BEAR PATTERN PACKET

dolls of hope

OUR MISSION:

Dolls of Hope strives to bring hope and joy to children one doll and bear at a time, because we believe every child deserves to have a toy to cherish.

We know how much hope, joy, and comfort stuffed toys bring to children, especially children in crisis, and children who have nothing.

BEAR PATTERN PACKET

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BEAR PATTERN PACKET

Step-by-Step Sewing Instructions

1

PRINT THE PATTERN

Download and print the pattern on regular paper or card stock paper for increased durability; (pages 12 and 13 of this packet).

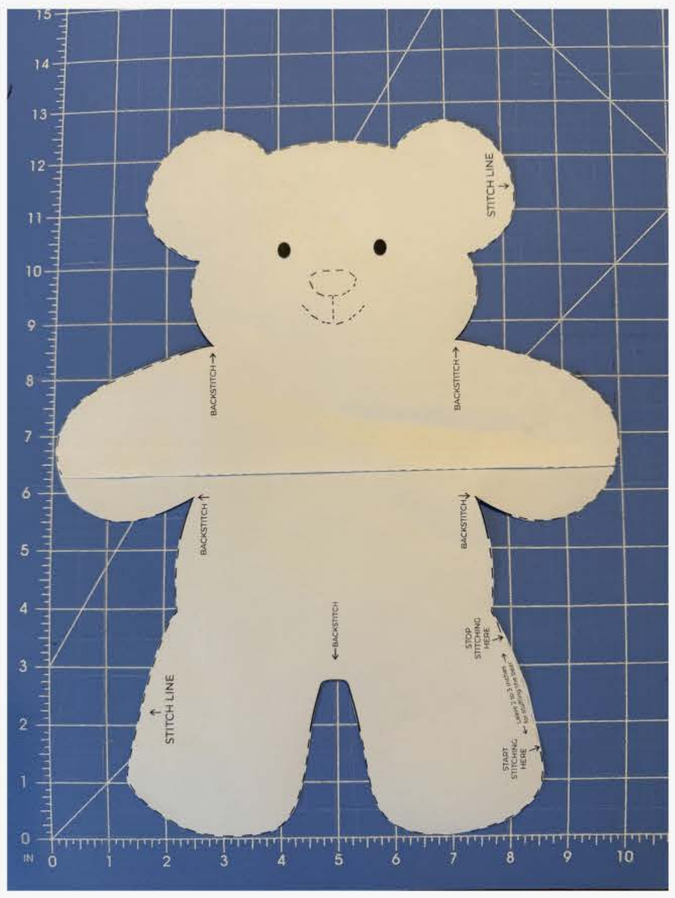
2

CUT OUT AND REINFORCE THE PATTERN

Cut out the pattern pieces, cutting on the dashed line around each piece of the pattern.

Tape the top half of the pattern to the bottom half of the pattern.

Using an X-Acto knife cut out the eyes and nose to create a face template.



Bear pattern measures approximately 12 3/4" tall x 10" wide.

IF YOU CHOOSE TO REINFORCE THE PATTERN
The pattern can be traced onto poster board, laminated poster board, cardboard, a thin piece of plastic, or a flexible plastic cutting board to create a more durable pattern template.

Remember to mark the **crotch**, **armpits**, and **shoulder** backstitch areas, the **eyes**, **nose**, and **mouth**, and the **start stitching here** and **stop stitching here** from the pattern onto the reinforced pattern.

3

CHOOSE YOUR FABRIC "THINK CUDDLY"

Children LOVE bright colors and cuddly bears!! Have fun mixing and matching colors and patterns of fabric.

PREFERRED FABRIC: Fleece and Minky

You may use flannel, but ONLY FOR ONE SIDE of the bear. The other side should be fleece or Minky to make the bear more durable and extra cuddly.

Please do **NOT** use: denim, felt, hard finish felt, windbreaker or thin knit fabric.

4

CHOOSE THE FRONT AND BACK FABRIC

Place the two **right** sides of the fabric together.
*Be sure to pay attention to the **right** side and **wrong** side of the fabric in these instructions.

