

Daisy Farm Crafts

Bernat Future Hope Twist Headband



MATERIALS

Bernat Future Hope (100% recycled polyester, #4 worsted medium, 170 g/6 oz, 305 meters/333 yards)
1 skein, any color

Size H , 5mm hook, scissors, tapestry needle, tape measure

Link to Optional Video Tutorial: https://youtu.be/d0_Tvp_O7yE

STITCHES

Half Double Crochet (HDC): YO, insert your hook, YO and pull up a loop, YO and pull through all three loops on hook

Wide Half Double Crochet (wHDC): YO, insert your hook in between stitch posts of previous row, YO and pull up a loop, YO and pull through three loops on hook

SIZE CHART

AVERAGE HEAD CIRCUMFERENCE	
Preemie	12-13 inches
Newborn-3 Months	13-14 inches
3-6 Months	14-15 inches
6-12 Months	15.5-16.5 inches
12-24 Months	16-18 inches
Child (3-10 years)	19-21 inches
Teen/Small Adult	21 inches
Medium Adult	22 inches
Large Adult	23 inches

PATTERN

For one adult medium 22 inch head circumference

Chain 34, or 9 inches, (7 inches for children,) slip stitch to the first chain to make a circle.

Round 1: Work HDC into each chain around. When you reach the first stitch of the round, do not join. Continue in the same direction.

Round 2 until you have one inch less than head circumference (21 inches): Work wHDC, in between each post, (work under all three loops that an HDC makes.) Continue in the same direction, no joining the rounds or turning.

When you have the appropriate length, tie off with a long tail for sewing.

See the diagram below on how to fold the two ends of the headband:



Step 1: Lay the band out, fold it in half, and slide one side of the band across so one end is matched up to the middle of the other.

Step 2: Fold the right-hand side around the back.

Step 3: Fold the left-hand side around the front, giving you four layers.

Step 4: Sew with the tapestry needle through all four layers.