

# Trauma Teddies® instructions and pattern

Over 1 million children have cuddled a comforting Trauma Teddy since we first started hand-knitting them back in 1990. Each year around 50,000 Trauma Teddies are lovingly hand-knitted, sewn, and finished by many volunteers and knitting groups around Australia.

Thank you for contributing your time and skills to help produce a bear that cares. You will be helping to give comfort to children in emergencies or during difficult times.



## Knitting a Trauma Teddy

These notes are important to read before you start knitting your Trauma Teddy.

To maintain quality and safety each Trauma Teddy must pass a strict quality inspection before it can be given out. Follow these instructions and your Teddy will meet the requirements.

**Safe and strong.** Only safe and strong Teddies can become Red Cross Trauma Teddy.

Your teddy will be hugged tightly, dropped, even chewed by a distressed child. It must be made of clean, safe materials and must not fall apart.

**Yarn.** Use only 8 ply wool or acrylic yarn. No mohair, angora, Feathersoft, Lurex or cotton

yarn should be used anywhere on the Teddy as these can cause allergic reactions.

**Teddy dimensions.** Trauma Teddy should be approximately 20 cm (8 inches) tall before filling, or 23cm (9 inches) tall after filling.

**Needles.** Use size 3mm (11) or 3.25mm (10) needles depending on whether you are a loose or firm knitter. If your Teddy is too long, use thinner needles. If it is too short, use thicker needles.

**Plain knitting.** Only use garter stitch (all plain knitting). Although you must use the numbers of stitches and rows given in the pattern on the next page, you can change the number of rows in each colour, e.g. for shoes. You can also knit stripes (in even numbers of rows only).

**Head and hands.** For the head, use a colour

that is light enough for the black features to be seen clearly but make Teddies with a variety of face tones to suit every child who may receive one. If you want your Trauma Teddy to have “hands”, change the colour for a few stitches at the beginning and end of rows in the sleeves by twisting the yarns together on the “wrong” side of the knitting.

**No loose pieces.** Trauma Teddies must never have any loose pieces or extras such as scarves unless they are knitted into the fabric of the Trauma Teddy.

**No knots.** Yarn must only be joined at the end of the row, never in the middle. Leave a tail to sew into the seam to prevent unravelling.

**Yarn for sewing up.** When casting on or off or changing colour, leave plenty of yarn for sewing up plus, and also some extra head colour for the neck and ears.



## Knitting and finishing instructions

**Knitting needles.** Use size 3mm (11) or 3.25mm (10) needles and 8 ply yarn.

**Legs and shorts.** Cast on **10** stitches, knit **20** rows. Change colour for shorts and knit **8** rows. The legs are **28** rows in total. Knit a second leg to match then knit across both legs for another **12** rows (**40** in total so far).

**Shirt.** Change colour for shirt and knit **12** rows. Cast on **10** stitches for the sleeves at the beginning of the next **2** rows and knit **12** more rows. Cast off **10** stitches at the beginning of the next **2** rows. (**68** rows in total so far).

**Head.** Change colour for head and knit **26** rows. Cast off. The Trauma Teddy is **94** rows in total. Knit another side to match.

**Sewing up.** *Sewing pins or needles left inside Trauma Teddies are dangerous. Do not use pins at all and use just one sewing (or darning) needle at a time. Better to be safe than sorry!*



Use the yarn left when changing colour to sew up the Trauma Teddy, using small, neat stitches. Leave the top of the head open.

Darn about 2-4 cm of yarn into the seam or across the back of the fabric, so seams don't come undone if the Trauma Teddy is cuddled too hard.

Don't leave long ends inside that a child could pull through and wrap around a finger.



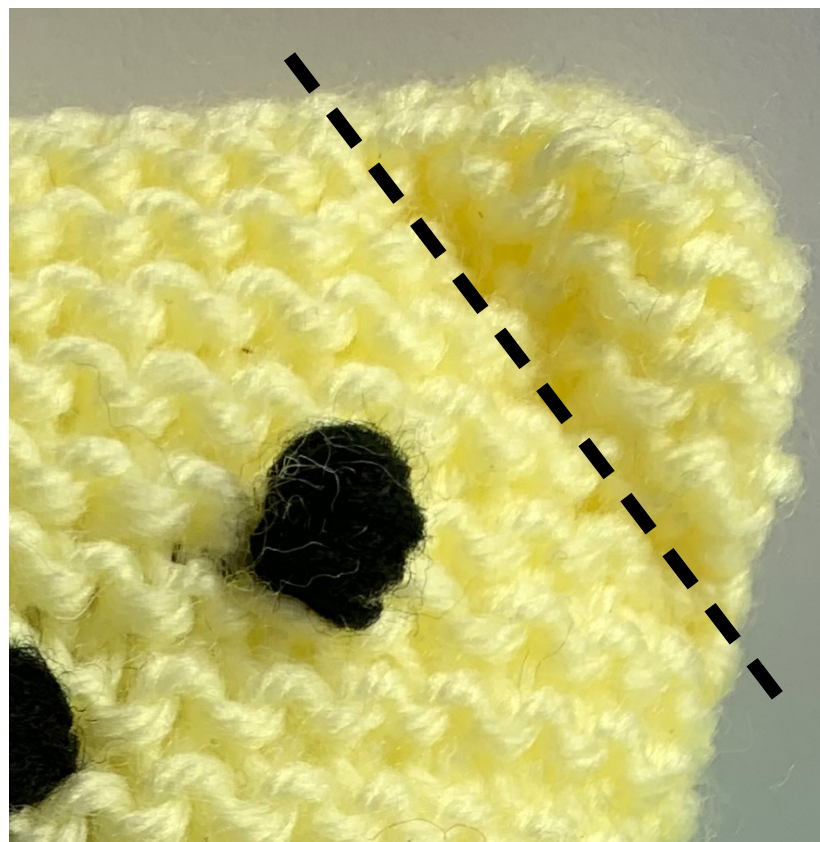
**Filling.** Trauma Teddies should be stuffed with a polyester monofilament (Dacron) fibre approved by Red Cross. *Always check the filling for impurities and make sure it is soft and clean.* Never use bean bag filling, corn, stockings, foam rubber nor cut up rags. Tear the filling into small pieces and fluff it up before filling the legs and body. The Teddy should be firm, but not too hard. A good test is to hold it by the legs – it should be able to “stand up”.



