

BONDING SQUARES



These are used in Neo-natal units.

Two identical 7 x 7 inch squares are knitted in any pattern or wool as long as there are no holes in the pattern or embellishments. One is placed with a baby in a neonatal unit and the other is worn against the mother's skin. Every twelve hours or whenever the mum visits they are swapped over. Both mum and baby receive comfort from the smell of each other and research is showing that the mother is producing more breast milk than usual in the circumstances.

This all depends on the tension, wool, size of needles etc. I used size 8 (uk size) needles and double knitting wool. I cast on 39 stitches. I tried garter stitch, stocking stitch and moss stitch and all were fine.