



# TEDDY BEAR PATTERN PACKET

SPREAD HOPE. SPREAD JOY.

dollsofhope.org

## 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.*





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Refer to the frequently asked questions page on our website with any questions you may have about the pattern or instructions: [www.dollsofhope.org/faq](http://www.dollsofhope.org/faq)

If you still have questions after referencing the FAQ page, email us at: [dollsofhopeinternational@gmail.com](mailto:dollsofhopeinternational@gmail.com)

**Patterns are for charity purposes only.**

[www.dollsofhope.org](http://www.dollsofhope.org)  
[dollsofhopeinternational@gmail.com](mailto:dollsofhopeinternational@gmail.com)

**1**

Download and print the pattern.

It will print as two 8.5" x 11" pieces of paper which you will tape together.

**3**

Choose your fabric. Please use soft fabrics like fleece, minky, and flannel.

Feel free to mix and match colors and fabrics. The children love bright and colorful bears. If you use flannel, we prefer one side to be fleece or minky to make it more durable and extra cuddly.

Please Note: Fleece and minky fabrics are preferred as they make more cuddly and durable bears. If you choose to use flannel, please use on one side only and use fleece or minky on the other side.

**4**

Place the right sides of the fabric together.

**5**

Trace pattern on the wrong side of one piece of the fabric using a fabric vanishing or disappearing tracing marker, or a fabric tracing pen or pencil.

Please do NOT use a sharpie as it often shows through the fabric.

NOTE: You will be sewing directly on the line you have traced and  
**NOT CUTTING ON THIS LINE.**

**2**

Cut out the pattern.

The pattern should be approximately 13 1/2" x 10 1/2" when it is cut out.

Once the pattern is cut out it can be traced onto a thin piece of plastic or an old clear cutting board and then cut out with scissors to create a more durable pattern template.

The eyes and nose can be cut out with an X-Acto knife creating a face template as well. Poster board, card stock or cardboard can also be used.





6

*Cut a rectangle around where you have traced the bear as shown in Image A.*

*This method makes it easier to sew the bear without worrying about missing any of the seams, especially when using minky fabric as minky fabric often slips. You can also trim  $\frac{1}{4}$  -  $\frac{1}{2}$  around the traced bear, as seen in image B.*

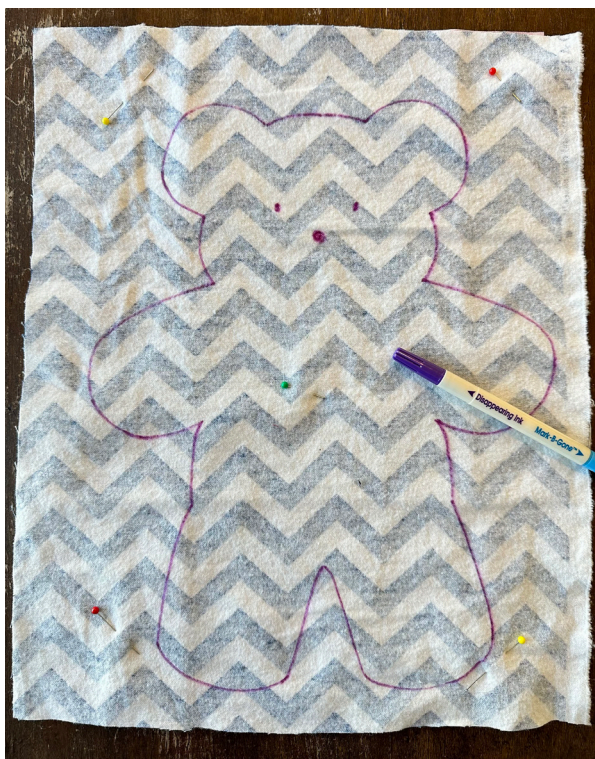


Image A



Image B

7

*Using the pattern and a fabric vanishing or disappearing tracing marker, or a fabric tracing pen or pencil, mark where to embroider the eyes and nose on the right side of the bear.*

*You can make a face template to use to mark the right side of the fabric by tracing the eyes, nose, and mouth from the pattern and cutting them out with an X-Acto knife. (See image)*

*Please make sure all markings are erased or covered before completing the bear.*



8

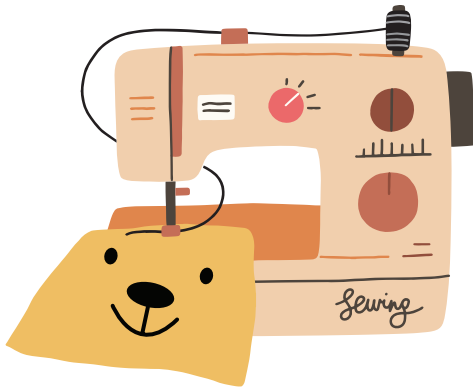
Hand or machine embroider a **COMPLETE FACE** (eyes, nose, and mouth), making sure all knots are on the wrong side of the fabric, and will be hidden inside the bear.

