

Knitting a Trauma Teddy®

Important notes to read before you start knitting a Trauma Teddy

History of the Trauma Teddy: The Trauma Teddy is instantly recognised throughout the country, but few people realise this cute and cuddly character was born in Campbelltown.

Trauma Teddy was conceived in 1990 when Richard Hamilton, then superintendent of Campbelltown ambulance service, saw a teddy bear given to a child being treated by the ambulance service in Camden.

He was impressed by the calming effect the bear had on the child so, through his mother Vera Hamilton, he asked Red Cross to assist in providing more bears for children treated by the ambulance.

Red Cross swung into action and Trauma Teddy was born. Norma Elder organised a suitable pattern, a team of knitters, wool and stuffing and production began. The rest is history.

Across Australia tens of thousands of Trauma Teddies® are given out each year to a diverse range of services, and to people affected by fire, floods or other disasters. While knitters come from throughout the community, every Trauma Teddy must a strict quality inspection for safety before distribution.

Only a safe and strong teddy can become a Red Cross Trauma Teddy: Imagine that the teddy will be hugged and chewed by a distressed little child, or held hard by someone in pain. It must be made of clean, safe materials and must not fall apart.

Yarn: Use only 8 ply wool or acrylic yarn. No mohair, angora, Feathersoft, Lurex or cotton yarn should be used anywhere on the teddy as these can cause allergic reactions.

Size of the Trauma Teddy: You can make “Original” or “Little” Trauma Teddies.

An Original Trauma Teddy should be approximately 28 cm (11 inches) before filling, or 32cm (12½ inches) tall after filling. A Little Trauma Teddy should be approximately 20 cm (8 inches) before filling, or 23 cm (9 inches) tall after filling.

Needles: Use size 3mm (11) or 3.25mm (10) needles depending on whether you are a loose or firm knitter. If your Teddy is too long, use thinner needles. If it is too short, use thicker needles.

An approved Trauma Teddy: Only use garter stitch (all plain knitting). Although you must use the numbers of stitches and rows given in one of the basic patterns on the next page, you can change the number of rows in each colour, e.g. for shoes. You can also knit stripes (even numbers of rows only).

Head and hands: For the head, use a colour that is light enough for the black features to be seen clearly. If you want your Trauma Teddy to have “hands”, change the colour for a few stitches at the beginning and end of rows in the sleeves by twisting the yarns together on the “wrong” side of the knitting.

No loose pieces: Trauma Teddies must ever have any loose pieces or extras such as scarves, unless they are knitted into the fabric of the Trauma Teddy

Yarn for sewing up: Whenever you cast on or off, or change colour, leave plenty of yarn for sewing up. Be sure to leave enough extra "head colour" yarn for the neck and ears.

No knots: Yarn must be joined only at the end of the row - no knots in the middle of rows! If the wool runs out, unpick the row and join the new yarn at the edge.

Pattern for Original and Little Trauma Teddies®

Note:

The number of stitches and rows for Original Trauma Teddies is shown first, in **bold** type. The number of stitches and rows for Little Trauma Teddies is shown second, in [brackets].

Knitting Needles:

Use size 3mm (11) or 3.25mm (10) needles and 8 ply wool.

Legs and shorts:

Cast on **12** [10] stitches, knit **34** [16] rows. Change colour for shorts and knit **8** [8] rows. (The legs are **42** [24] rows in total.) Knit a second leg to match then knit across both legs for another **14** [12] rows (**56** [36] in total so far).

Shirt:

Change colour for shirt and knit **18** [12] rows. Cast on **12** [10] stitches for the sleeves at the beginning of the next 2 rows and knit **18** [12] more rows. Cast off **12** [10] stitches at the beginning of the next 2 rows.

Head:

Change colour for head and knit **34** [24] rows. Cast off.

The Trauma Teddy is **130** [88] rows in total. Knit another side to match.



Original Trauma Teddy® (approximately 28 cm)



Little Trauma Teddy® (approximately 20 cm)

Sewing up:

Sewing pins or needles left inside Trauma Teddies are dangerous. Do not use pins at all and use just one sewing needle at a time. Better to be safe than sorry.

Use the yarn left when changing colour to sew up the Trauma Teddy, using small neat stitches. Leave the top of the head open. Darn about 2cm of yarn into the seam or across the back of the fabric, so seams don't come undone if the Trauma Teddy is cuddled too hard. Don't leave long ends inside that a child could pull through and wrap around a finger.

Filling:

Trauma Teddies should be stuffed with a polyester monofilament (Dacron) fibre approved by Red Cross. Bean bag filling, corn, stockings, foam rubber and cut up rags are never to be used. Tear the filling into small pieces and fluff it up before filling the legs and body. The Teddy should be firm, but not too hard. A good test is to hold it by the legs – it should be able to “stand up”.

Using small stitches make a gathering thread at the row where the colour changes for the head. Draw the thread to make a well defined neck, but don't pull it too tight. If necessary, push more filling into the body and arms. Fill the head firmly. Join the two cast off edges at the top of the head with a neat seam, putting in more filling if necessary.

