

## DOLLS OF HOPE TEDDY BEAR PATTERN

- Created by Sarah Parson  
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Here are the basic instructions for the teddy bear pattern. Please let me know 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. (please see the pictures below for clarification and let me know if you have any questions)



- 7) Using the pattern, please mark where to embroider the eyes, nose and mouth on one side of the bear. I place the pattern on the side that's traced and then folding the

material and pattern back I mark on the right side of the fabric where to put the nose and eyes and then I eyeball the mouth.

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 please HIDE THE KNOTS ON THE INSIDE of the bear (so start 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 add a COMPLETE FACE (eyes, nose and mouth).

NOTE: to embroider the facial features after the bear is finished, 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) Turn the bear right side out. Please be careful to turn the ears and arms right side out completely.

11) Stuff the bear with polyfill. Please make sure to fill the entire bear including the ears, arms, etc, however be careful NOT to stuff the bear too full or the bear will not be as soft or as cuddly as we would like it to be for the children and if you try to stuff it too full it may burst the seam. You want the bear to be stuffed but still soft and you should not be able to see the seams pulling apart because of too much stuffing. It is easiest if you start by filling the ears first and then the head and then the arms and then the body and then the legs last.

12) 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>

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, minkee, fleece or soft cotton. I've been mixing and matching doing one side with flannel or knit and the other side (the back) with minkee or fleece and they turn out super cute.

\*Please do NOT understuff or overstuff the bears but fill them completely so the arms and ears and legs are all filled. Understuffing 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 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 contact for mailing address.

If you are local and want to arrange a meet up / pick up, please let me know.



