

Therapy Doll Pattern

With many thanks to Mary Tanner who supplied these instructions and the pattern.

1. Cut out two bodies and if making felt hair, one front and one back hair piece for each doll.
2. For felt hair: sew the hair all the way round to the right sides of the body pieces.

For the Dolls

1. With rights sides together, sew front and back body pieces together, leaving a gap for turning under the arm where shown. Use as small a seam as you dare – consistency all the way round is more important than the actual size. It also helps if you have a needle down function on your machine while sewing round all the curves. Of course you can always hand stitch.
2. Reinforce feet and hands by sewing another row of stitching on top of the first.
3. Trim seam with pinking shears or clip well into the curves and into the neck, underarms and crotch.
4. Carefully turn to right side. This can be tricky, especially for the small dolls with felt hair. I used Prym turning tools which helped enormously. Just take your time and it gets too much, go and make a cuppa and try again later! They will turn right way round eventually!
5. Stuff firmly. This is where small fingers are the best! Use small pieces of stuffing and make sure you push the stuffing right down into the limbs. Make sure too that the neck is firm – close the opening using ladder stitch.

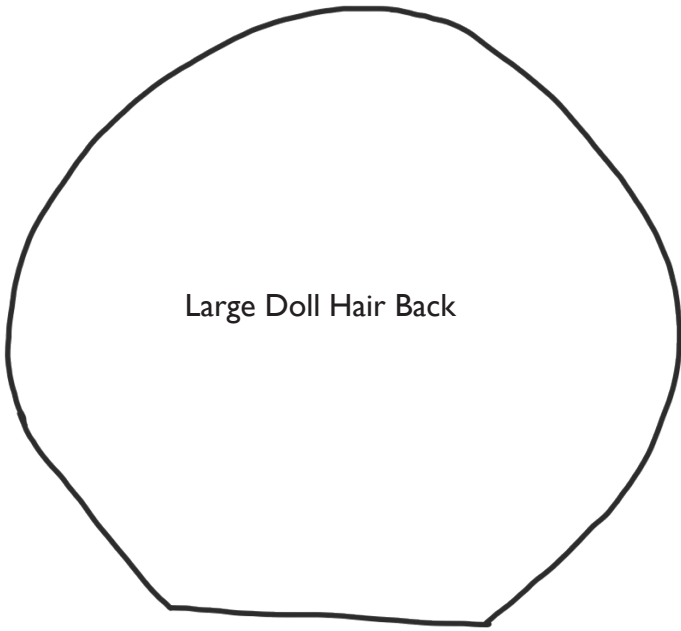
For the Woollen Hair

Small girl doll – I wrapped wool around 6” (15cm) piece of card approx. 30-40 times.

Large mother doll – I used 9 ½ (19cm) piece of card and wrapped wool around approx. 50 times.

1. Measure and cut a piece of narrow tape to fit from the forehead of the doll to the back of the neck and add ½” (1cm) extra at both ends.
2. Carefully slide the wool off the card and keep it flat. You now need to attached the middle of the wool to the tape.
3. With the tape underneath the wool and starting ½” (1cm) from the end of the tape, using a short stitch machine sew the wool to the tape, finishing ½” (1cm) from the end of the tape. Take your time, it may help to use paper underneath the tape to stop things catching in your machine. Sew a second row of stitching close to the first. (Tear off the paper if used).
4. Attach the hair to the body by hand sewing on the tape, tucking the ends of the tape underneath.

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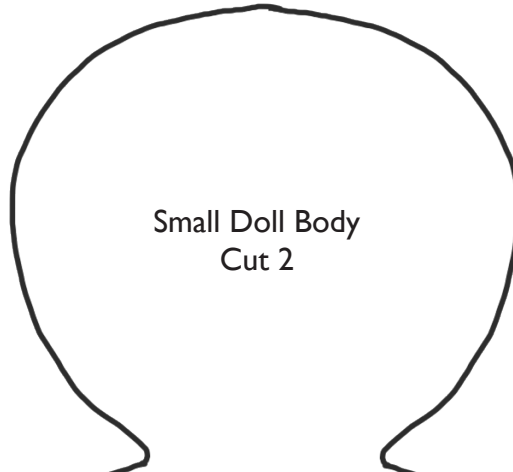
Large Doll Hair Back