5

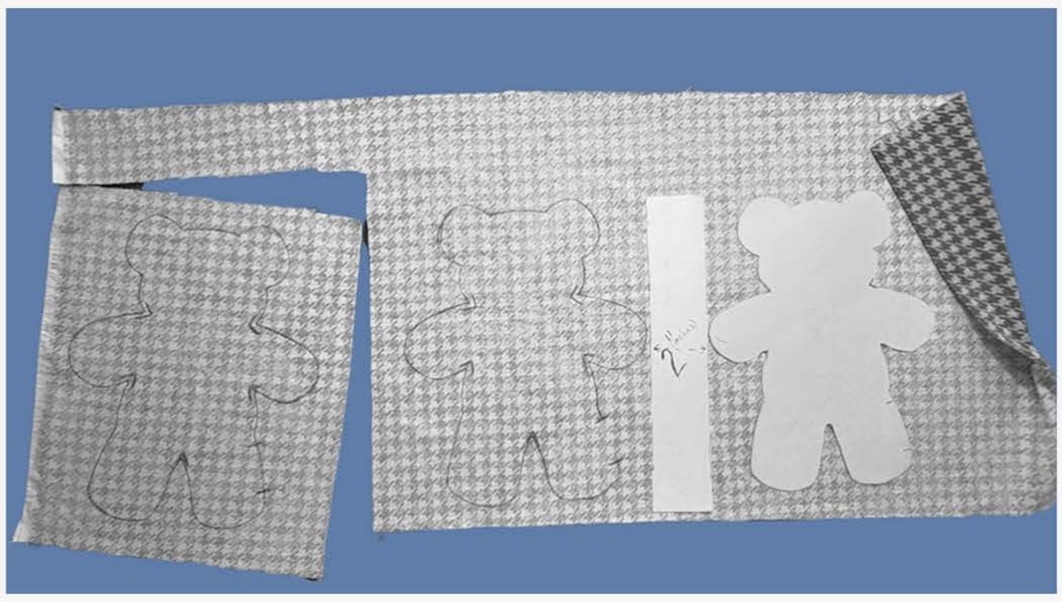
TRACE THE PATTERN ONTO FABRIC

Trace the pattern on the **wrong** side of the piece of fabric chosen to be the front of the bear using a vanishing/disappearing fabric marker or pencil.
Mark the **start stitching here** and **stop stitching here** as shown on the pattern.

If you are tracing multiple bears on one piece of fabric, space the bears 2 - 2 ½" apart.

REMINDER: The outline you have traced is the sewing line. You will be sewing directly on the line you have traced and NOT CUTTING ON THIS LINE.

*Do NOT use a sharpie as it bleeds and shows through the fabric.



6

CUT THE TRACED BEARS INTO RECTANGLES

Cut a rectangle around where you have traced the bear, leaving at least 1" space on all sides.

This method makes it easier to sew the bear without missing any of the seams, especially when using fabric that slips like Minky.

See picture in step 5

Do NOT cut closely around the shape of the bear before sewing.

7

MARK THE FACE ON RIGHT SIDE OF FABRIC

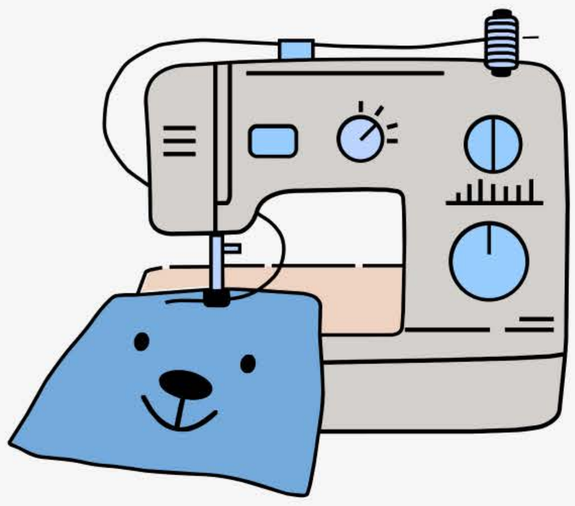
On the **right** side of the fabric (the front of the bear) line up the pattern to correspond with the traced line on the **wrong** side of the fabric.

Using a vanishing/disappearing fabric marker or pencil, mark where to embroider the eyes and nose on the **right** side of the fabric (the traced sewing line is on the **wrong** side of the fabric).

REMINDER: ALL marks must be erased or covered by embroidery thread or felt pieces after the face is completed.

