

Additional instructions for sewing up Trauma Teddies®



Yarn for sewing up

Each time you cast on or off, or change colour, be sure to leave enough yarn for sewing up. Allow three times the length of the seam to be sewn. Remember to leave extra head colour yarn for the neck and ears.

Sewing up

Sewing pins or needles left inside Trauma Teddies are dangerous. Never use pins and use just one sewing (darning) needle at a time. Better to be safe than sorry! If it helps you can use a bulldog clip or a peg to hold a seam together while sewing.

Place the two skins together and with one strand of yarn use small, neat stitches to over sew the seam. Match stripes and colour changes neatly. You can either sew with right sides facing out, then turn the teddy inside out to darn in the ends or, this

is the preferred way, you can sew with right sides together and turn the teddy right side out before stuffing.

Make sure you darn about 3–4 cm of yarn into the seam or across the back of the knitting, so seams don't come undone if the Trauma Teddy is cuddled too hard. Do not leave long ends inside that a child could pull through and wrap around a finger.

Leave the top of the head open ready for filling. For the cast-off rows on the shoulder sew the 'inside rows' together to make a neat seam. Tie any loose threads together.



Filling

Trauma Teddies should be stuffed with a polyester monofilament (Dacron) fibre approved by Red Cross. Never use bean bag filling, corn, stockings, foam rubber or 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 feet or lower legs – it should be able to 'stand up'. Make sure the stuffing reaches the end of the legs and arms.

To make the neck, at the row where the colour changes for the head, use small stitches over and under just two threads, then draw the thread to make a well-defined neck, but don't pull it too tight. Tie the two ends with an overhand knot and sew them into the filling material. If necessary, push more filling into the body and arms. Fill the head firmly.

Sewing the head and ears

Join the two cast off edges at the top of the head with a neat seam, putting in more filling if necessary.

Use the remaining thread to make the ears. Run it down the side of the head for about 1/3 down (10 rows for standard Teddies). 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 darn it in. Repeat for the second ear.

If there is no yarn left for sewing the ear, count down about 10 rows and thread new yarn up to the corner of the head and back down again, and sew the ear as described above.

To make the faces

Make a happy face, with an upturned mouth. Use black yarn for all the features. It can be sewn using any stitch, but stitches must cover no more than two rows or two stitches of knitting, to stop a small finger getting caught. Faces should preferably be stitched after the bear is stuffed.

Look at some pictures, to see where to place the face, make sure it is not too high up. We suggest you start with the eyes, about across the 5th and 6th row from the top and about 3 or 4 stitches from the centre line, then the nose in the centre and the mouth below the nose. Don't do too many stitches for the eyes and the nose or make the mouth too big. The Teddy should smile, but not look fierce and scary!

