

TRAUMA TEDDY KNITTING PATTERN

COVID Note: Bears can be quarantined or 72 hours before transactions.

Pattern is simple for those who knit and can make good use of small pieces of wool left over from major projects carried out during the year.

You will need:

No 10 (3.25mm) needles, Double Knitting wool in 4 colours.

Colour 1 – for the head and paws,

Colour 2 – for the trousers,

Colour 3 – for the jumper,

Colour 4 – for the scarf

Finishing: Please stuff the teddy with either polyester or other healthy padding. Foam rubber is not recommended as babies/young children might chew it.

Do not use buttons or beads or anything hazardous which may become detached and be a hazard to young children.

Instructions: (Numbers can be halved for smaller bears if you have limited resources.)

Cast on 10 stitches of main colour - knit 10 rows

Continue in garter stitch for 30 rows in trouser colour.

Leave on spare needle and make another leg in the same way.

Knit across all 20 stitches and work 16 rows.

Change to jumper colour and knit 24 rows

Change to main colour for head and also change to stocking stitch 5.5 inches (14cm).

Change to jumper colour and knit 24 rows.

Continue remainder of Teddy in reverse order and cast off.

Stitch down the sides of the head. With jumper colour, pick up 8 stitches on either side of the neck join (16 in all) and knit 20 rows. Change to main colour and knit 10 rows for paws and cast off.

Scarf: Cast on 75 stitches in colour 4

Knit 4 rows and cast off.

Tie scarf on teddy at the back of the neck, close to the jumper edge. Don't sew down the front.

Turn right side out and sew diagonal top corner for the ears before stuffing.

Sew up teddy leaving opening in crotch.

After stuffing, run a thread through the knitting around the neck to draw it in

Sew a happy face and for mouth use either a stem stitch or back stitch.

TRAUMA TEDDY CROCHET PATTERN

Made using 8ply acrylic, and a 4mm hook

All dc rows start with a turning chain (ch1) unless otherwise stated

In white, ch 11

Dc in second ch from hook, dc across (10 stitches)

Dc the next 14 rows, break yarn

Join the colour you are using for your shorts. Dc across for 5 rows, break yarn and finish off.

Do this again for the other leg, but instead of breaking yarn, dc back across this leg, and dc across the first leg you made to join them. (20 stitches)

Dc across another 6 rows.

Change to the shirt colour

Dc across for 10 rows

Dc 20, ch 9

Turn and dc into the second ch from the hook.

Dc into the next 7 ch, dc across your dc's, and chain

Turn work and dc in second ch from hook.

Dc in next 7 chains and dc all the way across

Dc the next 7 rows

DC28, ch1, turn and dc 20

Join your white yarn and dc 17 rows break off yarn and finish off.

Make another of these, sew your face onto one side, then with pieces together (face side in) sew around your teddy, leaving the top of his head open.

Turn it out the right way and stuff, whipstitch through the front loops along the top of his head for a nice nearly invisible join.

Using white yarn, running stitch a line to form a triangle ears on the top corners of his head