches per inch you are crocheting. Compare your gauge against that recommended in the pattern (above). If you are crocheting fewer stitches per inch than recommended, try again with a smaller crochet hook. If you are crocheting more stitches per inch, try again with a larger hook. The swatching process is necessary because you want your baby blanket to be a useable size. If your gauge is different, your baby blanket could finish at the wrong size or you may run out of yarn before finishing the blanket. The pattern directions instruct you to crochet into the ch-1 spaces. If you have difficulty finding these—sometimes they seem to vanish—carefully poke your finger at the row of stitches from back to front. Your hands will feel the gap even if your eyes don’t spot it at first. Ch 105 (121, 145). Remember, the instructions are for the small size (with the medium, large in the parenthesis). Place a stitch marker in the first ch from your hook. Sc in 3rd ch from hook. [ch 1, skip next ch, sc in next ch.] Rep across the entire row. ch 1, turn. [sc in the next ch-1 sp, ch 1.] Rep the sequence in brackets across the rest of the row. At the end of the row, work a sc st into the st where you placed the marker; you can remove the marker before working the stitch. ch 1, turn. The rest of the rows are all exactly the same as row 2, with one minor difference: at the end of the row, work your last sc st into the turning chain of the previous row. Rep this row until the baby blanket reaches your desired length. Mollie Johanson When you need to change to a new ball of yarn, use the same technique as you would for changing colors. When the baby blanket is the length that you want, cut the yarn, leaving at least six inches of extra yarn. Thread the tapestry needle with the yarn end and use the needle to weave the loose end of the yarn into the blanket. Repeat with any other loose ends you may have hanging from the blanket (which occur when you switch from one ball of yarn to the next). This crochet pattern works fine without any additional edging, but you can add an edging if you want to. There are many baby blanket edgings to choose from. A simple single crochet stitch around the entire edge of the blanket is an easy choice that goes well with the single crochet design in this pattern. Mollie Johanson

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