8

EMBROIDER THE FACE

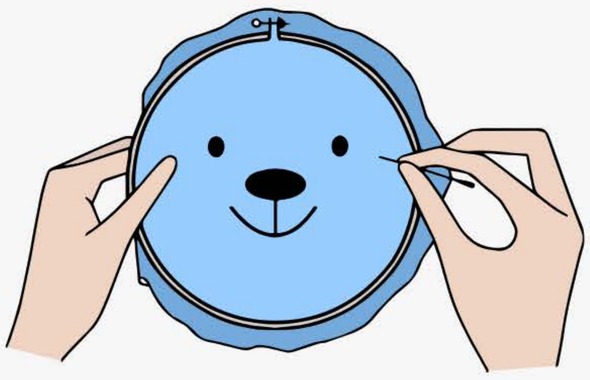


Hand or machine embroider a complete bear face (eyes, nose, and mouth) on the **right** side of the fabric, making sure all knots are on the **wrong** side of the fabric and will be hidden inside the bear.
If hand embroidering, use small secure stitches, making sure there are no large stitches or loose threads that little fingers can fit under or pull at.

Tip: To save time embroidering the eyes and nose, small pieces of felt may be used for the eyes and nose. Precut felt circles and ovals can be purchased online or can be cut from felt.

Reminder: Keep ALL KNOTS on the **wrong** side of the bear face so children will not be tempted to pick at the knots and unravel the face. (See knots on **wrong** side of the bear face in the pic in step 10.)

IMPORTANT: PLEASE DO NOT use PAINT, SHARPIES, FABRIC MARKERS, BUTTONS, or FRENCH KNOTS on the faces. THESE ARE NOT ALLOWED.



- Wool-blend felt or 100% wool felt is preferred (over craft felt) as they hold stitches better, are thicker, and do not pill like craft felt.
- Felt eyes and nose MUST BE anchored around the entire perimeter with small secure stitches so children will not be tempted to pull at them.
- If using pieces of felt for the eyes and nose, a mouth still must be embroidered to complete the bear face.
- If using a zig zag stitch to embroider the face it is important to pull the threads through to the **wrong** side of the fabric and tie them in a knot. Anchoring the threads on the **wrong** / under side prevents the zig zag stitches from unraveling.

Video Tutorial of Embroidery Stitches for Faces:

https://dollsanddaydreams.com/blogs/news/16549800-embroidery-techniques-for-doll-and-softie-faces

You can use any stitch shown in the video except French knots as they unravel easily.

9

PIN AND SEW THE BEAR

Making sure the two **right** sides of the fabric are together (with the traced pattern/sewing line facing up), pin the front and back rectangle pieces of fabric together.

Use as many pins as needed to secure the two pieces of fabric together.

Sew on the traced SEWING LINE, beginning at the "**start stitching here**" marking on the bottom of the outside leg and continue around the bear making sure to backstitch at the crotch, the armpits, and the shoulders (for reinforcement) and ending at the "**stop stitching here**" mark at the top of the outside leg.

This will leave a 2-3" opening in the outside leg that will be used to stuff the bear.

Do **NOT** start sewing on the inside of the leg as it is much more difficult to hand sew the seam closed when it's on the inside of the leg and at the crotch area.

Do **NOT** start sewing between the ears as it results in the ear shape being affected.

10

CLIP EDGES

Using scissors cut around the perimeter of the sewn bear, cutting approximately ½" from the sewing line.

Carefully clip towards the sewing line on curves, separating them ½" apart. Clip into the shoulders, armpits, and crotch - as shown - for smooth turned out corners.

> Be careful when clipping to NOT clip the sewing line.

11

TURN THE BEAR RIGHT SIDE OUT

Using the opening in the leg slowly turn the bear **right** side out.

Make sure the ears, hands, and feet are turned **right** side out completely.

Smooth out the corners at the shoulders, armpits, and crotch.

If the corners pucker, turn the bear inside out and re-clip the corners.

Curved areas & corners **are NOT** clipped Curved areas & corners **ARE** clipped

12

STUFF THE BEAR

Using small handfuls of POLY-FIL brand stuffing begin to stuff the bear through the opening in the leg, following this order:

1. Fill the ears first, making sure each one is filled to the edge of the ear.
2. Fill the head.
3. Fill one arm to the end of the arm (hand), then fill the other arm.
4. Fill the body.
5. Fill the legs, filling the one with the opening last.

