



LITTLE HATS, BIG HEARTS

*Volunteers from around the country are joining the American Heart Association, in connection with **The Children's Heart Foundation**, to celebrate American Heart Month in February and American Stroke Month in May by knitting and crocheting red hats for babies born at participating hospitals.*

Little Hats, Big Hearts™, honors babies, moms, and heart healthy lives in a very special way. Together, we are working to raise awareness, provide resources and inspire moms to take their family's heart health to heart while also raising awareness about Congenital Heart Defects.

If you knit or crochet and would like to participate in Little Hats, Big Hearts™, please let us know. We gratefully accept both baby hats and donations of yarn.

We will be working with multiple hospitals throughout the region including Mother-Baby units and Neonatal Intensive Care units, so we need hats in both newborn and preemie sizes.

Yarn specifics:

- ♥ Red
- ♥ Cotton or acrylic
- ♥ Medium to heavy weight
- ♥ Machine washable and dryable

You may use your own pattern or we recommend any of the free simple hat patterns which can be found online at LittleHatsBigHearts. While we love bows and buttons, they can come off the hats and be dangerous for the little ones, please refrain from decorative accents. We use cotton or acrylic to avoid any allergic reactions.

Thank you for your support of Little Hats, Big Hearts!

Drop off hats or yarn donations by January 22, 2019

ATTN: Joyce Sullivan
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If you have any questions or would like to volunteer please contact:
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