

# SERVICE

OPPORTUNITIES

## Little hats, big hearts™

Little Hats, Big Hearts™ honors babies, moms, and heart healthy lives in a very special way. In cooperation with American Heart Association® and Children's Heart Foundation™, Uintah Basin Healthcare is accepting knitted and crocheted red hats to be given out to babies born during February (American Heart Month). The red hats remind and empower moms to live heart healthy lives and to help their children do the same. Together, we are working to raise awareness, provide resources and inspire moms to take their family's heart health to heart while also raising awareness about Congenital Heart Defects.



### General Instructions:

1. Knitted or crocheted hats should be made with RED medium or heavy weight acrylic or cotton yarn, so they can be machine washed and dried.
2. Use your favorite hat pattern, or select a pattern from several listed on the AHA website at [www.heart.org/littlehatsbighearts](http://www.heart.org/littlehatsbighearts).
3. Most hats needed are for preemie or newborn infants, but since babies come in all sizes, we accept hats starting at micro-preemie and up to toddler size.
4. Your hats can be delivered to Uintah Basin Healthcare, and we will make sure they are accounted for, properly laundered, packaged and paired with educational materials from the American Heart Association® for the new parents.
5. We will accept "Little hats, big hearts" hat donations throughout the year, but please be aware that they will only be distributed to infants during February, unless an emergency need arises.



Volunteer Services  
UINTAH BASIN HEALTHCARE