

# Baby Steps:

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## An Introduction to Sock Knitting



*This pattern will walk you through each step in the process of creating a simple sock from the cuff down. And what better way to get acquainted with the building blocks of socks than by knitting a pair of adorably tiny baby socks? They also make fantastic quickie gifts for baby showers!*

### FINISHED MEASUREMENTS

Circumference: 4 inches / 10 cm  
Foot length: 3.5 inches / 8.75 cm  
Leg height: 3.5 inches / 8.75 cm  
*To fit a newborn, approximately*

### GAUGE (after blocking)

22 sts/28 rows = 4 inches / 10 cm  
in stockinette stitch

### MATERIALS

Worsted weight yarn: 50 yards  
US #6 / 4mm needles (DPNs, 2 circulars, or  
1 long circular for magic loop)  
Tapestry needle

### ABBREVIATIONS

**k2tog** = knit next 2 stitches together – 1 stitch decreased

**p2tog** = purl next 2 stitches together – 1 stitch decreased

**sl** = slip next stitch as if to purl

**ssk** = slip next 2 stitches, one by one, as if to knit, then return both stitches to left needle and knit them together through back loop – 1 stitch decreased

**wyib** = with yarn back

**wyif** = with yarn in front

## INSTRUCTIONS

### CUFF

*A top-down sock starts with the cuff, which is typically just a tube of ribbing. The number of rounds worked in the cuff can easily be adjusted for a shorter or taller sock.*

CO 24 sts using long tail method, or stretchy cast-on of your choice.

Distribute sts over 3 or 4 DPNs or over 1 or 2 circular needles, depending on your preference. It will be easier to work the ribbing if there is an even number of sts on each needle.

Join to work in the round, being careful not to twist the sts.

**Round 1:** [K1, p1] around.

Repeat Round 1 until sock measures 1 inch from CO edge.



### LEG

*The leg is another simple tube of stockinette stitch in this case. The number of rounds worked in the leg can easily be adjusted for a shorter or taller sock.*

**Round 1:** K around.

Repeat Round 1 until sock measures 1.5 inches / 3.75 cm from CO edge.

### HEEL FLAP

*The heel flap is worked back and forth in rows across only half of the stitches. This flap of fabric will extend downward to cover the back of the heel.*

**Row 1 [RS]:** K12, turn.

Remaining sts will not be worked during the heel. Transfer them all to a single needle, or the middle of your cord if working magic loop, to be held for later. Heel flap sts can also be placed on a single needle to work this section.

**Row 2 [WS]:** Sl1 wyif, p11, turn.

**Row 3:** Sl1 wyib, k11, turn.

**Row 4:** Sl1 wyif, p11, turn.

Repeat Rows 3-4 an additional 3 times, for a total of 10 rows in the heel flap.

### HEEL TURN

*The heel turn is made of very easy short-rows that bend the fabric around the curve of the heel to transition into the bottom of the foot.*

**Row 1 [RS]:** K8, ssk, turn, leaving 2 sts of heel unworked

**Row 2 [WS]:** Sl1 wyif, p4, p2tog, turn, leaving 2 sts unworked.

**Row 3:** Sl1 wyib, k4, ssk, turn, leaving 1 st unworked.

**Row 4:** Sl1 wyif, p4, p2tog, turn, leaving 1 st unworked.

**Row 5:** Sl1 wyib, k4, ssk, turn.

**Row 6:** Sl1 wyif, p4, p2tog, turn.

**Row 7:** Sl1 wyib, k5.



## GUSSET

*The gusset is formed from stitches picked up along each side of the heel flap, worked along with the instep and sole stitches. These extra stitches give the sock a greater circumference to cover the ankle. Decreases on both sides cause the sock to narrow again for the foot.*

**Round 1:** Pick up & k6 sts from first side of heel flap (1 st for each slipped st along edge), k12 sts across instep, pick up & k6 sts from other side of heel flap (1 st for each slipped st along edge), k3 sts from heel turn, leaving 3 sts of heel turn unworked. – 30 sts

You are now at the center of the bottom of the foot. This will be the new beginning of your rounds.

If using 3 DPNs, redistribute sts so there are 10 sts first needle, 10 sts on second needle, and 10 sts on third needle.

If using 4 DPNs, redistribute sts so there are 6 sts on first needle, 9 sts on second needle, 9 sts on third needle, and 6 sts on fourth needle.

If using 1 or 2 circular needle(s), redistribute sts so there are 15 sts on each needle.

**Round 2:** K8, k2tog, k10, ssk, k8. – 28 sts

**Round 3:** K around.

**Round 4:** K7, k2tog, k10, ssk, k7. – 26 sts

**Round 5:** K around.

**Round 6:** K6, k2tog, k10, ssk, k6. – 24 sts

## FOOT

*The foot is another simple tube of stockinette stitch in this case. The number of rounds worked in the foot can easily be adjusted for a shorter or longer sock.*

**Round 1:** K around.

Repeat Round 1 until sock measures 2.75 inches / 7 cm from back of heel.



## TOE

*Finally, paired decreases on either side reduce the foot to a point for the toe.*

**Round 1:** K3, k2tog, k2, ssk, k6, k2tog, k2, ssk, k3. – 20 sts

**Round 2:** K around.

**Round 3:** K2, k2tog, k2, ssk, k4, k2tog, k2, ssk, k2. – 16 sts

**Round 4:** K around.

**Round 5:** K1, k2tog, k2, ssk, k2, k2tog, k2, ssk, k1. – 12 sts

**Round 6:** K2tog, k2, ssk, k2tog, k2, ssk. – 8 sts

Cut yarn, thread tail through remaining sts, pull tight & tie off.

Repeat from beginning for second sock.

Weave in ends.