

MOTHER HOOD

IN SUPPORT OF THE DANISH MOTHERS' AID

MOTHER HOOD IS A COLLABORATION BETWEEN WOOL DAYS THY AND TRINE ELLEGAARD IN SUPPORT OF MØDREHJÆLPEN (THE DANISH MOTHERS' AID).

Mother Hood is a charity knitting project created in collaboration between Wool Days Thy and knitwear designer Trine Ellegaard in support of The Danish Mothers' Aid (Mødrehjælpen). Through this project, we invite knitters everywhere to join us in showing how knitting can make a real difference. Every knitted Mother Hood is a symbol of warmth, care and compassion for families who need support.



JOIN OUR PROJECT

Submit YOUR Mother Hood(s) by
August 15, 2026, to:

Wool Days Thy,
Bredgade 131,
7760 Hurup Thy
Denmark



Mødrehjælpen +



All finished Mother Hoods received will be exhibited during Wool Days Thy 2026. After the festival, all hoods will be donated to Mødrehjælpen's "Fra garn til barn" ("From Yarn to Child") project.

Mødrehjælpen (The Danish Mothers' Aid) is a Danish humanitarian organisation that provides advice and support to pregnant women and families when life becomes difficult, whether due to financial hardship, domestic abuse or illness. Every day, Mødrehjælpen helps vulnerable families who need it most. Wool Days Thy are proud to support this important work.

Thank you for helping us help others.

TRINE ELLEGAARDS INSPIRATION:

Mother Hood is a modern interpretation of the classic hoodie hood – it is a warm, and close-fitting hood that crosses softly in front for a youthful, contemporary vibe.

There are more than form and function to this design. The crossing edges echo an embrace, like two arms embracing a child – a child that sits close to its mother or leans against her. An image of safety, caring, and comfort.

The name Mother Hood is a play both in the shape of a hoodie hood and the meaning of motherhood: to care for someone, to be close and to offer comfort and safety. The hood is knitted not only with yarn but also with thoughtfulness and empathy.

It is my hope that this Wool Days Thy project will inspire many mothers and knitters throughout the country and beyond to knit and donate Mother Hood hoods to Mødrehjælpen/Mothers' Aid as a tangible gesture and symbol of care for families in need.

Please share your
Mother Hoods on social
media
#MOTHERHOOD
#WOOLDAYSTHY2026
#FRAGARNTILBARN

Wool Days Thy and
knit designer Trine
Ellegaard, Knitamore
in support of
Mødrehjælpen

MOTHER HOOD

Mother Hood is knitted top down in plain stocking stitch, starting with a knitted square for the top. Stitches are then picked up along two edges, from which knitting continues back and forth with a few short rows to create a nice, rounded shape in back. There is some plain knitting until it's time for increases in front to prepare the crossing. The hood stitches are set aside while you knit a double-knitted edging along the opening. To complete the hood, the front edges are crossed, and knitting continues in the round with increases to make the hood flare nicely on the shoulders. The final touch is a 3 x 3 rib around the bottom.

SIZES 1 [2] 3 [4] 5

Width for hood lying flat (measured halfway down before increases): approx 20 [21.5] 23.5 [25] 27 cm. / 8" [8.5"] 9.25" [10"] 10.5".

Size guide:

Sizes 1 [2] 3 [4] 5 fit head circumference: 48-50 [50-53] [53-55] 55-57 [57-59] cm / 19"-19.5" [19.5"-21"] [21"-21.75"] 21.75"-22.5" [22.5"-23.25"].

Mother Hood is designed to be slightly oversized to fit like a hood on a hoodie – but with a crossing overlap under the chin.

BLOCKED GAUGE: 16 sts x 25 rows over stocking stitch with 4.5 mm or 5 mm (US 7 or US 8) needles = 10 x 10 cm (4" x 4").

YARN SUGGESTIONS

Mødrehjælpen welcomes hoods made with good quality yarn such as wool, alpaca, cotton, or other natural animal or plant fibers – and that they contain a maximum of 25% manmade materials. In addition, please avoid hairy yarns if you are knitting hoods for small children.

Suggestion 1 (primarily for sizes 4 & 5): Approx. 100 [100] 100 [100] 100 g Aria by Lana Gatto 50% baby alpaca, 50% merino, 125m [150 yds] per 50 g.

Suggestion 2 (2 strands held together): Approx. 100 [100] 100 [150] 150 g Supersoft by Lana Gatto 100% merino, 125 m [150 yds] per 50 g + approx. 25 [25] 25 [50] 50 g Kimsa by Smuksak Garn 100 % alpaca, 200 m [250 yds] per 25 g.

