

## Quick FAQs for Little Hats, Big Hearts™

### 1. I want to knit/crochet hats, how do I get started?

We ask that they be made with red medium or heavy weight acrylic or cotton yarn so that they can be machine washed and dried. Use your favorite pattern, or there are a few patterns available on our website at [www.heart.org/littlehatsbighearts](http://www.heart.org/littlehatsbighearts). As for sizes, most are preemie or newborn, but since babies come in all sizes, we take them starting at micro-preemie and going up to larger sizes as well.

### 2. How many hats should I knit?

Please knit or crochet as many hats as you want to create. We are constantly expanding to more hospitals and need many, many hats to meet our need.

### 3. Can yarn other than red be used? How about hats made from other materials?

The yarn needs to be red (or red dominant if variegated) and either cotton or acrylic.

### 4. I've knitted some hats, where do I send my donation?

Please find your nearest office by visiting our website.

### 5. Why do I need to send my hats to that location? What if I want to deliver my hats personally?

We ask that all hats go through us so that they can be accounted for and so that we can make sure we meet the needs of all the hospitals that request hats throughout the state. We are constantly growing our program, so we need all the hats that we can get! Additionally, it is important that hats are sent to our staff so that they can be properly washed, packaged, and be paired with educational materials for the new parents.

### 6. I want my hats to go to my local hospital. Is that possible?

We work very hard to keep the hats donated from one area of the state in hospitals in that area. Occasionally, if you are in an area where we have a lot of knitters, some of your hats may end up at a hospital that has less knitters in their area. Also, some hospitals are not currently participating in the program—if your local hospital isn't participating we will work hard to get your hats into the next closest hospital.

### 7. How do I donate money to the American Heart Association?

Please visit <https://donatenow.heart.org/> or text HAT to 41444.

### 8. What if my state or local office is not participating in the program?

Please find any participating office by visiting our website. Heart health knows no boundaries!

**9. I am live in a country outside of the U.S., where do I send the hats?**

Please contact us at [LittleHatsBigHearts@heart.org](mailto:LittleHatsBigHearts@heart.org) for more information.