**The neck and head.** Using matching yarn or thread and using a small running stitch (make it small so little fingers cannot get caught) gather in the neck. Draw the thread to make a well-defined neck, but don't pull it too tight. If necessary, push more filling into the body and arms. Fill the head firmly. Join the two cast off edges at the top of the head with a neat seam, putting in more filling if necessary.

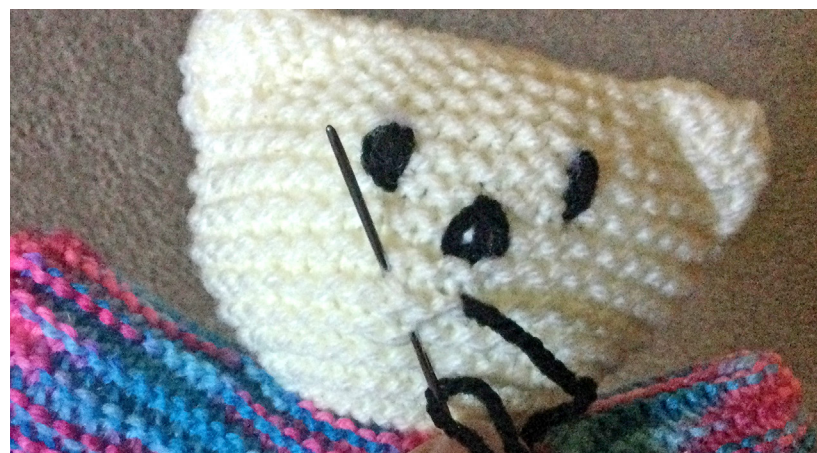
Finish off securely. Do not add bows or scarves.

**The ears.** Sew the ears after you have filled and sewn up the head. They should measure slightly less than a thumb's width across the corner of the head. Make rounded Trauma Teddy ears, depending on where the yarn is.



If there is enough yarn in place after casting off, run it down the side of the head for about 10 rows. Next, pull the yarn gently to make the corner of the ear slightly round. Sew running stitches diagonally to the top of the head and back down. Secure the end of the yarn and make sure to darn it in.

If there is no yarn in place, count down about 10 rows. Thread new yarn up to the corner of the head and back down again. Pull the yarn gently to make the corner of the ear slightly round. Sew running stitches diagonally to the top of the head and back down. Tie off the two ends of the yarn and darn in the ends.



**Teddy's face.** Make a happy face, with an upturned mouth. Use black yarn for all the features. It can be sewn using any stitch, but stitches should cover no more than two rows or two stitches of knitting, to stop a small finger getting caught. Faces should preferably be stitched after your Teddy is sewn up and stuffed. If you are doing it before, remember to allow room for the ears to be sewn down.

**To avoid the risk of choking, never use plastic or button eyes or noses.**

## Quality Control

Quality and safety are important for all Trauma Teddies. Each Trauma Teddy must be inspected by your local coordinator. Once passed a Red Cross identification label will be sewn on to the Trauma Teddy at a Red Cross finishing school. An approved teddy always has the Red Cross patch sewn onto its tummy by a Red Cross volunteer. Please do not hand out a Trauma Teddy until it has passed inspection.

## More information

For more information about Trauma Teddies or to find your local Trauma Teddy Coordinator, visit [redcross.org.au/trauma-teddy](http://redcross.org.au/trauma-teddy). Australian Red Cross is the legal owner of the trademark Trauma Teddy: A use by anyone other than Australian Red Cross of the Trauma Teddy mark (and this includes the description "Trauma Teddy" in connection with small bears known as teddies, and in the registered categories, is an actionable breach of the Copyright Act 1968. Trauma Teddy may be referenced when each knitted teddy produced is inspected and labelled by Red Cross prior to distribution.