

What are Trauma Teddies?

Trauma Teddies is a partnership between Children 1st and Police Scotland aiming to provide comfort and support to any child affected by traumatic or distressing events in Scotland. Police Officers attending incidents will give Trauma Teddies to children as a simple distraction to help take a child's focus away from potentially upsetting circumstances. This will help Police Officers build a relationship and turn the experience from a negative into something positive.

Get in Touch

If you would you like to chat about Trauma Teddies or our work at Children 1st please get in touch:

- Call us on **0141 419 1158**
- Email us at **fundraising@children1st.org.uk**
- Visit **www.children1st.org.uk** to find out more

As well as providing comfort to children, families will receive information about how they can access support through our local services and through Parentline, our national digital family support service.

Parentline is just one of the vital Children 1st services that help to put children first and it's only possible with your support.



Trauma Teddy Appeal We need your help!

Knitting & Crochet Pattern



INVESTORS
IN PEOPLE



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Registered Scottish Charity No. SC016092

You will need:

KNITTING

- Double Knit yarns. Mixed, bright colours for clothing and a separate colour for body such as fawn. Small amount of black or dark coloured yarn for stitching face.
- Size 11 (3mm) knitting needles. A stitch holder or large safety pin would be useful.

CROCHET

- 8ply acrylic, and a 4mm hook.

FOR BOTH

- Stuffing - use polyester or equivalent; foam rubber is not recommended.

Crochet Pattern

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

IN white, 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 white 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.



Knitting Pattern



KEY:

Garter stitch: - all rows are knitted

Stocking stitch: - one row knit, one row purl

PATTERN:

Paws and trousers:

Using main teddy colour cast on 10 stitches and proceed in garter stitch for 10 rows.

Change to trouser colour and continue in garter stitch for 30 rows.

Break off yarn and repeat, casting on again for other leg. Stitches can be left on pin or stitch holder for ease.

Using garter stitch and trouser colour, knit across all 20 stitches and work 16 rows.

Jumper:

Change to jumper colour and work 24 rows.

Head and Face:

Change to main teddy colour and in stocking stitch work 5.5 inches.

Change back to jumper colour and in garter stitch work 24 rows. Continue working in reverse order to complete legs and paws.

Stitch a happy face onto front of head using back or stem

stitch in black or dark coloured yarn. Fold knitting in half at top of head to locate position.

On wrong side, stitch sides of head together then turn right way.

Arms:

Pick up 8 stitches either side of neck join (16 in total) and in garter stitch work 20 rows. Change to main teddy colour for paws and work a further 10 rows. Cast off. Repeat for other arm.

To Make Up:

On wrong side, stitch up teddy with relevant colours leaving an opening in crotch for stuffing. Turn to right side.

Stitch across corners of head for ears before stuffing.

Stuff rest of teddy and finish stitching crotch area.

Run a thread around the neck area and draw in slightly to create better shape.

Scarf:

Cast on 75 stitches in bright coloured yarn and using garter stitch work 4 rows and cast off. Tie round neck and stitch securely to back of neck. Do not stitch down at front.