

DOLLS OF HOPE TEDDY BEAR PATTERN

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Below are the basic instructions for the teddy bear pattern. Please contact us if you have ANY questions.

- 1) Download and print the pattern out (it will print as two 8.5 x 11 pieces of paper) and tape the two pieces together.
- 2) Cut out the pattern.
- 3) Choose fabric (please use soft fabrics like flannel, minkee, fleece, etc, good quality quilters cotton also works as it is softer)
- 4) Place the right sides of the fabric together
- 5) Trace pattern on the wrong side of one piece of the fabric. Ideally please use a fabric vanishing / disappearing tracing marker or a fabric tracing pen or pencil. Please do NOT use a sharpie as it often shows through the fabric.

NOTE: To ensure the correct size of the finished teddy bear please sew directly on the line that you have traced.

- 6) Cut the bear outline out of the material however PLEASE do NOT cut on the line you traced, but instead cut approximately 1/4-1/2 " from the line you've traced. You can also cut out a general shape and cut closer to the line after you've sewn the two pieces of fabric together. Please see the pictures below for clarification.



7) Using the pattern, please mark where to embroider the eyes, nose and mouth on one side of the bear. Place the pattern on the side that's traced and then folding the material and pattern back mark on the right side of the fabric where to put the nose and eyes and then you can eyeball the mouth after the eyes and nose are on.

8) Hand or machine embroider the face using embroidery thread (PLEASE DO NOT use PAINT or SHARPIES or FABRIC MARKERS, BUTTONS, etc on the faces). You can also use a piece of wool felt for the nose and stitch it on with embroidery thread as this will save a little time embroidering the face. Some have also used small felt circles and hand stitched them on for the eyes. If hand embroidering the face, please HIDE THE KNOTS ON THE INSIDE of the bear, starting on the wrong side of the pattern, so the children will not be tempted to pull at the knot and unravel the face. And please make sure to add a COMPLETE FACE (eyes, nose and mouth). Please do not use French knots on the eyes/face as they aren't always secure and little fingers may be tempted to pull them and loosen the embroidery floss.

NOTE: It is possible to embroider the facial features after the bear is finished using the technique shown in this video:

<https://www.youtube.com/watch?v=W9BCCZxMzU&feature=youtu.be>

A brief explanation of the technique shown in the video: Thread your needle with the embroidery floss. Tie a knot and pull the needle through from the back of the head to the point where you want to start stitching. Pull the knot through the fabric at the back of the head, pull gently and the knot will pop through the back of the head, so the knot will now be in between the bear's head.

When you are done the facial features, push your needle through to the back of the bear. Tie a knot and then push the needle back through the same hole and out another area of the back of the bear so the knot is now hid in the middle of the bear. Pull gently and cut your thread close to the body so the embroidery floss hides in the body of the bear and is no longer visible.

9) Sew around the bear, starting at the bottom of the right leg and sewing on the line you traced all the way around the bear and finishing at the top of the right leg. This leaves a straight opening in the right leg that will be used to stuff the bear. Please do not start on the head as it typically results in losing part of the ear shape.

10) Carefully clip all of the curved areas and corners around the sewn bear, clipping every 1/4" or so. Be careful to clip close to the sewn line without actually cutting the sewn line. Clipping the curved areas and corners will prevent pulling and puckering of the bear when the bear is turned right side out.

11) Turn the bear right side out. Please make sure the ears and arms are turned right side out completely.

12) Using small handfuls of polyfill stuff the bear. Start by filling one ear, then the other ear, then fill the head, then one arm, then the other arm. Then fill the body and move

on to the legs, filling the one with the hole you're using to add the polyfill last. Please make sure all parts of the bear are filled and adjust any polyfill as necessary before moving on to the next step. NOTE: You should use approximately 65-70 grams of polyfill to fill the bear. Under stuffing the bear results in the bear looking limp and wrinkly. Over stuffing the bear results in the bear being too firm to squish and cuddle and often results in the seams being pulled apart or splitting. When the bear is filled properly you can squeeze and squish it and it will return to its original shape.

13) Hand stitch the opening closed as neatly as possible using an invisible ladder stitch or a slip stitch. Please hide the knots on the inside of the bear so the children will not be tempted to pull at them and potentially open up the opening. Ladder Stitch tutorial can be found here:

<https://dollsanddaydreams.blogspot.com/2010/11/how-to-close-softies-and-dolls-ladder.html>

NOTE: Making items correctly takes extra time and effort, but it also means your items are filled with more love and I believe the children can feel that love.

Quality Control:

*Please use colorful, bright and SOFT fabrics, preferably knit, flannel, minky, fleece or soft cotton. I've been mixing and matching doing one side with flannel or knit and the other side (the back) with minky or fleece and they turn out super cute.

*Please do NOT under stuff or overstuff the bears but fill them completely so the arms and ears and legs are all filled. Under stuffing makes the items look wrinkly or limp while overstuffing can cause the seams to pull apart.

*Please make sure to hide all knots (from the hand embroidered face and sewing the opening used to turn and stuff the bear closed). Please see the tutorials shared above.

*Please do not use French knots on the faces as they aren't always secure and little fingers may be tempted to pull them and loosen the embroidery floss.

*Please do not use markers to make the faces as they often bleed and don't look as cute.

Bears should be sent to Sarah Parson. Please email dollsofhopeinternational@gmail.com or message Dolls of Hope on Facebook messenger for the mailing address.

If you are local to Utah County, Utah and want to arrange a meet up / pick up, please contact Sarah Parson.



