



How You Can Participate:

We provide hand-knitted blankets to infants in California Pacific Medical Center's Neonatal Intensive Care Unit and to children and teenagers with long hospitalizations and chronic illnesses. The blankets are intended to provide comfort and warmth while the child is in the hospital and at home. The Woodywoof Project is named in memory of a dog that served for many years as an animal-assisted therapy dog and gave great comfort and joy to everyone he touched.

Knitting Group: We meet every Thursday from 2:00-4:00 p.m. at CPMC's California Campus, 3700 California Street, Room B560, San Francisco, to knit our blankets. It is not mandatory to attend, but we would enjoy meeting you and having you join our group. We suggest that anyone wishing to knit for the project have some knitting skills already, as we are unable to help beginners with instructions.

Yarns: Please see the attached list of yarns we accept for knitting blankets and for yarn donations. We have identified these yarns as soft and smooth enough to meet the needs of our recipients.

Donations:

We welcome donations of cash, yarn, and completed blankets. California Pacific Medical Center Foundation will provide written acknowledgement of donations, which are deductible to the extent allowed by law.

- **Cash gifts:**
Make checks payable and mail to:
The Woodywoof Project at CPMC
Foundation
Attention: Wayne Koike
1255 Post Street, Suite 1000
San Francisco, CA 94109
- **Give by phone:**
Call CPMC Foundation (415) 600-4403
with your credit card information.
- **Yarn and blanket donations:**
Bring or mail finished blankets
and donations of yarn to:
The Woodywoof Project
Volunteer Office
California Pacific Medical Center
3700 California Street, Room B560
San Francisco, CA 94118
- **Give online:** www.cpmcf.org
- **Contact Us:**
For more information on making a gift to
California Pacific Medical Center, contact:
Jana Cuneo, Director of Development
CPMC Foundation
Email: cuneoj@sutterhealth.org
Phone: (415) 600-2407
Website: www.cpmcf.org
- For more information on making a yarn
donation or knitting for The Woodywoof
Project, please contact:
Jean Scardina
Phone: (415) 585-5475
Email: [vjcardina@sbcglobal.net](mailto:vjscardina@sbcglobal.net)

Yarn:

We are using yarns specifically chosen to meet the needs of these very fragile children. They are all **machine-washable** and very, very soft. Some of the yarns we have identified to date include:

- **Bernat:** BABY , BABY SOFTEE,COTTONTOTS, SOFTEE CHUNKY,and BERELLA 4
- **Brown Sheep:** LAMB'S PRIDE SUPERWASH WOOL WORSTED and BULKY
- **Caron:** SIMPLY SOFT
- **Dale:** BABY ULL
- **Garn Studio:** BABY ULL and KARISMA
- **Lion:** BABY SOFT, WOOL EASE WORSTED, VANNA'S CHOICE, HOMESPUN, JIFFY
- **Louet:** GEMS OPAL, GEMS TOPAZ, and GEMS SAPPHIRE
- **Plymouth:** DREAMBABY, ENCORE DK, ENCORE WORSTED, and ENCORE CHUNKY
- **Red Heart:** SOFT BABY, SOFT, TLC BABY, TLC COTTON PLUS and TLC ESSENTIALS
- **Shepherd:** COLOUR 4 ME and BABY WOOL 4 PLY
- **Steinbachwolle:** BABI, BABI EFFEKT, GOLDEN BABY, and MERINO SOFT

YARN REQUIREMENTS						
Approximate yardage needed for different sized blankets						
GAUGE	TINY 23" x 23"	SMALL 26" x 26"	MEDIUM 35" x 41"	LARGE 50" x 60"	TINY 23" x 23" Bias / all garter stitch	SMALL 26" x 26" Bias / all garter stitch
7 sts = 1"	630 yds	800 yds	-----	-----	900 yds	1124 yds
5 ½ sts =1"	500 yds	620 yds	-----	-----	715 yds	900 yds
5 sts = 1"	490 yds	600 yds	1240 yds	-----	690 yds	850 yds
4 ½ sts = 1"	-----	530 yds	1030 yds	-----	-----	-----
4 sts = 1"	-----	-----	950 yds	1975 yds	-----	-----
3-3 ¼ sts = 1"	-----	-----	770 yds	1650 yds	-----	-----

Knitter's Guidelines:

Pattern: We can supply patterns, or you can use your own. We ask that the pattern you choose produce a very soft and smooth blanket. A blanket with a stockinette center and garter stitch borders works perfectly. Please avoid any pattern with a bumpy or holey texture. They are not safe for very small fingers and toes. We also have generic patterns that can be used.

Sizing: We make four sizes of blankets. Blanket sizes do not need to be precise.

- **Tiny:** 23" square
- **Small:** 26" square
- **Medium:** 35" x 41"
- **Large:** 50" x 60"

Gauge: If you use our generic patterns we suggest you swatch your yarns to be sure you achieve the gauge suggested on the pattern. If your gauge is off you will either have too much yarn left over or run out of yarn before the blanket is finished.

Yardage: We provide guidelines for the yardage required for each size blanket. The yardage shown is approximate. See below.