\*Hand Embroider using embroidery thread and small secure stitches, making sure there are no loose threads.

\*Cut out small pieces of felt for the eyes and nose and using embroidery thread hand stitch them on the bear using small secure stitches around the perimeter of the pieces of felt. Please **DO NOT** just anchor eyes or noses in the middle. Using embroidery thread and small secure stitches, stitch a mouth. Stitching pieces of felt on the face for the eyes and nose will save time and is a little easier than embroidering the entire face by hand.

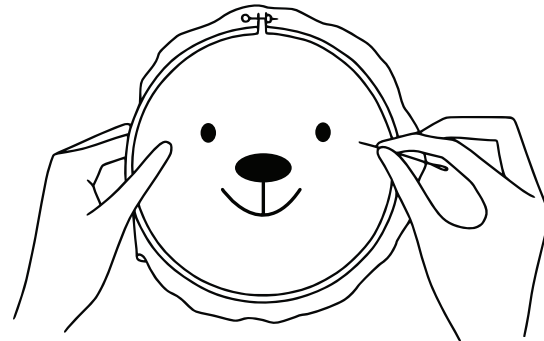
**Remember** to start on the wrong side of the fabric making sure **THE KNOTS ARE ON THE WRONG SIDE** of the bear face (and will end up inside the bear) so children will not be tempted to pull at the knot and unravel the face.

**NOTE: PLEASE DO NOT use PAINT, SHARPIES, FABRIC MARKERS, BUTTONS, or FRENCH KNOTS on the faces.**



**NOTE: You can find video tutorials for hand embroidering faces here:**

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



**NOTE: It is possible to embroider the face after the bear is finished using this technique shown in this video:** [https://youtu.be/\\_W9BCCZxMzU](https://youtu.be/_W9BCCZxMzU)

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 back of the head fabric, pulling gently until the knot pops through the back of the head and is secured behind the face of the bear. The knot is now inside the bear's head. Stitch the face using small secure stitches.

When you are done the facial features, push your needle through to the back of the bear. Tie a knot and then push the needle back through the same hole and out another area of the back of the bear so the knot is now hidden in the middle of the bear. Pull gently and cut your thread close to the body so the embroidery floss hides in the body of the bear and is no longer visible.

9

Sew around the bear, starting at the bottom of the outside leg and sewing on the line you traced all the way around the bear and finishing at the top of the outside leg. This should leave a 2-3" opening in the outside leg that will be used to stuff the bear. (See pattern)

Please do **NOT** start sewing on the head as it typically results in losing part of the ear shape, or the inside of the leg.

10

Carefully **CLIP** all of the **CURVED** areas and corners around the sewn bear, clipping every 1/4" or so. Be careful to clip close to the sewn line without actually cutting the sewn line.

Clipping the curved areas and corners will prevent pulling and puckering of the bear when the bear is turned right side out.



11

Turn the bear right side out.

Please make sure the ears and the arms are turned right side out completely.

Curved areas & corners are NOT clipped.

Curved areas & corners ARE clipped.



Clipping allows the fabric to lay flat and avoids the puckering seen around the ears, under the arms and in the crotch area of the bear on the left.

12

Using small handfuls of polyfil stuff the bear. Start with the ears, making sure each ear is filled to the VERY TIP. Then fill the head, then fill one arm to the very tip, then the other arm to the tip. Then fill the body and move on to the legs, filling the right leg last.

\* Please make sure all parts of the bear are **FILLED** properly and adjust any polyfil as necessary before moving on to the next step.

**NOTE:** You should use approximately 2.5-3 oz or 70 - 80 grams of polyfil to fill one bear. A 10 lb box of polyfil should fill approximately 50 - 60 bears. If using a 10 lb box of polyfil and you have much stuffing left in your box after stuffing 50-60 bears, chances are your bears are not adequately stuffed.

