

Free Crochet Headband Sizing Chart





Crochet Headband Sizing Chart

Age/Size	Head Circumference (cm)	Head Circumference (inches)	Headband Length (cm)	Headband Length (inches)
Preemie	23–30.5 cm	9–12 inches	20 cm	7.9 inches
Baby	35.5–40.5 cm	14–16 inches	31 cm	12.2 inches
Toddler	40.5–46 cm	16–18 inches	37.5 cm	14.7 inches
Child	45.5–51 cm	18–20 inches	42 cm	16.5 inches
Tween	51–56 cm	20–22 inches	48 cm	18.9 inches
Woman	53–58.5 cm	21–23 inches	50 cm	19.6 inches
Man	56–61 cm	22–24 inches	53 cm	20.8 inches

Guidelines for Adjusting Length:

Negative Ease: The headband lengths are about 2-4 inches (5 - 10 cm) shorter than the head circumference for a snug fit.

Stretchy Stitches: If you're using a stretchy stitch like ribbing or a yarn with some elasticity, you may want to make the headband 3–4 inches (7.5–10 cm) shorter than the head circumference. This ensures the headband stays snug and doesn't end up loose after stretching.

Custom Fit: Measure the recipient's head and adjust the headband length as needed to get a perfect fit.

Free Crochet Headband Pattern - Perfect For Beginners:

<https://startcrochet.com/easiest-crochet-headband-pattern-for-beginners/>

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I'm May, the designer behind [Start Crochet Blog](#). Thank you for downloading this template. I hope you enjoy it! Let me know if you have any questions.

Happy crocheting!

May xx



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