Joining new balls of yarn: When you reach about 15"-20" from the end of the ball of yarn, double up the end of the yarn and knit with it double until you reach almost the end of the loop of yarn you've made. Put the end of the new ball of yarn through the loop and let it extend for about 10" or so. Continue to knit with the doubled yarns until you have used it all and then continue knitting with the new ball. When you have finished and have washed the blanket, the ends that remain can be cut off carefully. There is no need to work in these ends.

Manufacturers' knots in the ball of yarn: If the yarn has a knot in it, **please** undo it. Undo any stitches you have knit until you have an end of about 15" – 20" and then proceed as if you were adding a new ball of yarn (see above). This is necessary as these knots, inevitably, undo later in the machine washing and drying and make the blanket unusable.

Finishing: Please work in the ends of yarn at the beginning and ending of the blanket. The ends within the blanket, if joined as suggested above, need not be worked in. The loose ends should be cut off carefully after machine washing and machine drying the blanket in unscented soap. Please include the label from a ball of yarn and your name, address, phone number and email address (if available).

Tracking Hours: It is very helpful to CPMC to know how much time you spent knitting the blanket. An estimate is fine. This information is used to credit the Volunteers for their hours worked and has nothing to do with how fast you knit.

Returning the blanket: When the blanket is completed, please mail or bring it to the Volunteer office:

The Woodywoof Project
CPMC Volunteer Office, Room B560
3700 California Street
San Francisco CA 94118

BLANKET PATTERN: TINY

Blanket Size 23" x 23"

DIRECTIONS	7 sts = 1"	5 ½ sts = 1"	5 sts = 1"	4 ½ sts = 1"	4 sts = 1"	3-3 ¼ sts = 1"
Cast on with the proper size needles....	161 sts	127 sts	115sts	-----*	-----	-----
Knit every row for.....	14 rows	12 rows	12 rows	-----*	-----	-----
Next row and all odd numbered rows-knit across all stitches						
Even numbered rows, knit 10 sts, purl across... 'til 10 sts remain, knit 10 sts	purl 141 sts	purl 107 sts	purl 95 sts	-----*	-----	-----
Repeat these two rows 'til 21 ½" from beginning						
Knit across every row for...	14 rows	12 rows	12 rows	-----*	-----	-----
Bind off all stitches						

* - Weight of yarn not suitable for these size blankets

BLANKET PATTERN: SMALL

Blanket Size 26" x 26"

DIRECTIONS	7 sts = 1"	5 ½ sts = 1"	5 sts = 1"	4 ½ sts = 1"	4 sts = 1"	3-3 ¼ sts = 1"
Cast on with the proper size needles....	182 sts	143 sts	130 sts	117 sts	-----*	-----
Knit every row for.....	14 rows	12 rows	12 rows	12 rows	-----*	-----
Next row and all odd numbered rows-knit across all stitches						
Even numbered rows, knit across 10 sts, purl across.... 'til 10 sts remain, knit 10 sts.	purl 162 sts	purl 123 sts	purl 110 sts	purl 97 sts	-----*	-----
Repeat these two rows until 24 ½" from beginning						
Knit across every row for...	14 rows	12 rows	12 rows	12 rows	-----*	-----
Bind off all stitches						

* - Weight of yarn not suitable for these size blankets

BLANKET PATTERN: MEDIUM

Blanket Size 35" x 41"

DIRECTIONS	7 sts = 1"	5 ½ sts = 1"	5 sts = 1"	4 ½ sts = 1"	4 sts = 1"	3-3 ¼ sts = 1"
Cast on with the proper size needles...	-----*	-----	175 sts	158 sts	140 sts	114 sts
Knit every row for.....	-----*	-----	12 rows	16 rows	16 rows	14 rows
Next row and all odd numbered rows, knit across all stitches						
Even numbered rows, knit across 10 sts, purl across..... til 10 sts remain, knit 10 sts	-----*	-----	purl 155 sts	purl 138 sts	purl 120 sts	purl 94 sts
Repeat these two rows until 37 " from beginning						
Knit across every row for...	-----*	-----	12 rows	16 rows	16 rows	14 rows
Bind off all stitches						

* - Weight of yarn not suitable for these size blankets

BLANKET PATTERN: LARGE

Blanket Size 50" x 60"

DIRECTIONS	7 sts = 1"	5 ½ sts = 1"	5 sts = 1"	4 ½ sts = 1"	4 sts = 1"	3-3 ¼ sts = 1"
Cast on with the proper size needles...	-----*	-----	-----	-----	200 sts	162 sts
Knit every row for.....	-----*	-----	-----	-----	20 rows	20 rows
Next row and all odd numbered rows, knit across all stitches						
Even numbered rows, knit across 13 sts, purl across... 'til 13 sts remain, k 13 sts	-----*	-----	-----	-----	purl 174 sts	purl 136 sts
Repeat these two rows until 57 ½" from beginning						
Knit across every row for...	-----*	-----	-----	-----	20 rows	20 rows
Bind off all stitches						

* - Weight of yarn not suitable for these size blankets