Mother Hood is designed with remnants and stash yarn in mind. Choose a soft yarn with natural fibers – and pay attention to gauge so that you end up with a nicely shaped and well-fitting hood.

Pictured hoods: khaki and grey hoods: knitted with Lana Gatto Aria. Pink, beige, blue hoods: knitted with Lana Gatto Supersoft held together with Smuksak Kimsa.

SUGGESTED NEEDLE SIZES:

Suggestion 1:

N1: 4.5 mm [US 7] circular needle (60–80 cm / 24"–32") for the hood and the bottom rib or size to obtain gauge.

N2: 3.5 mm [US 4] circular needle (60–80 cm / 24"–32") for edging.

N3 & N4: double pointed needles for the double-knitted edging, 3.5 mm [US 4].

Suggestion 2:

N1: 5 mm [US 8] circular needle (60–80 cm / 24"–32") for the hood and the bottom rib or size to obtain gauge.

N2: 4 mm [US 6] circular needle (60–80 cm / 24"–32") for edging.

N3 & N4: double pointed needles for the double-knitted edging, 4 mm [US 6].

INCREASES

Increases are directional (right- and left-leaning).

m1L (make 1 left): with left needle pick up bar between stitches from below and from front, knit into back leg of this loop,

m1R (make 1 right): with left needle pick up bar between stitches from rear/behind, knit into front leg of this (twisted) loop,

SHORT ROWS

Mother Hood uses German short rows (GSR). Tip: watch this tutorial video:

<https://www.youtube.com/watch?v=z-E3YSHPQYs>

ABBREVIATIONS

dpn = double pointed needle

GSR = German Short Row

incrs = increases

k = knit

k2tog = knit 2 stitches together

M = marker

m1L = make 1 left

m1R = make 1 right

p = purl

p&k = pick up & knit

PM = place marker

R = row

Rnd = round

RS = right side

sl1wyf = slip 1 purl wise with yarn in front

SM = slip marker

ssk = (slip 1 knit wise) twice, slip these 2 sts back to left needle and knit them together through the back loop

st(s) = stitch(es)

WS = wrong side

YO = yarnover (from back to front)

x = times (work instructions more/x times as indicated)



PATTERN

TOP OF HOOD

A square in stocking stitch creates the top.

N1: circular, 4.5 mm or 5 mm [US 7 or US 8]

Cast on [with N1] 16 [18] 20 [22] 24 sts.

Setup Row [WS]: purl.

R1 [RS]: knit.

R2 [WS]: purl.

Work Rows 1 & 2 again x 12 [13] 14 [15] 16.

You have worked a total of 27 [29] 31 [33] 35 rows.

Cut the yarn, slide stitches onto the cable of N1 and set aside.

Pick up 6 knit stitches along the sides for side panels.

Working from RS, pull the left tip of N1 in place to start your pick up at the lower right corner of the square [at the beginning of the cast on] as follows:

RS: p&k 16 [18] 20 [22] 24 sts from cast on along right side up to the resting stitches, YO, PM, k2tog, knit across the resting sts to last 2 sts, ssk, PM, YO, p&k 16 [18] 20 [22] 24 sts along left side down to the cast on.

48 [54] 60 [66] 72 sts. Cut the yarn.

Shape crown & back with short rows [GSR] & increases. Use Magic Loop to create the necessary knitting space for the beginning of this section. After the short rows are complete, you can resume normal knitting back and forth without magic looping.

RS: slip 9 sts from left needle to right needle.

Join new yarn.

R1 [RS]: knit to 1 st before M, k1 [into the YO], SM, knit to M, SM, k1tbl [into the YO], knit to last 9 sts, turn [GSR].

R2 [WS]: [GSR], purl to last 6 sts, turn [GSR].

R3: [GSR] knit to M, m1R, SM, knit to M, SM, m1L, knit to last 6 sts, turn [GSR]. = 2 incrs

R4: [GSR], purl to last 3 sts, turn [GSR].

R5: knit to M, m1R, SM, knit to M, SM, m1L, knit to last 3 sts, turn [GSR]. = 2 incrs

R6: [GSR], purl to end.

R7: knit to M, m1R, MR, knit to M, MR, m1L, knit to end. = 2 incrs

R8: purl.

You have made 6 increases and there are 54 [60] 66 [72] 78 sts.

SIDE PANELS

Knit stocking stitch back and forth until work measures 12 [12] 13 [14] 14 cm [4.75" [4.75"] 5" [5.5"] 5.5"] from the pickup edge. Continue in stocking stitch and make increases as instructed below.

