



DOLLS OF HOPE “HOPE” DOLL PATTERN

- Created for Dolls of Hope
Contact:
dollsofhopeinternational@gmail.com
801-369-0915

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

1) Download and print the pattern out (it will print as three 8.5 x 11 pieces of paper) and tape the two pieces of the body together. Note: additional patterns for hair are included that you can print if you choose.

2) Cut out the pattern pieces.

3) Choose fabric (preferably soft fabrics like flannel, minky, fleece, etc, however soft quilters cotton also works).

4) Pin the pattern to the wrong side of the fabric and cut out. You will need the following pieces:

- Body (2)-place right sides together
- Head (1 from hair colored felt for the back of the head, 1 out of skin colored fabric for the face)
- Hair (1 from hair colored felt)
- Pigtails (2)-optional

5) Using a fabric vanishing / disappearing tracing marker or a fabric tracing pen or pencil and the pattern, please mark where to embroider the eyes, nose and mouth on the skin colored head piece of fabric.

6) Hand or machine embroider the face using embroidery thread.

PLEASE DO NOT use PAINT or SHARPIES or FABRIC MARKERS, BUTTONS, etc on the faces.

ADD a COMPLETE FACE (eyes and mouth and you may also add cheeks if you would like).

Some individuals have 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 doll, starting on the wrong side of the pattern. If the knots are on the outside the children may be tempted to pull at the knot and unravel the face.

Please DO NOT use French knots on the eyes or cheeks 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 doll 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 doll's head.

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

8) Sew the hair onto the skin colored head at the hairline (as shown in the picture) as close to the edge of the felt as possible.



9) On the short side of the pigtail pieces, fold the bottom up $\frac{3}{4}$ of the way to the top and sew as close to the edge as possible. The two pigtails should be mirrors of each other, rather than identical.



10) Sew the pigtails on to the front of the head, with the folded part facing in toward the face.



11) Sew the face to one of the body pieces on the dotted lines with right sides together.



12) Sew the hair colored felt head to the other body piece on the dotted lines with right sides together.

13) Open and press the seams of the front and back pieces.



14) Placing right sides together sew around the doll body with a $\frac{1}{4}$ inch allowance, leaving a small opening in the side of the body (this hole will be used to stuff the doll). It is best if you start sewing on the bottom right leg and then sew around the entire doll ending at the top of the right leg.

15) Carefully CLIP all of the CURVED areas and corners around the sewn doll, 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 doll when the doll is turned right side out.

16) Turn the doll right side out, being careful to make sure you turn the arms and head out completely.

17) Using small handfuls of polyfill stuff the doll. Start by filling the head, then fill one arm, then the other arm. Then fill the body and move on to the legs, filling the one with the hold you're using to add the polyfill last. Please make sure all parts of the doll are filled and adjust any polyfill as necessary before moving on to the next step.

NOTE: Under stuffing the doll results in the doll looking limp and wrinkly. Over stuffing the doll results in the doll being too firm to squish and cuddle and often results in the seams being pulled apart or splitting. When the doll is filled properly you can squeeze and squish it and it will return to it's original shape.

18) 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 doll 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 do NOT use camo fabric.

*Please USE colorful, bright and SOFT fabrics, preferably fleece, flannel, minky, knit, or soft cotton. Feel free to mix and match colors and fabrics. The children love bright and colorful bears.

*Please ADD a complete face, with eyes, nose and mouth.

*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 make sure to CLIP all seams before you turn the doll right side out. See STEP 15

*Please DO NOT use markers to draw the faces as they often bleed and don't look as cute.

*Please make sure ALL knots (from the hand embroidered face and sewing the opening used to turn and stuff the doll closed) are on the inside of the doll. Please see the tutorials shared above.

*Please do NOT under stuff or overstuff the dolls 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.

Dolls should be sent to Sarah Parson. Please email dollsofhopeinternational@gmail.com or message Dolls of Hope on Facebook 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.

