

# Pattern for knitted standard Trauma Teddies<sup>®</sup>

**Important:** For additional instructions on how to sew up and complete a Trauma Teddy please use this pattern in conjunction with the Teddy instructions published on our website.

## 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.

On the next row knit **9** stitches across the first leg, knit together the last stitch of this leg and the first stitch of the second leg, knit to the end.

On the next row, knit twice into the centre double stitch. Then knit across both legs for another **10** rows (**40** rows in total).

## Shirt and arms

Change colour for shirt and knit **12** rows.

Cast on **10** stitches for the sleeves at the start of the next **2** rows & knit **12** more rows.

Cast off **10** stitches at the beginning of the next **2** rows. (**68** rows in total).

## Head

Change colour for head and knit **26** rows. Cast off.

The Trauma Teddy is **94** rows in total. Knit another side to match.

The flat half should measure about **20cm** top to toe, if less increase needle size, if more, try a size smaller needles.

