



KNIT OR CROCHET A TRAUMA TEDDY

Trauma Teddies are handmade teddy bears provided by emergency service providers such as police, fire service and hospitals to children that are affected by traumatic situations.

Trauma Teddies provide comfort, distraction and can be very soothing to children that are experiencing upsetting events or difficult situations.

Winter Woollies is all about spreading warmth and kindness, and in 2025 we would like to donate Trauma Teddies to the statutory and community organisations that provide the above services to families in need across our Borough.

KNIT A TRAUMA TEDDY:

This pattern is simple and can make good use of small pieces of wool.

You will need

- No 10 (3¼mm) needles
 - Double knitting wool in four colours:
 - o Colour 1 for the head and paws
 - o Colour 2 for the trousers
 - o Colour 3 for the jumper
 - o Colour 4 for the scarf
 - Stuffing: Please stuff the teddy with either polyester or other healthy padding. Foam rubber is not recommended as babies or young children might chew it.
 - Needle and thread
- **Note Do not use buttons or beads as they may be a hazard to young children.****



Instructions

- 1 Cast on 10 garter stitches main colour.
- 2 KNIT 10 rows and CONTINUE in garter stitch for 30 rows in trouser colour. Leave on spare needle and make another leg in the same way.
- 3 KNIT across all 20 stitches and work 16 rows.
- 4 CHANGE to jumper colour and KNIT 24 rows.
- 5 CHANGE to main colour for head and also CHANGE to stocking stitch 5½ inches (14cm).
- 6 CHANGE to jumper colour and KNIT 24 rows.
- 7 CONTINUE teddy in reverse order and cast off.
- 8 STITCH down the sides of the head. With jumper colour, pick up 8 stitches either side of the neck join (16 in all) and KNIT 20 rows.
- 9 CHANGE to main colour and KNIT 10 rows for paws and cast off.

For the scarf

- 1 Cast on 75 stitches in colour 4. KNIT 4 rows and cast off.
- 2 Tie scarf on teddy at the back of the neck, close to the jumper edge. Don't sew down at the front.
- 3 Turn right side out and SEW diagonal top corners for ears before stuffing.
- 4 SEW up teddy leaving opening in crotch to stuff.
- 5 STUFF the teddy then run a thread through the knitting around the neck to draw it in.
- 6 SEW a happy face using stem or back stitch.

CROCHET A TRAUMA TEDDY:

****Using UK abbreviations****

Made using DK acrylic, and a 4mm hook.

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

- In head/body colour, 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 for another 6 rows
- Change to 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 9
- 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.
- Dc 28, ch1 turn and dc 20.
- Join your head/leg colour yarn, and dc 17 rows, break yarn and finish off.
- Make another of these, sew your face, onto one side, then with the 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 triangle ears on the top corners of his head.