TO MAKE A HIJAB

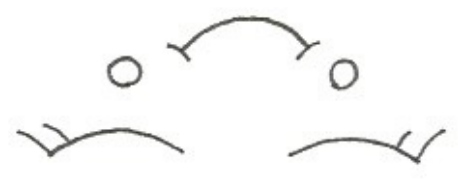
- 1) Cut a piece of knit fabric approximately 20" x 10".
- 2) Wrap the fabric around the dolls head to form a hijab.
- 3) Sew the wrapped fabric to the doll (tacking the fabric on the doll in 4-5 places)
OR you could sew small pieces of Velcro to the doll and the hijab allowing the child who receives it to take the hijab off and put it back on. You could also attach the hijab with a safety diaper pin, allowing the child to take the hijab on and off.

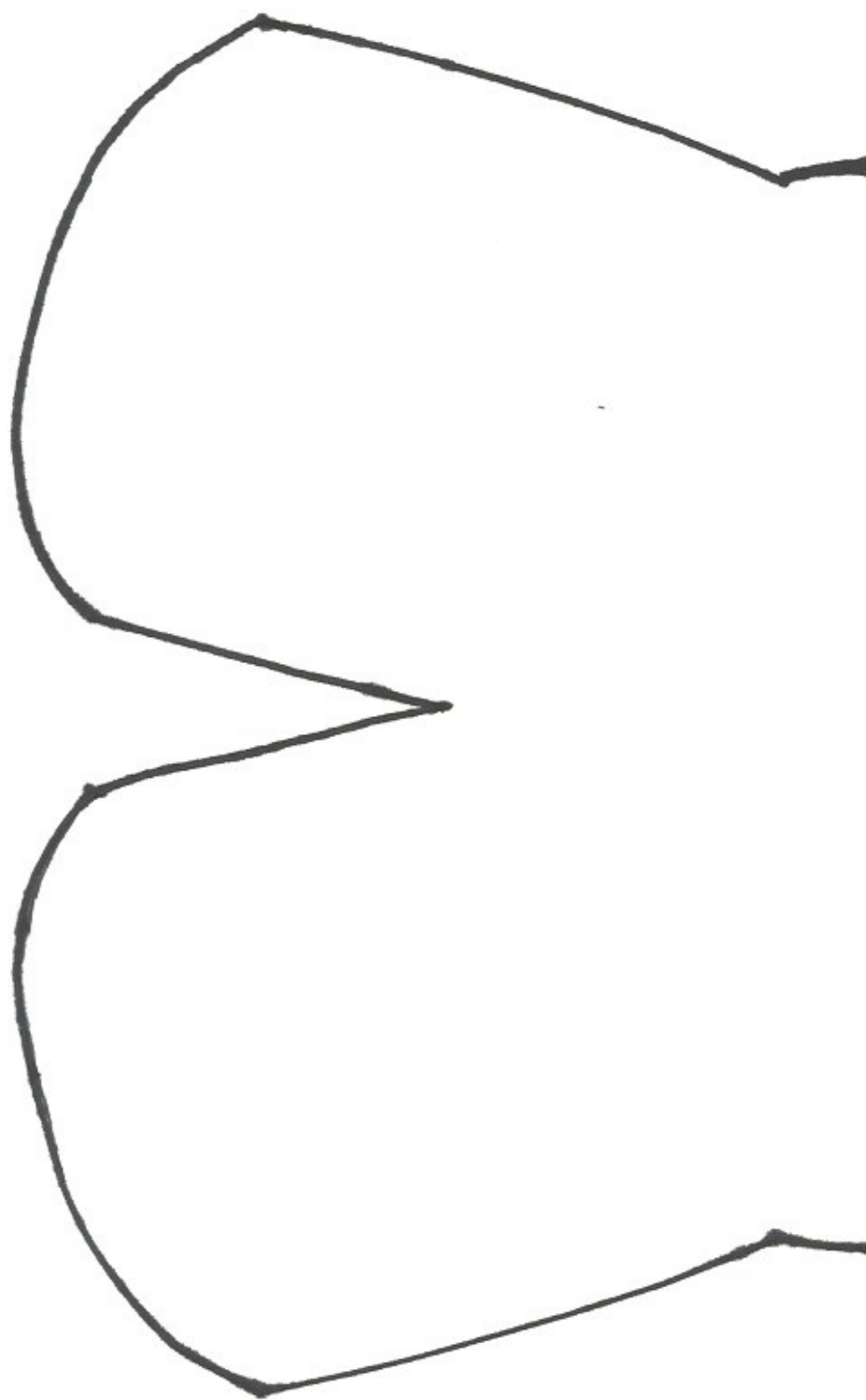


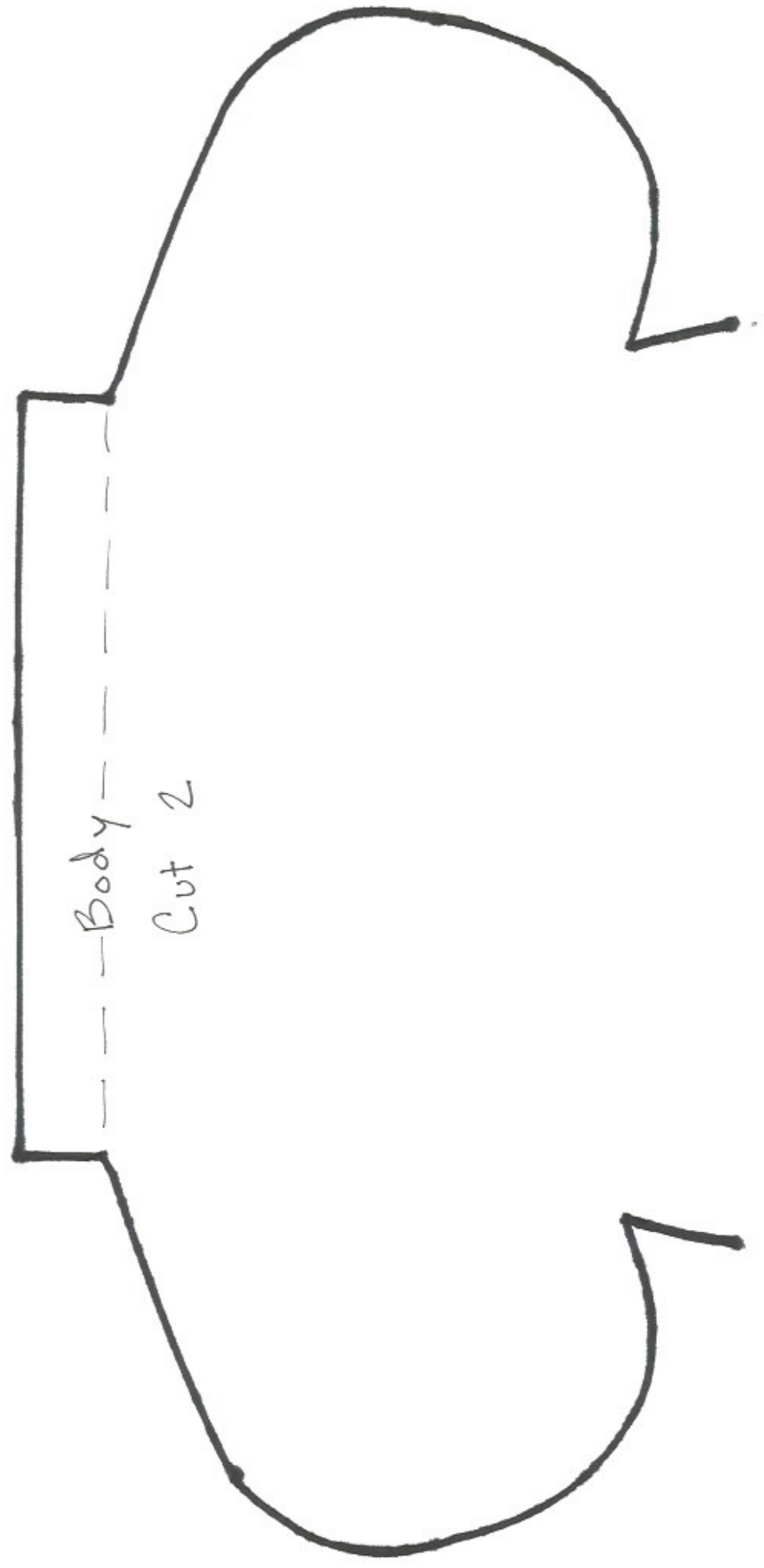
Hair
Cut 1

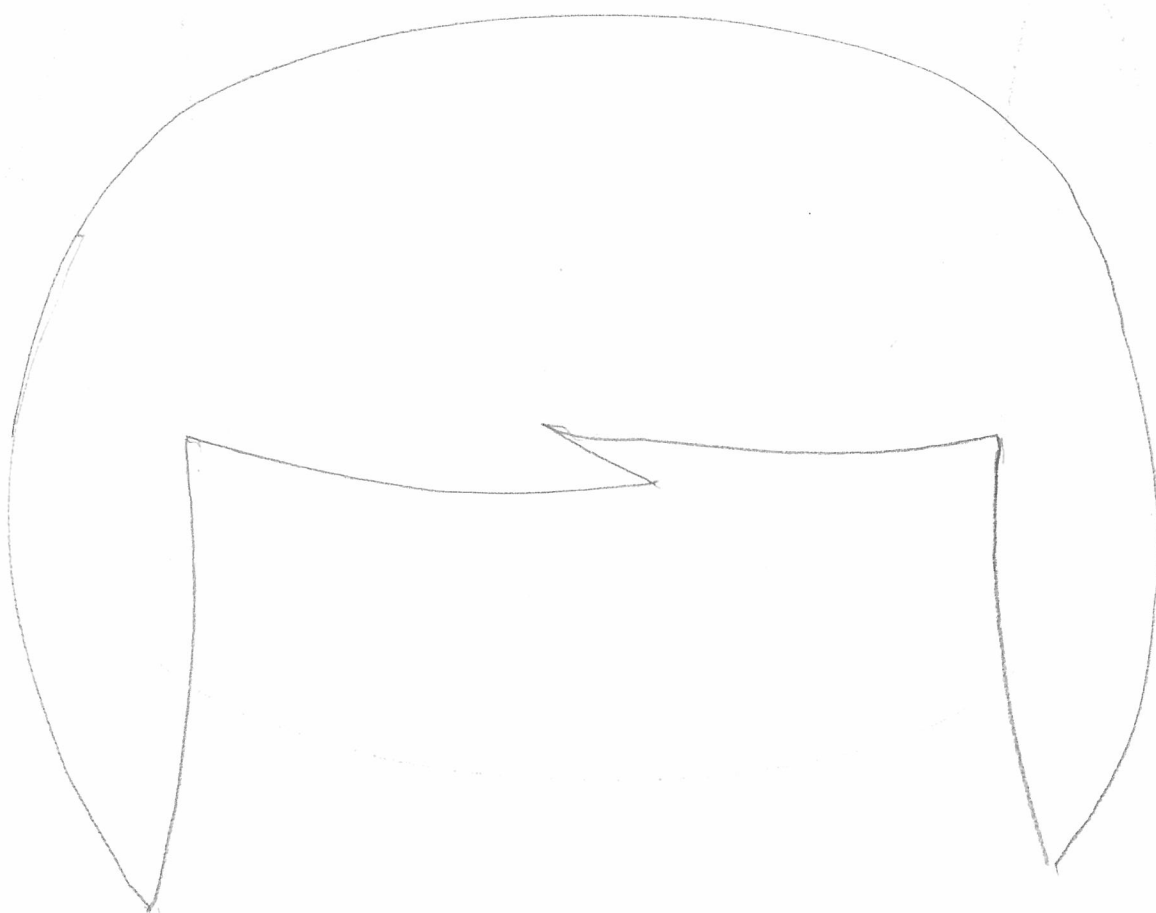
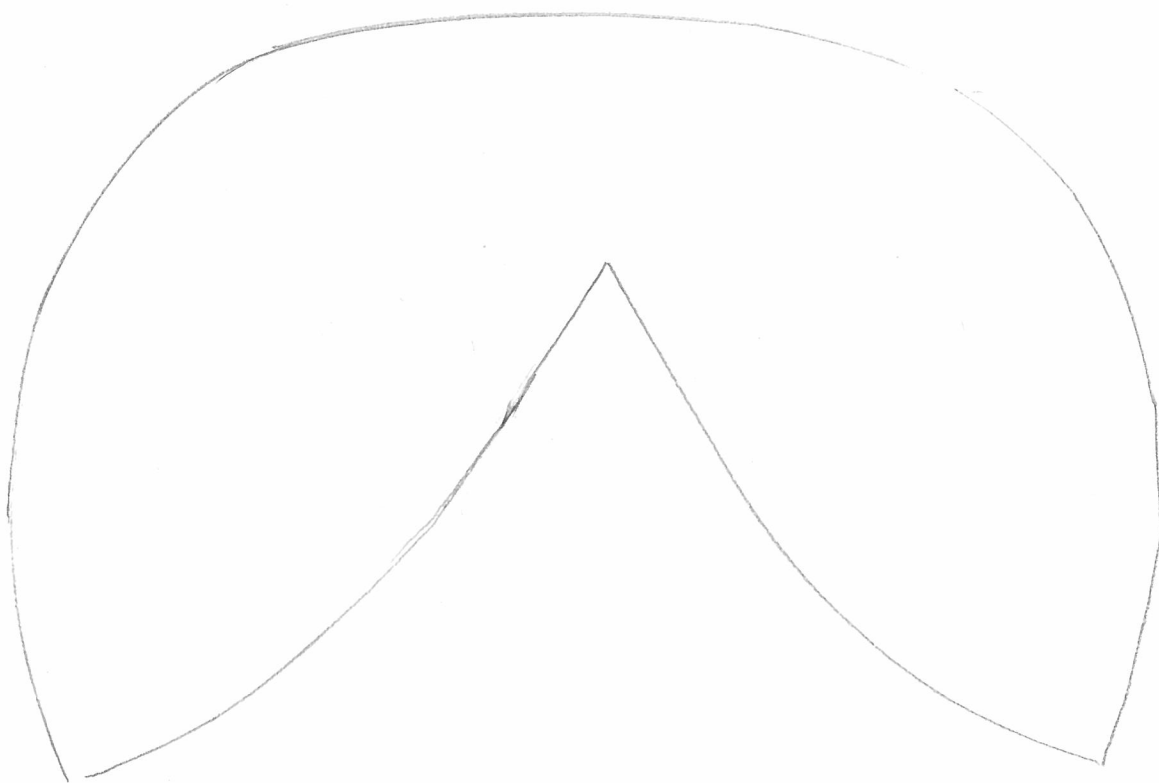
pigtails
cut 2

