



## Preemie Clothing Guidelines

The *smallest* of these preemie babies:

- Are just longer than the palm of your hand
- Their heads are smaller than the opening of a styrofoam cup and they weigh the equivalent of 6 sticks of butter.

| Baby's weight      | 1-3 lbs  | 3-5 lbs    | 5-7 lbs  |
|--------------------|----------|------------|----------|
| head circumference | 13"      | 13 1/2"    | 14"      |
| chest              | 10"      | 10 1/2"    | 12"      |
| length             | 13 - 14" | 14 - 17"   | 17 - 21" |
| foot length        | 1-2"     | 2 1/2 - 3" | 3"       |

### Tips For Making Preemie Items

- Yarns and fabrics used must be very, very soft.
- Fabric, knitted and crocheted hats must have plenty of stretch, enabling it to fit snugly on the baby's head without creating too much pressure.
- The best patterns for knitted or crocheted blankets and afghans are ones without large gaps or holes that tiny fingers and toes can get tangled in.
- Velcro works well on T-shirts and gowns. Closures can be made on the shoulders or on the front or back at the top. The remainder of the shirt or gown can be left open for easy access to tubes and wires. Be careful not to leave sharp edges with Velcro which could cut the baby's skin.
- Burial gowns are always left open down the back. Don't be afraid to use some soft pastel colors. White and cream are nice, but parents also enjoy seeing soft colors on their little one.
- Ties on shirts or gowns are not recommended as they tend to get in the way of tubes and wires.

### Quilts & Afghans

Preemie size (20X20 , 24x24, or 36x36)

- Fabrics should be prewashed 100% cotton for the tops -- do not use fabric with glitter or harsh metallic threads.
- Backing must be prewashed flannelette.
- Batting can be polyester or cotton.
- Use 100% cotton thread.
- Quilting can be done by hand or machine, but put enough stitching on the quilt to hold it securely together (at least 1/4 inch seam allowances).
- Do not use any monofilament or metallic thread as it is too harsh for the fragile skin of the preemie babies. Also do not tie the quilts.