

Red Cross Trauma Teddy™ Information Sheet

History of the Red Cross Trauma Teddy™

The Red Cross 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 pass a strict quality inspection before distribution. This is undertaken by Red Cross Branch Members.

How you can join the Trauma Teddy team

Register with a Red Cross Trauma Teddy Coordinator - To become a Trauma Teddy knitter, you must register with a Red Cross Trauma Teddy Coordinator in your local area, or with the Trauma Teddy™ Finishing School at the Sydney Red Cross Head Office.

All official Red Cross Trauma Teddy Coordinators are also members of their local Red Cross Branch or Club. You might like to meet the other knitters at the Branch or Club.

For information about your nearest Trauma Teddy Coordinator, contact your Regional Red Cross office or the Sydney Red Cross Office at Level 4, 464 Kent Street, Sydney 2000

Email: nswmembership@redcross.org.au Phone: 9229 4111

Your Trauma Teddy coordinator is:

Name: _____

Phone: _____

Email: _____

Making a Trauma Teddy

Important notes to read before you start knitting a Trauma Teddy

Do what you are best at: Some people are good knitters but don't like sewing seams or embroidering faces. Other people are best at the finishing process. Talk to your Coordinator about this. Think of Trauma Teddies as a team effort.

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 often cause allergic reactions.

Size of the Teddy: You can make "Original" or "Little" Trauma Teddies. An Original Teddy should be approximately 28 cm (11 inches) before filling, or 32cm (12½ inches) tall after filling. A Little 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, eg. 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 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 never have any loose pieces or extras such as scarves unless they are knitted into the fabric of the 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.

Knitting Pattern for Original and Little Trauma Teddies

Note:

The number of stitches and rows for Original Teddies is shown first, in **bold** type.
The number of stitches and rows for Little 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.

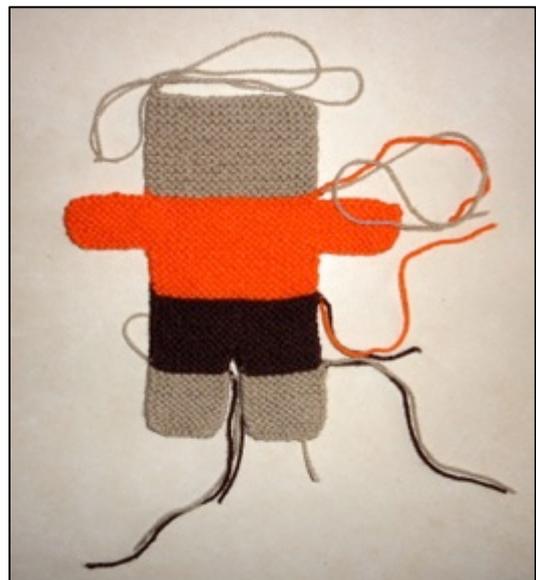
Head:

Change colour for head and knit **34** [24] rows. Cast off.
The Teddy is **130** [88] rows in total. Knit another side to match.

To complete the Teddy yourself, see the instructions on the next page. If you prefer to pass your Trauma Teddies on to your Coordinator for completion, tie the two sides together so they won't get separated from each other.



Original Trauma Teddy (approx 28 cm)



Little Trauma Teddy (approx 20 cm)

Completing the Trauma Teddy

Sewing up:

Sewing pins or needles, left inside Teddies, could cause harm and distress. Do not use pins at all and use just one sewing needle at a time. Better safe than sorry.

Use the yarn left when changing colour to sew up the 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 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 the 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 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. To avoid the risk of choking, under no circumstances are plastic eyes, noses or buttons to be sewn on.

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 Teddy's tummy.



Original Trauma Teddy (approx 32 cm tall)



Little Trauma Teddy (approx 23 cm tall)

Happy knitting!