

# Broken Checkerboard Bonding Square



A bonding square, or more accurately a pair of bonding squares, are a way for a premature baby and its parents to bond, by smell. Usually premature babies aren't able to be physically touched very often, which is one way that early bonds are formed.

The parents are given two identical squares, usually each measuring around 5" square. One square is kept with the baby, and one is kept on the parents. Roughly every 12 hours they are swapped over, fresh with Mummy, Daddy, and baby smells.

This bonding square design uses an easy knit and purl texture to create a simple but effective bonding square.

## introduction

### Materials:

Standard DK Weight Yarn—approximately 20g for both squares (10g each)  
- the samples here used Stylecraft Special DK in the colour Bluebell  
4.00mm Knitting Needle  
Darning Needle

### Difficulty: Beginner

#### Skills Used:

Knit & Purl  
Slipped stitches

### Sizing:

Gauge: not overly important, but fabric should not have holes large enough for teeny tiny fingers  
Size: Approximately 5" square

### Abbreviations:

K = knit  
P = purl  
Sl1 = slip stitch knitwise with the yarn in the front, move the yarn to the back ready to continue  
St/ sts = stitch/ stitches  
RS/ WS = right side of work (i.e. front)/ wrong side of work (i.e. back)

### Pattern Construction:

Each square is meant to be identical for the purpose of its creation, so you will need to make two squares.

## pattern instructions

### Pattern (Make 2)

With 4.00mm needles, cast on 28 stitches using cable cast on method.

Row 1 (RS): Sl1, knit to end.

Rows 2-4: As row 1.

Row 5: As row 1.

Row 6: Sl1, \*k2, p2\* repeat to last 3 sts, knit to end.

Row 7: As row 1.

Row 8: As row 6.

Rows 9-12: As row 1.

Repeat rows 5-12 another four times.

Cast off and weave in all ends.



## Help and Support

I hope that you thoroughly enjoy knitting this pattern.

If you have any questions, technical difficulties, or need help, please email [help@thefatedknitter.co.uk](mailto:help@thefatedknitter.co.uk). Knitting is meant to be stress-free, so please don't hesitate to get in touch if you have any problems, questions, or comments.

We aim to respond within 48 hours of receiving your message, excluding weekends.

## ...and Finally...

I would LOVE for you to share photos of your finished projects with me!

You can find my page, The Fated Knitter, on Facebook, and share your photos in the “visitor posts” section.

Have lots of fun, and I hope to hear from you soon!

Best wishes,  
Sam xox

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