**NOTE:** The amount of polyfil varies depending on the type of fabric used. Fabrics that stretch a lot require more polyfil.

Under stuffing the bear results in the bear looking LIMP and WRINKLY. Over stuffing the bear results in the bear being HARD and difficult to squish and cuddle and often results in the seams being pulled apart or SPLITTING.

When the bear is filled properly you can squeeze and squish it and it will return to its original shape. If the bear is under stuffed when you squeeze or pinch the bear you can easily feel your fingers through the bear.

\* If you are unsure if you have added enough polyfil or too much polyfil you can send a picture of your bear to [dollsofhopeinternational@gmail.com](mailto:dollsofhopeinternational@gmail.com) before you move on to the next step.

13

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.com/blogs/news/16550012-how-to-close-softies-and-dolls-the-ladder-stitch>

UNDERSTUFFED

PROPERLY STUFFED



\*UNDERSTUFFING the bear results in the bear looking LIMP and WRINKLY.

\*When the bear is PROPERLY STUFFED it is firm but still a little squishy.

\*OVERSTUFFING the bear results in the bear being HARD and difficult to squish and often results in the seams being pulled apart or SPLITTING.



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charity purposes only.**

[www.dollsofhope.org](http://www.dollsofhope.org)  
[dollsofhopeinternational@gmail.com](mailto:dollsofhopeinternational@gmail.com)

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## ***Quality Control Check all bears.***

### **IMPORTANT QUALITY CONTROL CHECKS**

*\*NOTE: Making items correctly takes extra time and effort,  
but it also means your items are filled with more love, and  
we believe the children can feel that love.*

- ☐ Is the fabric soft and colorful?
- ☐ Are faces complete with eyes, a nose, and a smile?
- ☐ Are there any French knots, buttons, markers, or vinyl used for the faces?
- ☐ Do any markings show?
- ☐ Are seams clipped to avoid puckering?
- ☐ Are there any loose threads or knots on the outside? (This includes the handstitched closing seam.)
- ☐ Are all the seams complete and secure? Have you looked for holes?
- ☐ ARE THE BEARS ADEQUATELY STUFFED? (Firm, but not hard, not floppy or thin.)



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

## DOLLS OF HOPE BEAR DONATION FORM

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

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

DATE: \_\_\_\_\_

Who made these items? \_\_\_\_\_

What would you like us to know about your donation? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### QUALITY CONTROL CHECKLIST:

☐ Ears stuffed to the tips.

☐ Legs stuffed to the tips.

☐ Arms stuffed to the tips.

☐ No gaps in polyfill felt  
when squeezing bear.

☐ Head and body stuffed firm, but not hard.

☐ No knots on the outside  
of the bear.

Number of bears you are donating: \_\_\_\_\_





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*Shipping Instructions are found below.*

## DOLLS OF HOPE SHIPPING INFORMATION

### LOCAL DROPOFF

If you are local to American Fork, UT and would like to deliver items please contact us at [dollsofhopeinternational@gmail.com](mailto:dollsofhopeinternational@gmail.com)

### SHIP BEARS OR BEARS

To ship to Dolls of Hope we encourage you to use the Give Back Box program. This program allows anyone in the U.S. to ship a box to Dolls of Hope for \$20. The weight and size limits are extremely generous allowing our supporters to pack their bears and dolls into as few boxes as possible.

- 1) Pack your dolls and bears in a sturdy box.
- 2) Maximum size limits: 70 lbs and 108" (length (longest side) + girth).
- 3) Use this link: <https://givebackbox.shop/collections/children/products/dolls-of-hope>
- 4) Click "Add to Cart" for each box you want to ship. Each box is \$20
- 5) Complete the check-out process
- 6) Print your label(s). NOTE: if you are printing multiple labels and shipping multiple boxes, please check the tracking numbers on the shipping labels to make sure they are different for each box. If they are not different, please email [info@givebackbox.com](mailto:info@givebackbox.com) and tell them you need new labels with different tracking numbers.
- 7) Attach the label(s) to your box(es) and drop them off at any UPS store

NOTE: Remember to include the Donation Form on pg 8 so it's easier for us to keep track of who made the items we receive.