The neck:

Using matching yarn or thread, gather in the neck using a small running stitch (make it small so little fingers cannot get caught) draw in so there is definition between head and body. Finish off securely. Do not add bows or scarves.

The face:

Make a happy face, with an upturned mouth. Use black wool for all the features. It can be sewn using any stitch, but stitches should cover no more than two rows or two stitches of knitting, to stop a small finger getting caught. Faces can be stitched on before or after your bear is sewn up. If you are doing it before remember to allow room for the ears to be sewn down. To avoid the risk of choking, under no circumstances are plastic eyes, noses or buttons to be sewn on.

The ears:

Sew the ears after you have filled and sewn up the head. They should measure about a thumb's width across the corner of the head. (The small bear pattern will be slightly less.)

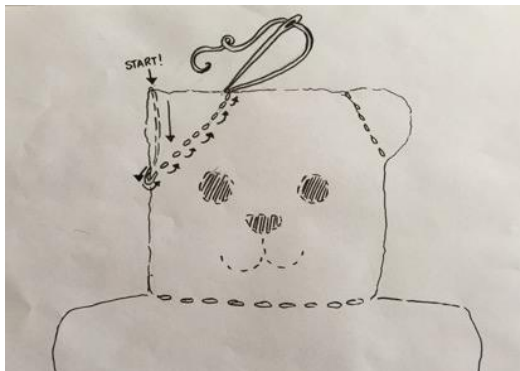
There are two ways to make rounded Trauma Teddy ears, depending on where the yarn is.

1. If there is enough yarn in place after casting off, run it down the side of the head for about 14 rows (10 rows for small Trauma Teddies).

Next, pull the yarn gently to make the corner of the ear slightly round.

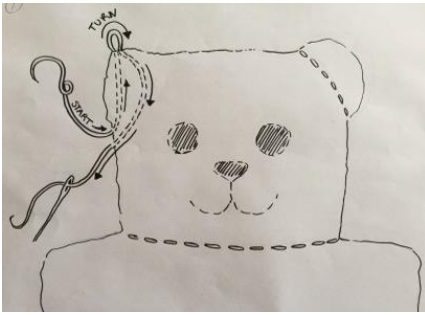
Sew running stitches diagonally to the top of the head and back down.

Secure the end of the yarn and darn it in.

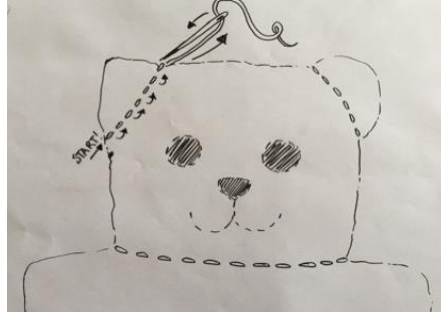


2. If there is no yarn in place, count down about 14 rows (or 10 for small Trauma Teddies).
 - a. Thread new yarn up to the corner of the head and back down again. Pull the yarn gently to make the corner of the ear slightly round.
 - b. Sew running stitches diagonally to the top of the head and back down. Tie off the two ends of the yarn and darn in the ends.

2.a



2.b



Quality control:

Never hand out a Trauma Teddy until it has been inspected by your local coordinator and the Red Cross identification label has been sewn (not glued) onto Trauma Teddy's tummy.



Original Trauma Teddy® (approximately 32 cm tall)



Little Trauma Teddy® (approximately 23 cm tall)

For more information or to find your local Trauma Teddy Coordinator contact Red Cross on 1800 811 700 or email contactus@redcross.org.au.

Become a member of Red Cross and join the world's largest humanitarian organisation. Visit redcross.org.au or call 1800 811 700.

Australian Red Cross is the legal owner of the trademark Trauma Teddy®: A use by anyone other than Australian Red Cross of the Trauma Teddy® mark (and this includes the description "Trauma Teddies®") in connection with small bears known as teddies, and in the registered categories, is an actionable breach of the Copyright Act 1968.

Trauma Teddy® may be referenced when each and every knitted teddy produced is inspected and labelled by Red Cross prior to distribution. When doing so, please note the correct trademark and attribution when referencing Trauma Teddy or Trauma Teddies- **Trauma Teddy® (including Trauma Teddies®) is a trademark owned by the Australian Red Cross Society ABN 50 169 561 39** in all marketing and all social media sites, and ensure every Trauma Teddy is quality checked by Red Cross as each teddy must pass a strict quality inspection before distribution.

An approved teddy always has the Red Cross patch sewn onto his tummy by a Red Cross volunteer. Please send knitted teddy or teddies to your local Red Cross office or Red Cross Trauma Teddy Co-ordinator. To find out your local contact call Red Cross on 1800 811 700 or email contactus@redcross.org.au.

This Trauma Teddy pattern information sheet is to accompany any reference to Trauma Teddy and any link to information. Also please advise the media or external parties that Red Cross is the legal owner of the trademark Trauma Teddy® and must be referenced correctly in any communications relating to a trademarked, approved and officially labelled Trauma Teddy®.