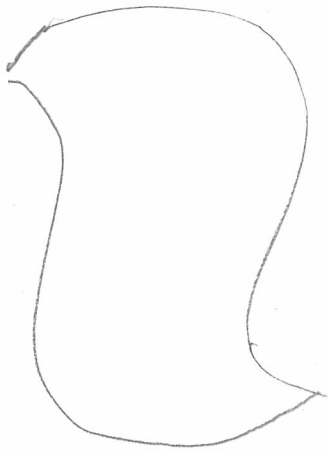
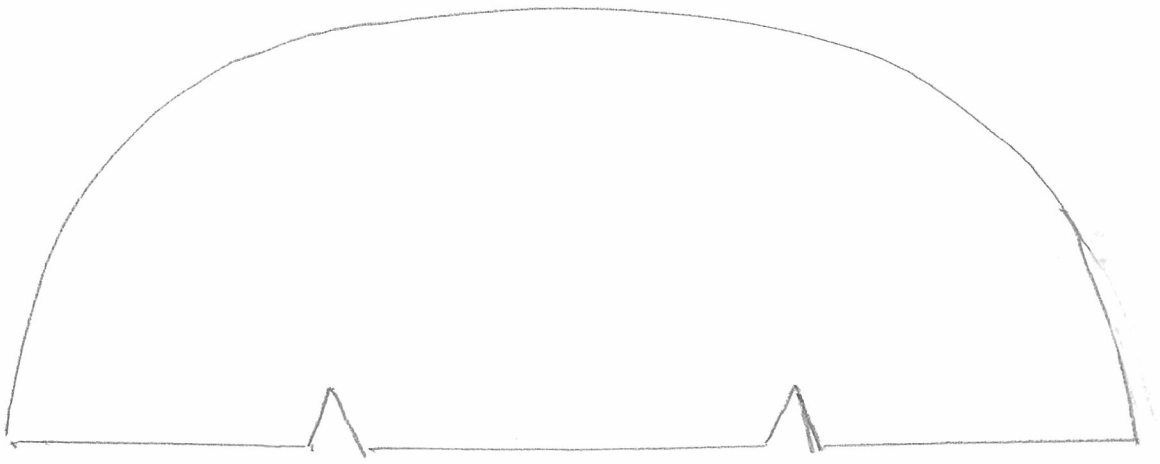
Head
Cut 1 - hair color
Cut 1 - skin color
(2 total)





