

## Little Doctor Bear



**Claire Fairall**



This free pattern is my thank you to the wonderful nursing staff all over the world who work so tirelessly for us all.

If you want, you can knit one to give as a thank you gift or maybe to give comfort to a child or adult in these difficult days.

I hope the time spent whilst you knit your little doctor bear will give you a creative lift and give you a smile.

Doctor Bears head and body are knitted in a single piece with simple shaping

His tunic and trousers are removable. His hat is sewn in place.

His scrubs are knitted flat in single pieces from the top down and seamed.

## Little Doctor Bear

### Pattern Information

Doctor bear size-21cm /8.5" tall

Needle size-

Bear -3.5mm (UK 10 /US 4)

Tension - 20sts x 26 rows = 10cm (4") st.st. Square

Recommended yarn: -

Stylecraft Special DK yarn

Or any Double Knit /Light Worsted yarn

Bear-Golden Yellow DK 20 g

Scrubs-Spearmint Green 30g

You will also need-

Small amount of Black and white yarn

Toy stuffing

Sewing up needle

5mm button

### Abbreviations

#### (Used in both teddy and his clothes)

CO= Cast on using cable method

k=knit

p=purl

kfb= knit into front and then back of the same stitch

k2tog= knit the next 2 stitches together

stst = stocking stitch

rep = repeat

BO= Bind off

C&T= Cut and thread yarn through remaining sts

YO=Yarn over needle, bring the yarn to the front between the needles, take the yarn over the needles ready to k2tog

## Little Doctor Bear Pattern

### Body

Use teddy shade yarn

R1: CO8sts , kfb every st (16)

R2: p

R3: (k1, kfb) rep to end of row (24)

R4: p

R5: (k2, kfb) rep to end of row (32)

R6-8: stst 3 rows, *starting with a p row*

R9: (k3, kfb) rep to end of row (40)

R10-18: stst 9 rows, *starting with a p row*

R19: k4, k2tog (k8, k2tog) rep three times, k4 (36)

R20-22: stst 3 rows *starting with a p row*

R23: k4, k2tog (k7, k2tog) rep three times, k3 (32)

R24: p

R25: k3, k2tog (k6, k2tog) rep three times, k3 (28)

R26: p-

R27: k3, k2tog (k5, k2tog) rep three times, k2 (24)

R28: p

### *Head shaping*

R29: k2, kfb, (k3, kfb) rep five times, k1 (30)

R30-32: stst 3 rows, *starting with a p row*

R33: k3, kfb, (k4, kfb) rep five times, k1 (36)

R34-38: stst 5 rows, *starting with a p row*

R39: k14 (k2tog) rep four times, k14 (32)

R40: p

R41: k14, (k2tog) twice, k14 (30)

R42: p

R43: k6, k2tog, k2, k2tog, k6, k2tog, k2, k2tog, k6 (26)

R44-46: stst 3 rows, *starting with a p row*

R47: (k2, k2tog) rep to last st, k2 (20)

R48: p

R49: (k1, k2tog) rep to last st, k2 (14)

R50: p

R51:(k2tog) rep to end of row (8)

C&T

### Legs (make two)

Use teddy shade yarn

R1: CO13 sts, k

R2: p

R3: k1, kfb, k to last 2 sts, kfb, k1 (15)

R4-6: stst 3 rows, *starting with a p row*

R7: k1, kfb, k to last 2 sts, kfb, k1 (17)

R8-10: stst 3 rows, *starting with a p row -*

R11: k7, (kfb) three times, k7 (20)

R12: p

R13: k7, (kfb) six times, k7 (26)

R14: p

R15: k7, (kfb, k1) six times, K7 (32)

R16: p

R17: k2, (k2tog, k3) rep to end of row (26)

R18: p

R19: k2, (k2tog, k2) rep to end of row (20)

R20: p

R21: k2, (k2tog, k1) rep to end of row (14)

R22: p

R23: k2tog to end of row (7)

*C&T leaving a long yarn end for sewing up*

### Arms (make two)

Use teddy shade yarn

R1:CO7 sts, kfb, to last sts, k1 (13)

R2: p

R3: k1, kfb, k to last 2 sts, kfb, k1 (15)

R4-6: stst 3 rows, *starting with a p row*

R7: k1. kfb, k to last 2 sts, kfb, k1 (17)

R8-18: stst 11 rows *Starting with a p row*

R19: k2, (k2tog, k1) rep to end of row (12)

R20: p

R21: k2tog to end of row (6)

*C&T leaving a long yarn end for sewing up*

## **Ears (Make two)**

Use teddy shade yarn

R1: CO6 sts, kfb every st (12)

R2-4: stst 3 rows *starting with a p row*

R5: k2tog to end of row (6)

R6: p

R7: BO

## **Tunic**

Use clothes shade yarn

R1: CO22 sts k

R2: k1, YO, k2tog (*makes buttonhole*) k to end of row

R3: p

R4: k2, (kfb, k1) rep three times, kfb, k4, (kfb, k1) repeat three times, kfb, k2 (30)

R5: p

R6: k3, kfb, k1, kfb, k3, kfb, k1, kfb k6, kfb, k1 kfb, k3, kfb, k1 kfb, k3 (38)

R7: p

R8: k4, kfb, k1, kfb, k5, kfb, k1, kfb k8, kfb, k1 kfb, k5, kfb, k1 kfb, k4 (46)