Make sure all parts are evenly filled and adjust stuffing as needed before moving on to the next step.

Important Notes:

- Use approximately 3.5 - 4.5 oz of Poly-Fil per bear. Finished bears should weigh approximately 4.5 - 5.5 oz (depending on type of fabric used) and can be weighed on a kitchen scale.
- Using stretchy fabrics requires more Poly-Fil to be used.
- A properly stuffed bear made with two pieces of fleece or two pieces of Minky should weigh at least 5.5 oz while a properly stuffed bear made with one piece of flannel and one piece of fleece or one piece of Minky should weigh at least 5 oz.

Tips: Poly-Fil brand stuffing is the preferred stuffing as other brands are dense and lumpy.

Check through the stuffing to separate and fluff out any lumps or to remove any tiny pieces of plastic that weren't broken down during manufacturing.

How to tell if your bear is properly stuffed:

Understuffed **Properly Stuffed**

Under stuffing the bear results in a LIMP and WRINKLY bear. If you're unsure if your bear is properly stuffed, do the pinch test, pinching the bear between your thumb and fingers. If the bear is under stuffed you will be able to feel your fingers through the bear (it will feel like there is just fabric between your fingers). Add more stuffing as needed.

Over stuffing results in a HARD and STIFF bear and depending on the fabric used the seams may split and tear.

Proper stuffing results in bears that can be squeezed, squished and loved and will return to their original shape after.

* If you are unsure if your bear is properly stuffed you can send a photo of your bear to us at dollsofhopeinternational@gmail.com and we can provide feedback.

13

HAND STITCH THE LEG OPENING

Using sewing thread and NOT embroidery thread, hand stitch the leg opening closed as neatly as possible with one of the following stitches:
•Invisible Ladder stitch / Slip stitch
•Whip stitch

Use dark or light thread to match the fabric.

REMINDER: All knots must be on the inside of the bear so they are not visible and cannot be pulled loose and unravel the seam.

Tutorials:

Ladder Stitch/Slip Stitch Tutorials
https://www.youtube.com/watch?v=d0FVZ11lxQ4

https://www.youtube.com/watch?v=hGwT5yUn4bY

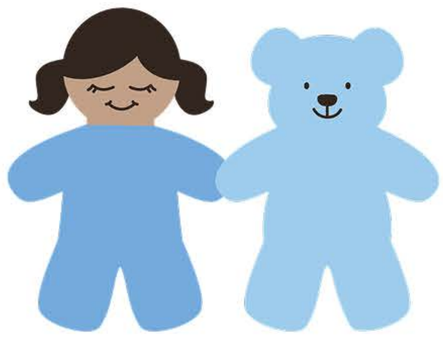
Whip Stitch Tutorial
https://youtu.be/TcyzLXGtjb8

QUALITY CONTROL CHECKS

Quality control check all bears

Thank you for your time and effort in making bears correctly. Your extra care means your bears are filled with more love and we believe the children can feel that love.

- [ ] Is the fabric SOFT, COLORFUL, and BRIGHT?
- [ ] Is the fabric FLEECE, MINKY, or Flannel (on ONE side only)?
- [ ] Are faces complete with eyes, nose, and smile?
- [ ] Are there any French knots, buttons, markers, or vinyl used for the faces? These are NOT allowed.
  (Vanishing/disappearing fabric marker or pencil should be used, NOT regular marker.)
- [ ] Do any markings from tracing the pattern sewing line or face show on the right side of the fabric?
  (All markings should be covered with thread or removed.)
- [ ] Are seams and corners clipped properly to avoid puckering?
- [ ] Are there any loose threads or knots on the outside of the bear?
  (ALL knots including knots used to stitch the face and the hand stitched closing seam MUST be on the inside of the bear.)
- [ ] Are all seams complete and secure? Have you checked for holes around the bear? If you find any holes, please repair them.
- [ ] Are the bears sufficiently stuffed? (They should be firm but not hard. They should also not be floppy or thin. Pay special attention to the ears, head, hands, and feet.)



DOLLS OF HOPE BEAR DONATION FORM

*Please include a donation form in each box you send or bag you deliver.

