

The Brave Foundation | Brave Box Project NICU- Approved- Premie/ Newborn Hat Crochet Pattern



SkillLevel: Easy

Gauge: 3 dc x 2 rows = 1 inch (adjust hook as needed)

Hook: G-6 (4.0 mm)

Yarn: Extra-soft, NICU-friendly yarn only

Sizes: 1–3 lb: 8.5–9” circumference, 3.5–4”
length 3–5 lb: 11–11.5” circumference, 4–5”
length 6–8 lb: 12–12.5” circumference, 5–6”
length 9–11 lb: 13–14” circumference, 6–6.5”
length

Abbreviations: ch = chain, dc = double crochet, st(s) = stitch(es)
Pattern written in U.S. crochet terms. Stitch counts include starting chain.

All Sizes: Start with red yarn. Ch 3. Row 1: 5 dc in 3rd ch from hook, join (6 sts).

1–3 lb:

Row 2: 2 dc in next 4 sts, 3 dc in next st (12)

Row 3: dc around (12)

Row 4: 2 dc in each st (23)

Row 5: *2 dc, dc 2* repeat (30)

Rows 6–8: dc around (30)

Change to white. Row 9: dc around, fasten off

3–5 lb: Row 2: dc around (6) Row 3: inc to 12
Row 5: inc to 23 Row 6: inc to 34 Row 7: inc to
38 Rows 8–13: dc around (38) Change to white.
Row 14: dc around, fasten off

6–8 lb: Row 3: inc to 12 Row 6: inc to 23 Row
7: inc to 34 Row 8: inc to 41 Rows 9–15: dc
around (41) Change to white. Row 16: dc
around, fasten off

9–11 lb: Row 3: inc to 12 Row 6: inc to 23 Row
7: inc to 34 Row 8: inc to 45 Rows 9–17: dc
around (45) Change to white. Row 18: dc
around, fasten off



Thank you for crocheting with purpose and helping NICU families feel supported and seen.

The Brave Foundation | Brave Box Project NICU-Approved – [Lip Balm Keeper Crochet Pattern](#)



Skill Level: Advanced Beginner

Hook: F (3.75 mm)

Yarn: Worsted weight (4). Cotton recommended for durability.

Finished Size: Fits one standard lip balm tube.

Abbreviations (U.S. Terms): ch, sc, dc, slst, st(s)

Ch 1 at the beginning of rounds does NOT count as a stitch.

Pattern Notes: Adjust hook size if tension is too tight or loose. Width may be adjusted by adding stitches in Round 1. Height may be adjusted by repeating or eliminating Rounds 4–5. Pattern begins with a Magic Circle. Work is turned beginning at Row 12.

Rounds 1–11 (Body): Round 1: Magic Circle, ch 1, sc 5, join (5 sts). Round 2: Ch 1, 2 sc in each st, join (10 sts). Round 3: Ch 1, sc around, join, TURN (10 sts). Round 4: Ch 1, sc same st, dc next st; repeat, join (10 sts). Round 5: Ch 1, dc same st, sc next st; repeat, join (10 sts). Rounds 6–10: Continue alternating sc/dc pattern, join each round (10 sts). Round 11: Ch 1, sc around, join (10 sts).

Flap (Rows 12–18):

Row 12: Ch 1, sc in same st and next 3 sts, TURN (4 sts).

Rows 13–18: Do not ch 1. Sc across. Fasten off, leaving long tail (4 sts).

Finishing:

Feed flap through D-ring keychain. Fold over and sew securely. Weave in ends. Attach tassel if desired.

Thank you for creating handmade items with care and intention.



The Brave Foundation | Brave Box Project NICU- Approved – Striped Sleeve Crochet Pattern



Skill Level: BeginnerFriendly

Total Rounds: 11

Finished Size: Approx. 4 inches wide x 3.75 inches tall

Pattern Notes: Feel free to freestyle stripe placement. If you chain more at the beginning, you will have more hdc stitches per round. Subtract 1 from the number of starting chains to determine stitch count per round. Each round begins with hdc in the same stitch as ch 1 and ends with a slip stitch join.

Starting Round:

Ch 31. Join with a sl st to the first chain to form a circle.

Round 1: Ch 1. Hdc into the top loop/back bump of each chain stitch around. Join with sl st to first hdc. (30 sts)

Round 2: Ch 1. Hdc around, placing first hdc in the same stitch as ch 1. Join with sl st to first hdc from previous round. (30 sts)

Rounds 3–11:

Ch 1. Hdc around. Join with sl st to first hdc from previous round. (30 sts each round)

Finishing: After Round 11, fasten off or use an invisible finish if preferred. If carrying colors, leave long loops on the back to secure during finishing. Sew tag onto front of sleeve. Turn sleeve inside out and secure back of tag. Cut long loops in half, double knot securely, weave in or trim ends. Turn right side out. Sleeve is complete. ©2025 Made in Minny Designs LLC. All rights reserved.



Thank you for crafting with care to support NICU families.

The Brave Foundation | Brave Box Project

NICU-Approved – Crochet Wristlet Keychain



Skill Level: Beginner
Gauge: Not required

Finished Measurements:

12 inches total length
Approximately 6 inches when folded and worn on the wrist

Materials Needed:

25 g worsted weight yarn (cotton recommended)
4.0 mm crochet hook
Scissors
Tapestry needle
Measuring tape
Lobster claw clasp with D-ring

Abbreviations (U.S. Terms):

ch – chain, sc – single crochet, sk – skip, st(s) – stitch(es), sl st – slip stitch, rpt – repeat

Pattern Instructions – Wristlet:

Ch 4.

Row 1: (sc, ch 2, sc) in 2nd ch from hook, sk next st, (sc, ch 2, sc) in last st. Ch 1, turn.

Row 2: (sc, ch 2, sc) in each ch-2 space (2 ch-2 spaces). Ch 1, turn.

Repeat Row 2 until piece measures 12 inches. Fasten off, leaving a 16–18 inch yarn tail.

Lanyard Option: Begin with a foundation chain of 34–36 inches. Finished length will be approximately 17–18 inches when folded. Follow the same stitch pattern as the wristlet.

Attach Lobster Clasp:

1. Fold wristlet in half with short ends together (no twists).
2. Place flat side of D-ring between ends.
3. Sew through both layers securely around ring.
4. Weave in ends and trim.
5. Gently tug clasp to test security.

Thank you for creating handmade items that support NICU families.

