Peninsula Health

Bear that Cares

Over 15,000 knitted bears and dolls are given out to young patients at Frankston and Rosebud Hospital every year. They help make patient hospital stays less frightening.

Use the following guidelines and pattern (based on that used by Red Cross) **to create a Bear that Cares.** The pattern describes a teddy with pants and a shirt, but the pattern can be varied. Feel free to create a bear with its own personality.

Guidelines to create a standard, safe Bear that Cares:

- ✓ **Wool**
  Use any 8 ply wool **(no angora or mohair as it often irritates children)**
- ✓ **Filling**
  Please use **new soft nylon stuffing** (no beanbag filling, corn, stockings or rags)
- ✗ **No loose accessories**
  Teddies must **never have any loose pieces or 'extras'** on them such as little scarfs, ribbons or belts.
- ✗ **No buttons**
  No plastic eyes, noses or buttons (choking hazards). Facial features to be darned on.

Any variations to pattern (e.g. beanie, collar) must be knitted / sewn in.

Enjoy the process, be creative **(within the guidelines)** and remember that a child in need is going to be comforted by your work.

Happy knitting!

Bear that Cares Pattern

Materials:

- 8 ply wool **(no angora or mohair)**- at least 3 colours – one main colour for face, hands and legs, one colour for the trousers/shorts (pants) and one for the jumper
- **New/unused** soft nylon stuffing
- No. 9 (3.75 mm) or No. 10 (3.25mm) needles. (Loose knitters use No 10)
- It is optional for knitters to deliver the teddies unstuffed

Method:

Step 1   **Legs**
- Cast on 12 stitches (leg 1)
- Knit 34 rows
- Change colour wool for pants
- Knit 8 rows (leave stitches on needle)
- Knit another leg to match (leg 2)

Step 2   **Pants**
- Join by knitting across both legs
- Knit 14 rows in the same wool as the pants (this finishes the pants).

Step 3   **Shirt**
- Change colour for shirt
- Knit 18 rows

Step 4   **Sleeves**
- Cast on 12 stitches on each side of knitting
- Knit 18 rows
- Cast off 12 stitches each end (this forms the arms)

Step 5   **Head**
- Change colour wool to that of the legs
- Knit 34 rows. Cast off
- Repeat **Steps 1 – 5** to obtain the other side of the Bear. Cast off.

Step 6   **Finish Bear**
- Sew on face
- Join up leaving a gap at the top of the head for filling
- Fill with soft nylon stuffing
- Sew top of head together
- Gather around the base of head to form neck
- Pinch corners of head and stitch through the corner of each side of the head to form a small ear

Bears that care can be donated directly to Frankston Hospital or Rosebud Hospital Receptions. Please leave your name & address, as we would like to thank you ☺

fundraising@phcn.vic.gov.au