Fill out the form below and include it with your bears to help us keep track of who made the items we receive.

Name: _____

Email: _____

Date: _____

Who made these items? _____

_____

What would you like us to know about your donation? _____

_____

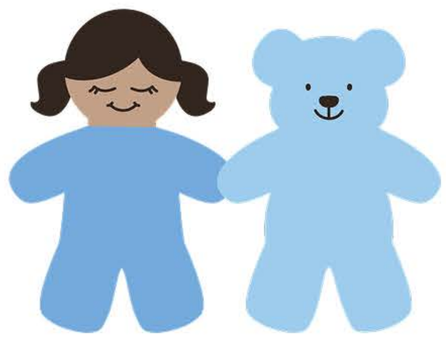
_____

_____

QUALITY CONTROL CHECKLIST:

- ☐ Ears stuffed to the edge
- ☐ Head and body stuffed firm, but not hard
- ☐ Arms and legs stuffed to the tips
- ☐ No gaps in Poly-Fil felt when squeezing or pinching the bear
- ☐ No knots on the outside of the bear

Number of bears you are donating: _____



DOLLS OF HOPE SHIPPING INFORMATION

*Please include a DONATION form in each box you send or bag you deliver.
(So we know who makes the items in each box or bag we receive.)

LOCAL DROP-OFF

If you are local to American Fork, UT and would like to deliver items, please contact us at:

dollsofhopeinternational@gmail.com

SHIP BEARS OR DOLLS

Due to continued difficulties with the Give Back Box program and the inability to track boxes, we are encouraging our makers to purchase labels directly from Dolls of Hope.

In an attempt to continue to keep shipping as affordable as possible, labels will be purchased for $25 each.

SHIPPING STEPS:

1. Pack your bears in a sturdy box.

2. Weigh your filled box.

3. Fill out the Shipping Label Form on the Shipping page of our website.

4. Purchase a label on the shipping page of our website.

5. Your labels will be emailed to you as soon as we receive them. *We are working with a third party company to create our labels so it could take a few days for you to receive your labels. We appreciate your patience.

6. Once you receive your label by email, download and print out your label.

7. Attach the label to your box and drop it off at any FedEx office.

8. Keep your receipt to check the tracking number and know when your box has arrived at Dolls of Hope.

*More than one label can be purchased at the same time. It is not necessary to fill out more than one shipping label form as weight and dimensions for multiple boxes can be sent in one form.

Thank you for joining us in bringing joy, hope, and comfort to children around the world.

It doesn't matter if you make one doll, one bear, or 15 dolls or bears, your contribution is invaluable as each bear and doll will bless the life of one child.

Please email dollsofhopeinternational@gmail.com or message Dolls of Hope on Facebook if you have any questions.

Post a picture and follow our journey.

Together we are bringing joy to children all over the world!

FOLLOW US ON SOCIAL MEDIA

Follow our socials to see where your bears were sent!

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instagram.com/dollsofhopeinsta/

facebook.com/dollsofhopeinternational/

Post a picture of your bears along with a message on the Dolls of Hope FB group page:
facebook.com/groups/1687976568899 76

You can also see our shipments and Instagram feed on our Dolls of Hope Media Page:
dollsofhope.org/media

If you are able, please donate to help with shipping costs and rent for our Dolls of Hope Office. Every dollar is appreciated.
dollsofhope.org/donate

Dolls of Hope is a project of The Undaunted Foundation, a 501 (c)(3) non-profit organization.

All donations are tax deductible.

Match Line and Tape to bottom of Bear Body

BACKSTITCH →

BACKSTITCH →

STITCH LINE ↓

Make sure to ***uncheck "scale to fit"*** in your printer settings. After you print, measure to see print check marker measures ***1 inch.***

1 INCH

PRINT CHECK

Patterns are for charity purposes or personal use only

STITCH LINE

BACKSTITCH

Match Line and Tape to top of Bear Body

BACKSTITCH

START STITCHING HERE

Leave 2 to 3 inches for stuffing the bear

STOP STITCHING HERE

BACKSTITCH

1 INCH

PRINT CHECK

Make sure to ***uncheck "scale to fit"*** in your printer settings. After you print, measure to see print check marker measures ***1 inch.***

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