



Free Crochet Twist Knot Baby Headband Pattern

Newborn – 12 Months -- Ribbed Strip Tied Into A Knot

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A single strip of ribbed fabric, tied into one soft knot, then joined into a loop. No fussy shaping, no separate pieces to sew together -- the back-loop-only ribbing gives it just enough stretch to sit snugly without a squeeze.

Materials

Yarn	DK weight (Category 3) -- approx 35-50m
Hook	4.0mm (US G/6)
Notions	Tapestry needle, scissors, stitch marker (optional)

Gauge

Gauge doesn't need to be exact -- this pattern relies on stretch and a bit of trial and error. Check your strip length against the Sizing table below before tying the knot, and add or remove a few rows if needed.

Sizing

Size	Avg. Head Circumference	Finished Strip Length
Newborn	13-14 in / 33-36 cm	15 in / 38 cm
0-3 months	14-15.5 in / 36-39 cm	16 in / 41 cm
3-6 months	16-17 in / 41-43 cm	17.5 in / 44 cm
6-12 months	17-18 in / 43-46 cm	18.5 in / 47 cm

Strip length already includes extra for the knot -- once tied and joined, the headband sits about 2-2.5 inches smaller than head circumference.

Abbreviations

ch chain

hdc half double crochet

hdc-blo half double crochet, back loop only

sl st slip stitch

st(s) stitch(es)

row row

Pattern is written in US terms.

Instructions

Starting The Ribbed Strip

Chain 13 (11 sts + 2 for turning). **Row 1:** Starting in the 3rd ch from hook, 1 hdc in each ch across. Turn. (11 sts) **Row 2:** Ch 2, hdc-blo in each st across, working the last st into the top of the turning ch. Turn. (11 sts)

Working into the back loop only gives the strip its ridged, corded texture and its stretch.

Working To Length

Repeat Row 2 until your strip measures the Finished Strip Length for your size (see Sizing table), ending after a completed row. Measure flat and unstretched. Fasten off leaving a 12 inch tail for seaming.

Tying The Knot

Lay the strip flat. Find the center point and tie a single loose overhand knot in the middle, the same motion as tying a knot in a ribbon. Work it flat and centered with your fingers, then snug it just enough to hold its shape.

Joining Into A Loop

With right sides together, line up the two short ends. Using the long tail and a tapestry needle, whip stitch across the short edge through both loops on each side to join into a continuous loop. Turn right side out and settle the knot at center front. Weave in ends.

Finishing

Weave in all ends securely. Steam or lightly block the seam if it sits bulky. Machine wash at 30degC in a mesh laundry bag, reshape and lay flat to dry.

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