R9: p

R10: k5, kfb, k1, kfb, k7, kfb, k1, kfb k10, kfb, k1 kfb, k7, kfb, k1 kfb, k5 (54)

R11: p

R12: k6, kfb, k1, kfb, k9, kfb, k1, kfb k12, kfb, k1 kfb, k9, kfb, k1 kfb, k6 (62)

R13: p

R14: k7, kfb, k1, kfb, k11, kfb, k1, kfb k14, kfb, k1 kfb, k11, kfb, k1 kfb, k7 (70)

R15: p

R16: k8, kfb, k1, kfb, k13, kfb, k1, kfb k16, kfb, k1 kfb, k13, kfb, k1 kfb, k8 (78)

R17: p13, k13, p26, k13. p13

R18: k12, BO following 16sts, k21, BO following 16sts, k11 (46)

You will now have 46sts on your needle with 2 loops of BO sts which will make the sleeves.

R19: p11, p2tog (to join under the sleeve) p20, p2tog (to join under the second sleeve) p11 (44)

R20-24: stst 6 rows, starting with a k row

R25: k *makes a ridge on right side*

R26: BO

## **Trousers**

Use clothes shade yarn

R1: CO40 sts, (k1, p1) repeat to end of row

R2: (p1, k1) repeat to end of row

R3-16: stst 14 rows *starting with a k row*

Divide for legs

R17: k20, slip remaining 20sts onto a stitch holder, turn work and continue to work on 20sts on needle.

R18-27: stst 10 rows *starting with a p row*

R28: K, *makes a ridge on right side*

R29: BO

Second leg Slip remaining 20 stitches off holder and onto needle.

Re-join yarn and k1 row Rep R18-29

## **Hat**

Use clothes shade yarn

R1 CO37 sts, k *makes a ridge on right side*

R2-6: stst 5 rows *starting with a k row*

R7: k *makes a ridge on right side*

R8: (k4, k2tog) rep to last st, k1 (31)

R9: p this and every following alternate row

R10: (k3, k2tog) rep to last st, k1 (25)

R12: (k2, k2tog) rep to last st, k1 (19)

R14: (k1, k2tog) rep to last st, k1 (13)

R16: k2tog to last st, k1 )7)

R17: C&T

## **Face mask**

Use white yarn

R1- 6: CO10 sts, stst 6 rows

R7: BO



## Making up Your Little Doctor Bear

### Body and Head

Gather the CO stitches at the base of the body. Sew the back seam, leaving the C&T section of the head open for stuffing.

Stuff the body and lightly stuff the head. Tie a piece of matching yarn firmly around Little Bears neck. Once the neck has been formed you can continue to stuff the head paying attention to the shaping at the snout and eyes area.



When you are happy with the shape of the head pull the C&T yarn to close the seam and sew in the ends of the yarn, including the knotted necktie yarn.

### Arms

Pull the C&T yarn to close each paw and sew the seam to the top of the arm. Stuff each arm and fold the arm flat at the BO edge so that the seam is at the centre back.

Sew the BO edge shut.

Position the arms either side of the body and just below the neck. Sew in place firmly.

### Legs

Pull the C&T yarn to close each paw and sew the seam to the top of the leg. Stuff each paw and leg and fold the leg flat at the BO edge so that the seam is at the centre back.

Sew the BO edge shut.

Position the legs at the base of the body, make sure the feet are facing forwards! Sew in place firmly.



### Ears

Sew the CO and BO edges of each ear together, the knitting will naturally form a curved ear shape. Sew the ears on to teddy's head after you have made and sewn on his hat.

### Nose

Using black DK yarn make 5x 1cm long stitches at the top of the nose shaping. Make an upside-down T shape for the mouth. Thread the yarn end through the head twice to secure the yarn. Cut off close to the head so that the tail disappears into the head

## Eyes

### *Making the Eye knots*

Cut two 40cm lengths of Black DK yarn, take one piece of yarn and fold it in half. Wrap the middle of the doubled yarn around your index finger to make a loop. Leaving the loop on your finger, thread one end of the doubled yarn through the loop, as if to make a knot. Do not tighten the knot yet!

Thread the yarn twice more through the loop on your finger. Take the loop off your finger and gently pull the ends to tighten the knot. You will now have an oval knot in the middle of the yarn.

Position the eyes approx. 0.5 cm above the nose with 1.5 gap between them

Thread one doubled end of thread onto a needle and push the needle from the front to the back of the head. Unthread the needle and repeat with the other end of the knotted yarn 2 stitches above the first thread. Repeat for the other eye. Gently pull on the loose threads at the back of the head to indent the eyes.



You can easily reposition the eyes to give a pleasing expression. When you are happy with the eye positions re- thread each end and pass the needle through the head twice to secure the yarn. Cut off close to the head so that the tail disappears into the head.

## Doctor Bears Clothes



### **Tunic**

Weave in any loose ends

Seam the back of the sweater from the hem to 5 rows from the neck cast on edge.

Sew a small (5mm) button to the left hand of the back opening. Use the buttonhole to guide you for positioning the button.

### **Trousers**

Fold each leg section in half and sew the leg seams, from the bound off edge to the crotch.

Sew the back trouser seam from the crotch to the ribbed Cast on edge.

### **Hat**

Sew the back seam of the hat and place on teddy's head. Sew into place then add the ears. Use the illustration to guide you.

### **Face mask**

Cut a two 20cm lengths of white yarn. Add 15cm lengths of white yarn to each corner of the mask and tie into place

