

Trauma Bear

with almost no-sew construction

In my PDF reader, the links are "hot" - you should be able to click on them to go to the listed URL. If not, you can copy/paste them into your browser search bar.

This pattern is based (size-wise and stitch count) on the one available for the Dorset Police Bobby Buddies program - read about it here:

<https://www.dorset.police.uk/news-information/article/5393>

<https://www.dorset.police.uk/media/55972/bobby-buddies-knitting-pattern.pdf> is the pattern.

I wanted a minimal sewing version with no attached pieces. Almost got it! The radio will need to be stitched on for the Dorset Bobby Buddies.

So long as there are NO BUTTONS or BEADS, this is suitable for that program and should also work for ANY trauma teddy scheme if the size works



Materials

Double knitting wool:

black

yellow

grey

brown (or

other colour for the head)

3¼mm circular knitting needles - two circulars make it a lot easier, but a stitch holder works too.

DO NOT use beads or buttons as they are a choking hazard

For other Trauma Teddy programs, substitute yarn colours as needed - it's a great scrap yarn project too!

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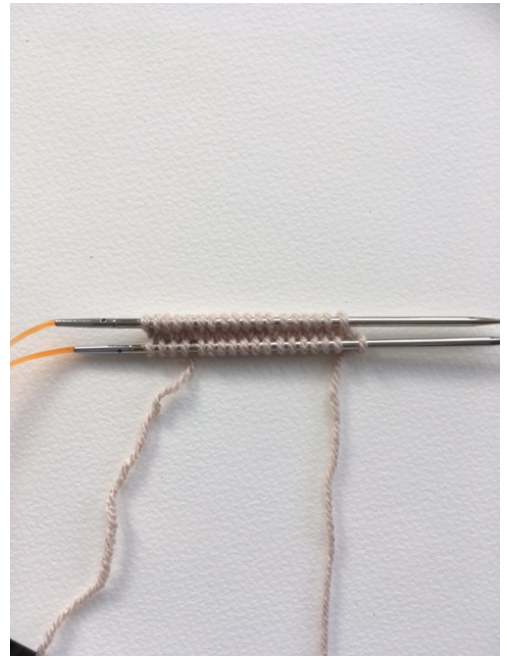
Head + Upper body: Using the HEAD colour (brown)

Cast on 36 stitches, using the Turkish cast on or Judy's Magic Cast on (18 stitches on each needle) and work stocking stitch (knit all stitches in the round) for 19 rounds.

<https://www.youtube.com/watch?v=b57mzWVphuQ>
for Turkish cast on - it's not hard and give a smooth, seamless head.

<https://www.youtube.com/watch?v=1pmxRDZ-cwo>
for Judy's Magic Cast on

Switch to YELLOW for **Dorset Police bears** and leave a long tail of brown to cinch in, between the head and body and define the ears.



Working on only the front needle, knit every row for 17 rows. Do the same on the back needle. Put this to one side if using two circular needles or move to a stitch holder.

Legs + Lower body: Use BLACK for Dorset Police Bears

Make on a second circular needle if you have one.

Make two legs at the same time, using a two-at-a-time toe-up sock technique

like Judy's Magic Cast on as above or <https://www.youtube.com/watch?v=zrUTWalgdMk>

OR make each leg individually then put both on the needle and knit across both then in the round to join the legs and create the body.

For each leg, Cast on 10 stitches then split to work in the round

Knit one row

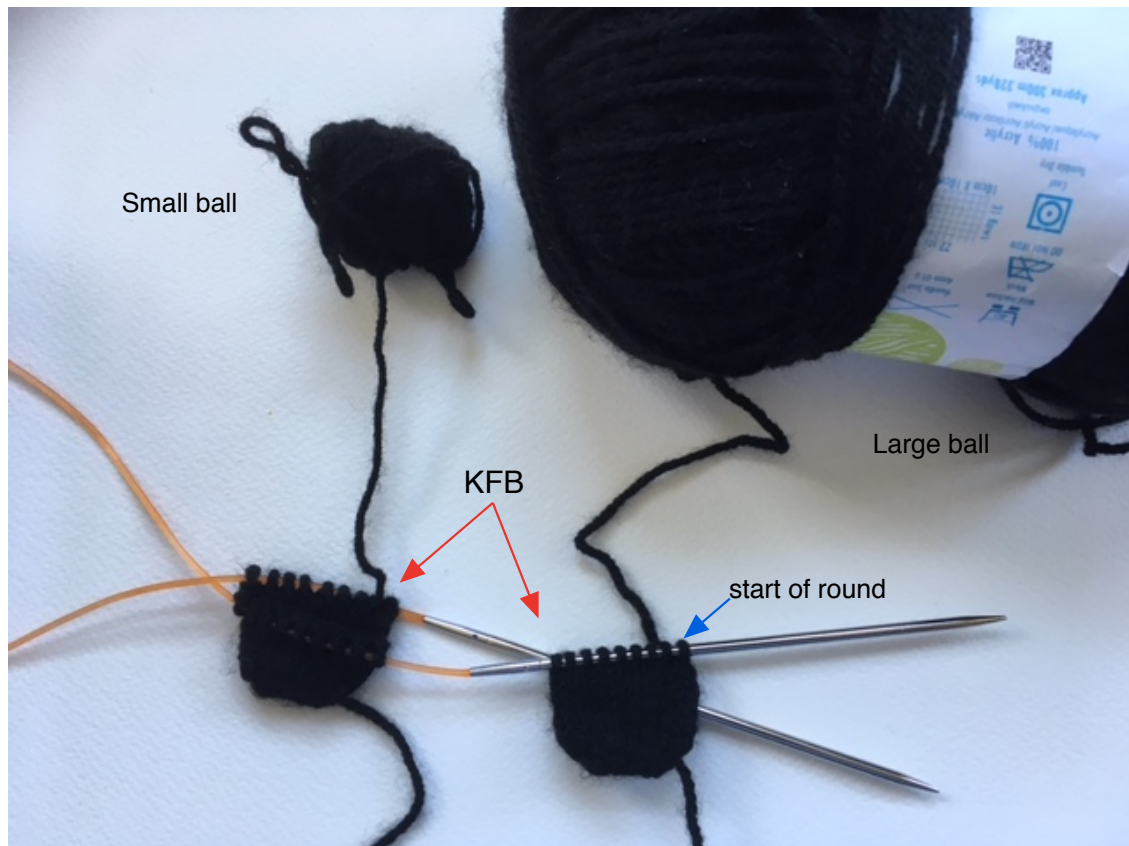
K1 then kfb to the end of the front needle