Tip: you may place a marker 3 sts from each edge to keep track of your increases.

R1 (RS): k3, m1L, knit to last 3 sts, m1R, k3. = 2 incrs
R2 (WS): purl.

Work Rows 1 & 2 again x 10 [11] 11 [12] 14.

You have made 22 [24] 24 [26] 28 increases and there are 76 [84] 90 [98] 106 sts.

DOUBLE-KNITTED EDGING

N2: the smaller circular, 3.5 mm or 4 mm [US 4 or US 6]

N3 (dpn): 3.5 mm or 4 mm [US 4 or US 6]

The edging is knitted around the front opening from the hood's right side to its left side. Begin by picking up & knitting approx. 118 [124] 130 [136] 142 sts as follows:

Sizes 1 [2]: with N2 p&k 49 [51] sts along right side, pickup & knit 20 [22] sts in the cast on along the top, p&k 49 [51] sts along left side. Cut the yarn.

Sizes 3 [4] 5: with N2 p&k approx. 1 st in each row along each side (for approx. 50 [52] 54 sts along each side), and 3 for every 2 sts in the cast on along the top to get approx. 30 [32] 34 sts along the top. Cut the yarn.

118 [124] 130 [136] 142 sts

Italian cast on

With N3 and new yarn cast on 9 sts, starting with a purl CO.

Tip: watch this video tutorial: https://www.youtube.com/watch?v=QTF8Eb_dIKo

Setup double knitted edging

R1 (RS): (k1, sl1wyf) to last st, k1.

R2 (WS): sl1wyf, (k1, sl1wyf) to end.

Work Rows 1 & 2 again x 2 (for a total of 6 rows).

Attach double-knitted edging along opening

N2: circular with picked up sts

N3: dpn

At the end of each RS row: make a ssk to attach the last stitch on N3 to a stitch on N2.

RS: slide the 9 edging stitches from N3 to the tip N2 at the lower right front edge of the hood.

Row 1 (RS): with N3 (k1, sl1wyf) x 4, ssk (last stitch together with the first st on N2), turn.

Row 2 (WS): with N2 sl1wyf, (k1, sl1wyf) to end.

Work Rows 1 & 2 along the opening until no stitches remain on N2.

Tip: watch this video tutorial: <https://www.youtube.com/watch?v=VklW6Ww0Tu4>

There are 9 sts on N3 and you are at the lower edge of the hood's left front side. Cut the yarn.



CROSS IN FRONT

To make the cross, you place the hood's left side (N3 & left tip of N1) on top of its right side (right tip of N1) and knit the two sides together. Tip: watch this video tutorial: <https://www.youtube.com/watch?v=Wb5BQ-Pgtl4>

N1: circular with hood sts

N3: dpn with edging sts

N4: additional dpn

Setup

RS [at left edge]: slide 6 [8] 10 [10] 10 sts from N1 (circular) to N3 (dpn) and set N3 sts aside for now.

RS [at right edge]: with N4 pick up (but don't knit) 4 sts in the loops of the Italian cast on.

Place N4 behind the left tip of N1, (keeping N3 out of the way).

With N1, k2tog (1 stitch each from N1 & N4) x 4 – no sts remain on N4 – knit to last 11 [13] 15 [15] 15 sts on N1.

Place N3 in front of N1, k3tog (2 sts from N3 with 1 st from N1) x 4, k2tog (1 st from each needle) until no stitches remain on N3. All sts are on N1.

The cross is complete and there are 68 [76] 80 [88] 96 sts on N1.

Increase for shoulders

Rnd 1: knit and make 34 [38] 40 [38] 36 m1L-increases evenly distributed across the round.

102 [114] 120 [126] 132 sts

Rnd 2: knit to center back, PM. This is the beginning of the round.

Knit in the round for another 3 [3] 3 [4] 4 cm [1.25" [1.25"] 1.25" [1.5"] 1.5"].

Rib (k3, p3) for another 2.5 cm [1"].

Bind off in 3 x 3 rib.

FINISH

Carefully weave in all ends.

Soak or steam the hood and block while it is still damp.

LÆS MERE OG FØLG OS HER:



WWW.WOOLDAYS.DK | [@WOOLDAYSTHY](https://www.instagram.com/wooldaysthy)

WWW.MOEDREHJAELPEN.DK | [@MOEDREHJAELPEN](https://www.instagram.com/moedrehjaelpen)

WWW.KNITAMORE.COM | [@KNITAMORE_KNITWEAR](https://www.instagram.com/knitamore_knitwear)

