

TRAUMA TEDDY KNITTING PATTERN

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

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.

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