K1 then kfb to the end of the back needle (18 stitches for each leg)

Knit 17 rounds

See photo tip on following page

Trauma Bear - almost no-sew construction



When positioning the legs, make sure the right leg (when at the start of the joining round) has enough yarn to complete the body.

Join the legs and work the body:

Knit across the front of the first leg, **KFB in the last stitch on the first needle.**

Knit across the front of the second leg

Knit across the back of the second leg, **KFB in the last stitch then finish the first leg**

From here on, work around all stitches to create the body for 10 rounds!

On the last round, decrease away the **2 stitches added so the upper body and the lower body both have 18 stitches.**

When cutting the small ball away, leave a long enough tail to close the gap between the two legs with a stitch or two.

Leave a long tail after completing the body, as you will use the tail to do the 3-needle cast off to join the head+Upper body and the Legs+Lower body

<https://www.youtube.com/watch?v=Ph93jWSzTa0>



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With right sides together, and using a 3-needle bind off, join the front body with the front legs using the long tail. Pull thru the last stitch. Still using the tail, do a 3-needle bind off to join the back body and back legs. I'm not gonna lie - this is a bit tricky. Fold it up till you can match the right sides together - this has to be done while it is UNSTUFFED. Maybe this will help.



Now stuff the legs and the head. Use the long tail of the head colour to sew a running stitch around the neck. Cinch it in and secure with a few stitches.

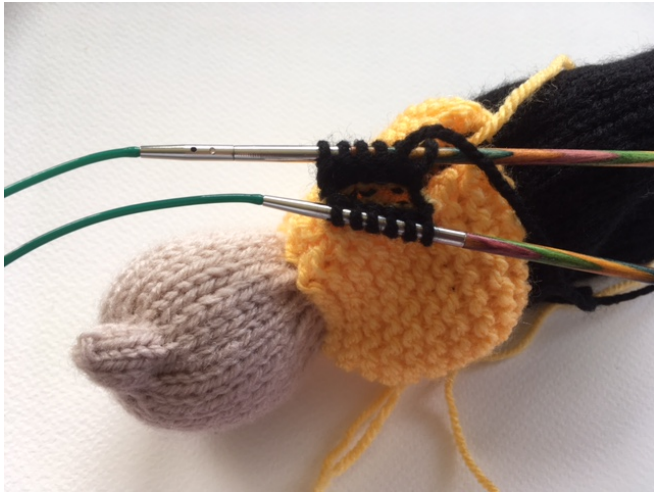


Running the end up thru the head, add a running stitch across the top corner to create one ear, then take the end thru the head to repeat on the other corner for the other ear. Secure the end.



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Close a few stitches at the shoulder on one side with mattress or whip stitch, then pick up and knit 7 stitches on one side of the body and 7 stitches on the other side.



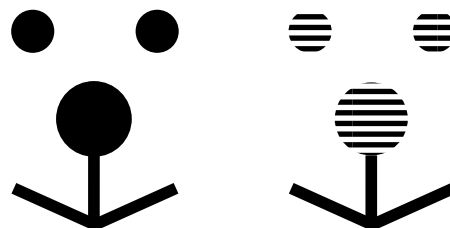
Knit 12 rounds

Cut a long tail and thread yarn thru the stitches, pull tight to close.

Close the rest of the body on that side with mattress stitch. Stuff lightly. Repeat on the other side for the other arm, stuffing fully before closing the body.



Sew on smiling face. Here is a simple bear face template for placement. My bears come out at about 2.25 inches square. This face works for me!



For **Dorset Police Bears**: With grey, cast on 4 stitches and knit 4 rows. Cast off. Stitch to the chest (left or right) and with black wool and add a radio aerial.

