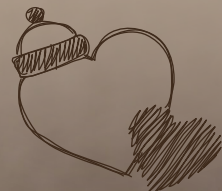


DO YOU
KNIT OR CROCHET?

We Need Your Help with

LITTLE HATS, **BIG HEARTS**™



#LittleHatsBigHearts is the American Heart Association/American Stroke Association's campaign, in connection with The Children's Heart Foundation, to collect knitted or crocheted red baby hats. The hats will be distributed to babies born in hospitals across the country during February, which is American Heart Month.

Volunteers across the country are recruited to create the hats during the fall and early winter. Collection times and participating hospitals are determined by local AHA/ASA offices.



YARN SPECIFICS

- + RED
- + COTTON OR ACRYLIC
- + MEDIUM TO HEAVY WEIGHT
- + MACHINE WASHABLE AND DRYABLE

PATTERNS

WE RECOMMEND SIMPLE HAT PATTERNS. WHILE WE LOVE BOWS AND BUTTONS, THEY CAN COME OFF AND CAN BE DANGEROUS FOR LITTLE ONES.

OTHER WAYS TO HELP

- + WASHING
- + PACKAGING
- + DELIVERING HATS

For more information about the #LittleHatsBigHearts project, including how to find your local AHA/ASA office, go to heart.org/littlehatsbighearts or email littlehatsbighearts@heart.org.

A LITTLE HISTORY

The Little Hats, Big Hearts™ program raises awareness of heart disease, the No. 1 killer of Americans, and congenital heart defects, the most common type of birth defect in the country. Little Hats, Big Hearts began in Chicago, as an American Heart Association program, in 2014. Thanks to thousands of volunteers across the country, Little Hats, Big Hearts is now in 40 states — and counting!