

DOLLS OF HOPE “HOPE” DOLL PATTERN

- Created for Sarah Parson
inthemiddleofthis@gmail.com
for questions or call 801-369-
0915

Basic instructions for the doll pattern. Please let me know 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.

2) Cut out the pattern pieces.

3) Choose fabric (preferably soft fabrics like flannel, minkee, 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

6) Using the pattern, please mark where to embroider the eyes, nose and mouth on the skin colored head piece of fabric.

7) Hand or machine embroider the face using embroidery thread (PLEASE DO NOT use PAINT or SHARPIES or FABRIC MARKERS, BUTTONS, etc on the faces). Please make sure to 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 please HIDE THE KNOTS ON THE INSIDE of the doll (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.

NOTE: to embroider the facial features after the doll 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 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) Turn the doll right side out, being careful to make sure you turn the arms and head out fully.

16) Stuff the doll with polyfill. Please make sure to fill the entire doll, however be careful NOT to OVERSTUFF the doll to the point that it is too firm and not squishy and soft for the children to be able to cuddle. OVERSTUFFING also results in the seams starting to pull apart. While you don't want to overstuff the doll, please be careful not to UNDERSTUFF the doll either, as that leads to the doll looking wrinkly and limp. Start by stuffing the head completely, then stuff the arms, then the body and then the legs.

17) 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 dolls but fill them completely so the head, arms 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 doll closed).

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

Dolls should be sent to Sarah Parson.

Please contact Sarah for mailing address. If you are local and want to arrange a meet up / pick up, please let Sarah know.

TO MAKE A HIJAB

- 1) Cut a piece of knit fabric approximately 18" x 7" or larger.

- 2) Wrap the hijab on the doll
- 3) Sew them on the doll (tacking them on the dolls in 4-5 places) OR you could sew on small pieces of Velcro to the doll and 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, again allowing the child to take the hijab on and off.



Hair
Cut 1

cut 2
pigtails

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