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

No 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](mailto:dollsofhopeinternational@gmail.com)  
or message Dolls of Hope on Facebook  
if you have any questions.*





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## GET SOCIAL WITH US AND SPREAD THE JOY

*Post a picture and follow our journey.  
Together we will bring joy to little children all over the world!*

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*Post a picture of your bears along  
with a message on the Dolls of Hope  
FB group page:*

[https://www.facebook.com/  
groups/168797656889976](https://www.facebook.com/groups/168797656889976)



**2k  
Members  
and growing!**

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*Follow us on social media  
to see where your bears are sent.*

**Instagram:**  
<https://www.instagram.com/dollsofhope/>



**Facebook:**  
[https://www.facebook.com/  
dollsofhopeinternational/](https://www.facebook.com/dollsofhopeinternational/)

*If you do not have social media, you can see our shipments  
and Instagram feed on our Dolls of Hope website media page:*

<https://www.dollsofhope.org/media>

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

[www.dollsofhope.org/donate](http://www.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.*

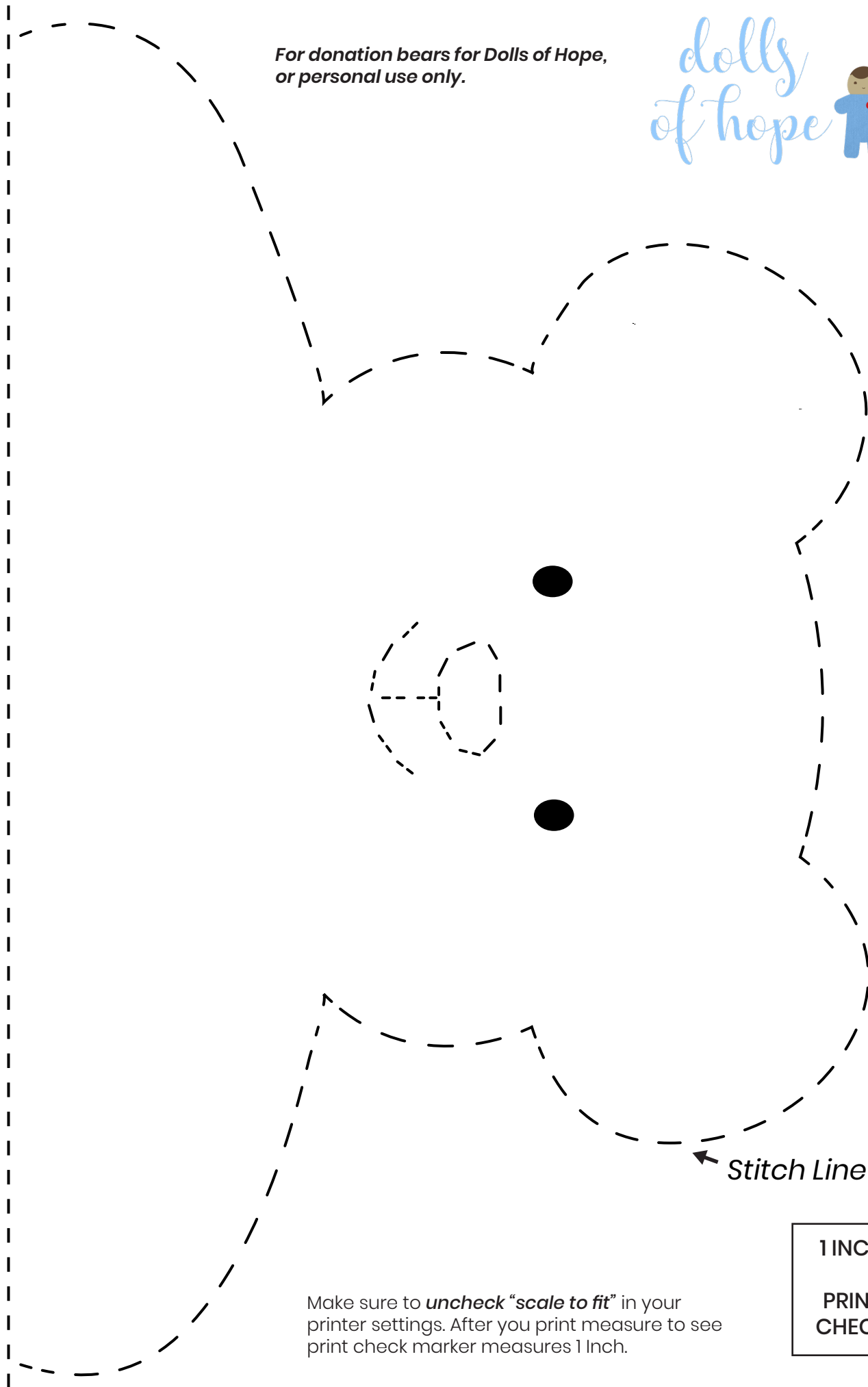




For donation bears for Dolls of Hope,  
or personal use only.