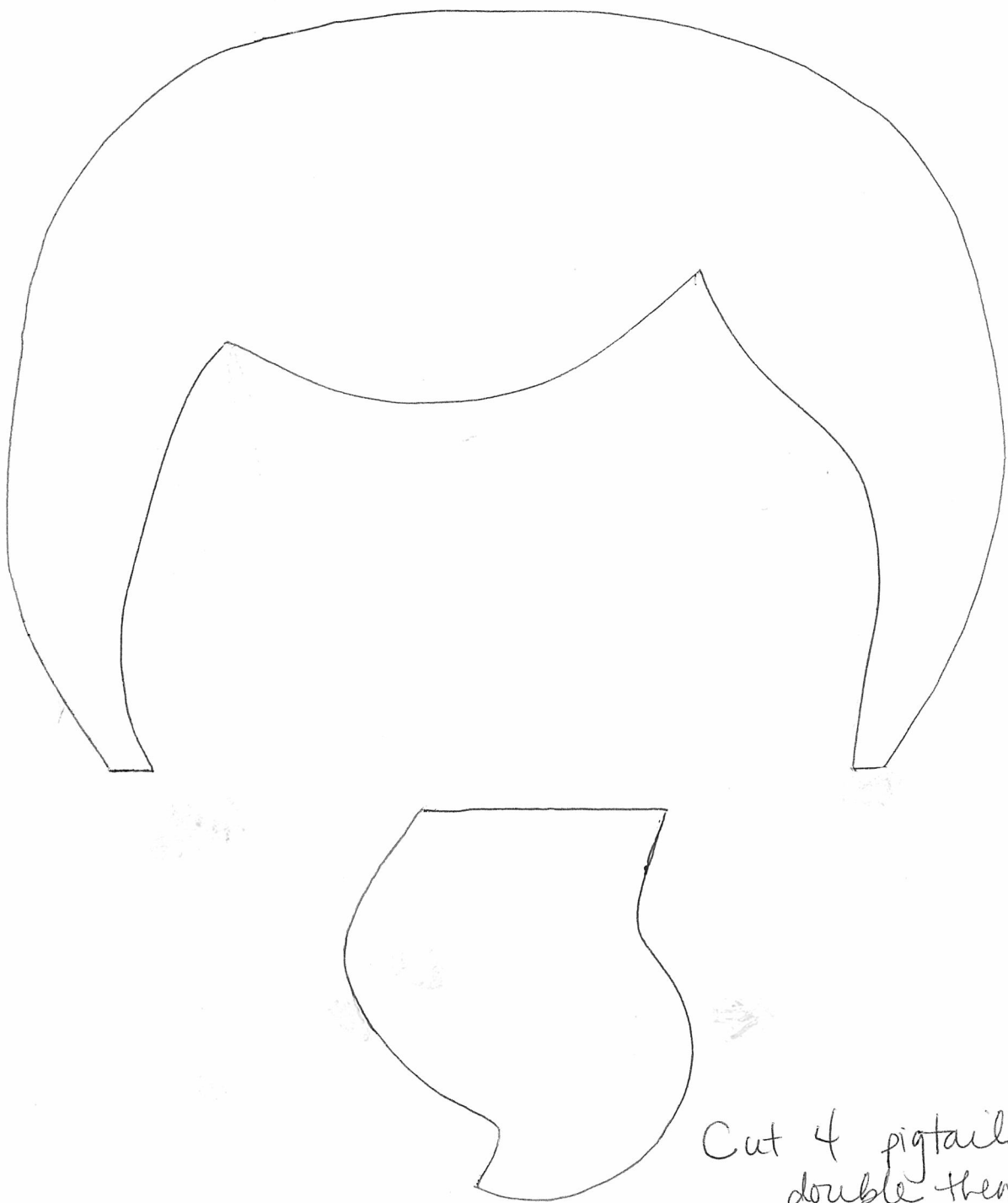






← I cut 4 of these and sew 2 pieces together.
I haven't tried doing a single layer of
felt for these pig tails.

11/2/2018



Cut 4 pigtails and
double them up
to make 2 pigtails.