Match line an tape to bottom of bear body.



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.

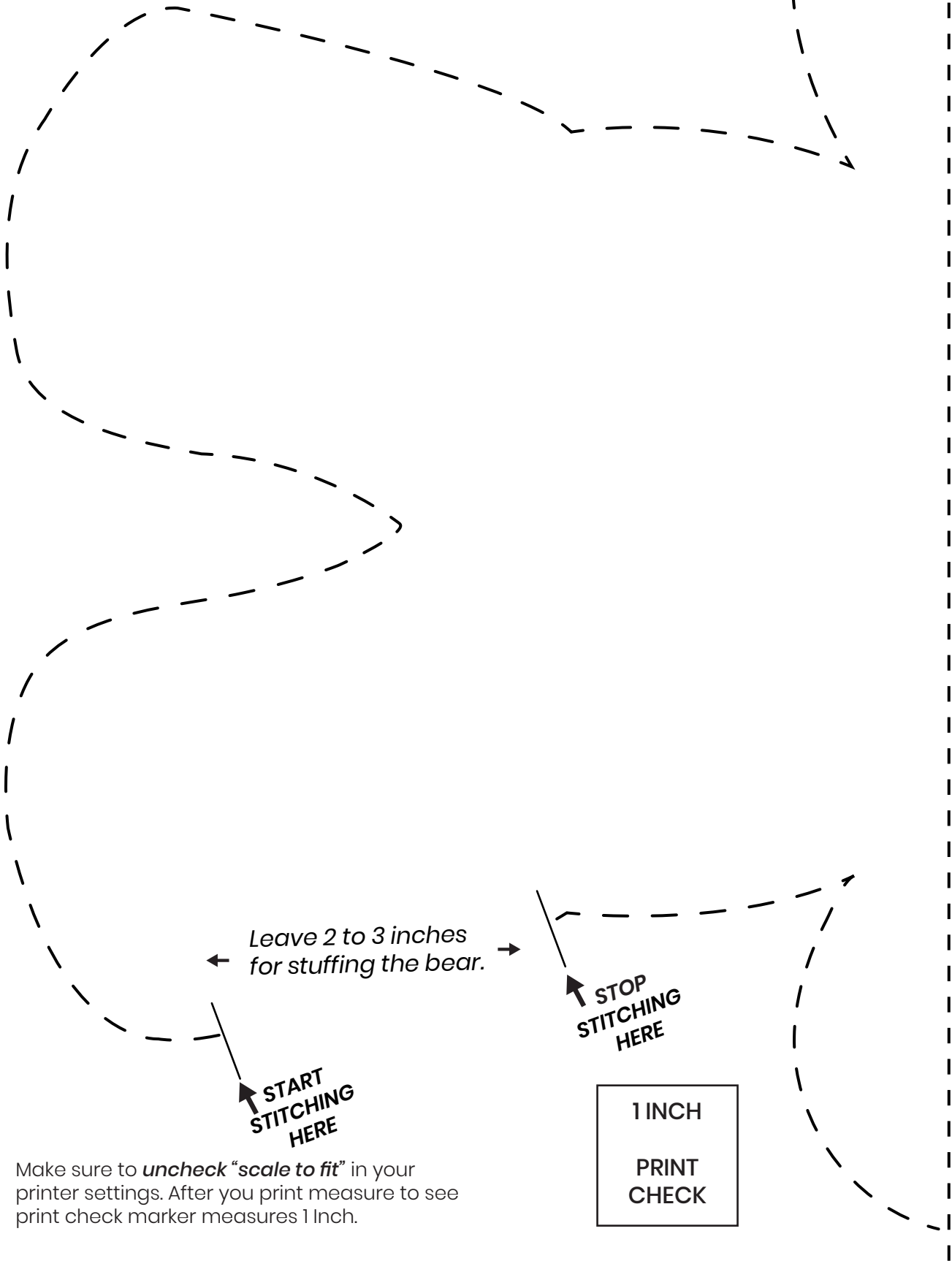
1 INCH

PRINT  
CHECK

dolls  
of hope



For donation bears for Dolls of Hope,  
or personal use only.



Match line an tape to top of bear body.

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