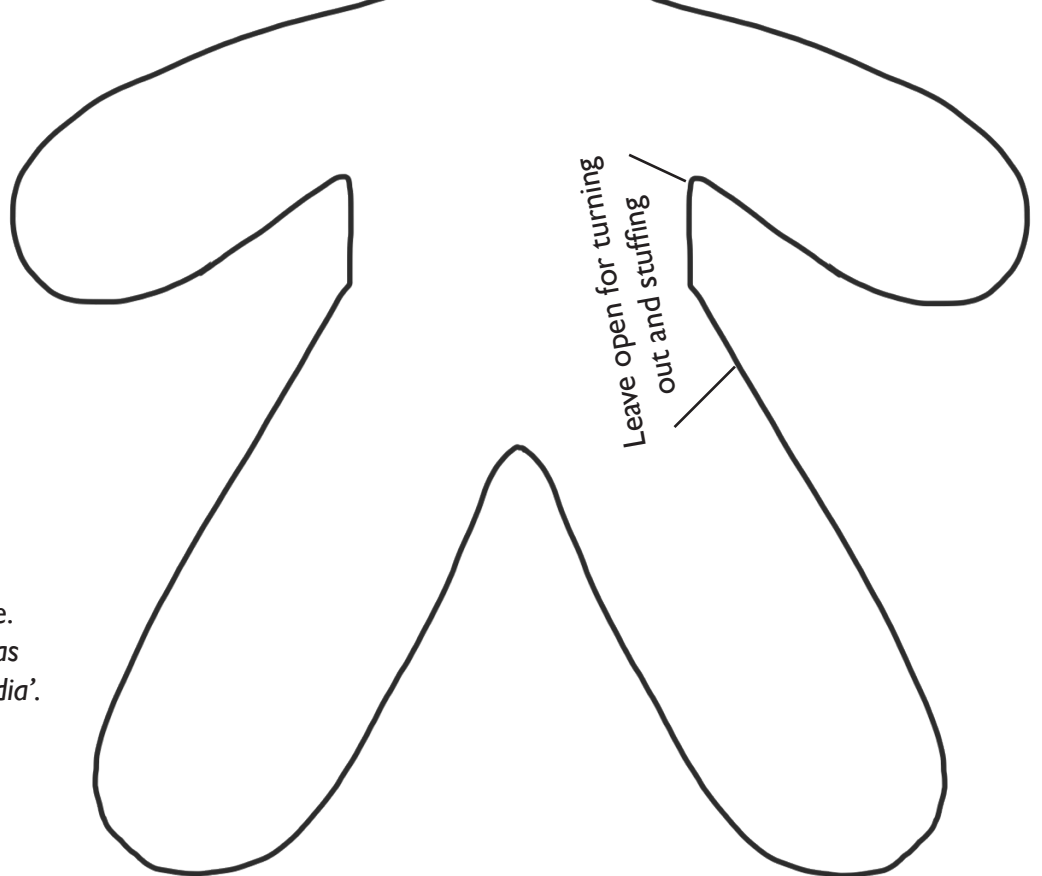
Small Doll Hair Back



Small Doll Hair



Small Doll Body
Cut 2

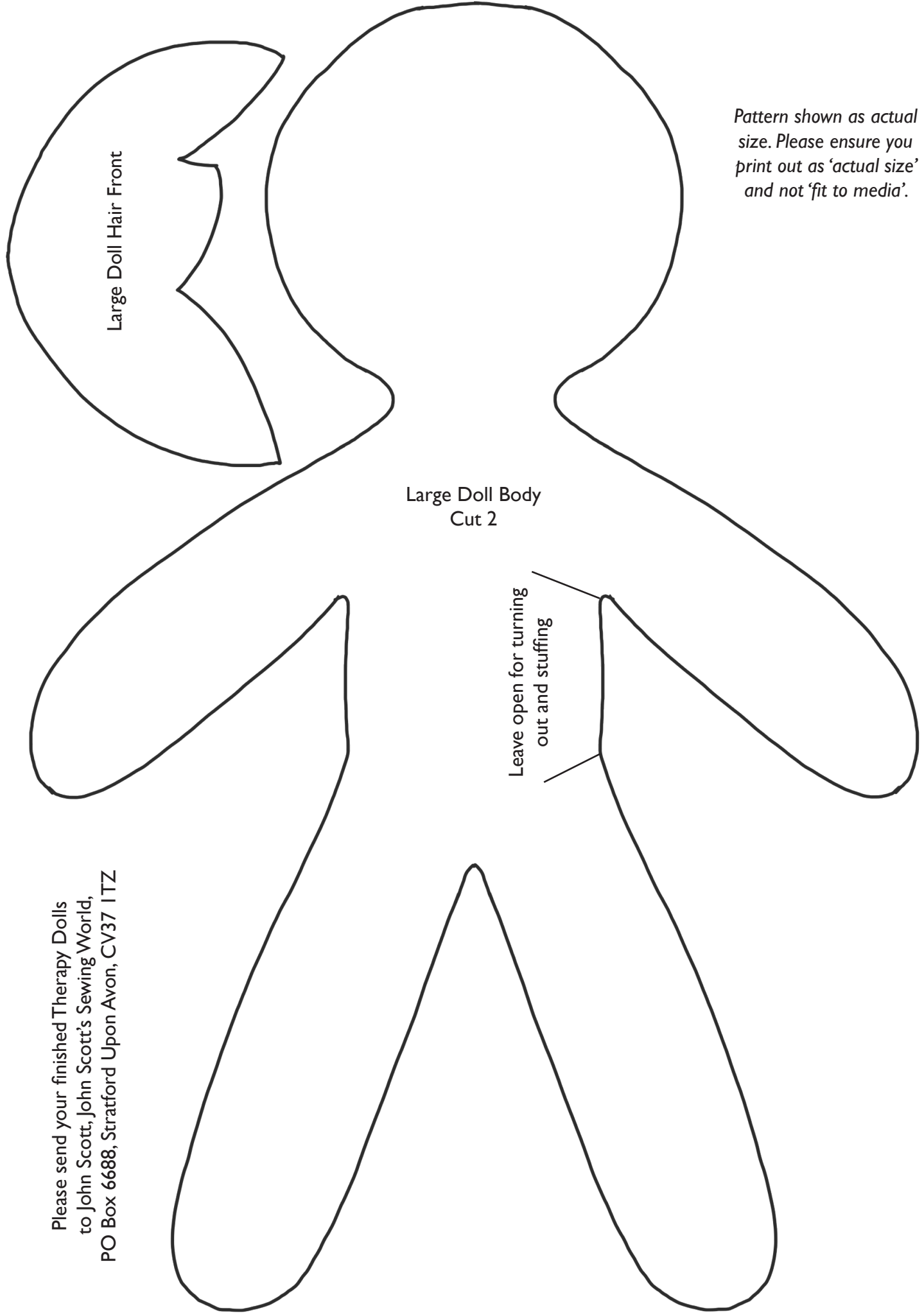


Leave open for turning
out and stuffing

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Therapy Doll Clothes Pattern

Seam allowance must be added to all patterns

Men's T-shirt

Can be made from cotton or cotton jersey

1. Cut out 2 of the pattern out of your fabric
2. Hem the sleeves and the bottom edge
3. Sew side seams together from hem to armpit and along to cuff
4. Snip into underarm seam allowance
5. Sew along shoulder seam from cuff to mark on pattern
6. Turn in seam allowance around neck and top stitch down

Men's Shirt

1. Cut out one back from men's t shirt
2. Cut out 2 of the front panels
3. Hem sleeves
4. On one side fold down dotted line on front and stitch down. On other front fold on CF line and stitch down.
5. Sew side seams as for t shirt
6. Hem around the bottom
7. Add popper or Velcro to fasten front

Men's or Boy's Trousers

1. Cut out 2 of the pattern from the fabric
2. Hem across the bottom of the leg
3. Sew side seam up to the start of the curve
4. Place one leg inside the other (right sides together)
5. Stitch round the crotch
6. Fold over right around the waist so raw edge is inside
7. Take 5mm elastic or shirring elastic, stretch to fit and zig zag around the elastic (the elastic should be about half of the dolls waist size)

Boy's or Men's Underpants

Identical to trousers but hem is dotted line.
Also, try to use finer fabric for these.

Ladies Dress

1. Cut 2 of the pattern from the fabric
2. Sew side seams this is just the straight edge not the angled edge
3. Hem the bottom of the dress
4. On the angled lines at the top turn in the fabric and stitch down
5. Across the top of each section fold over and sew in a casement for the elastic
6. Take 5mm elastic and thread through both front sections this creates a gathered neckline and 2 armholes
7. Sew elastic ends together

Boy or Girls T-Shirt

1. Cut 2 rectangles out of fabric
2. Hem the bottom edge
3. Sew together 2 side seams
4. Sew together shoulders from edge to mark on pattern
5. Turn over raw edge around neck and stitch down

Girl's Skirt

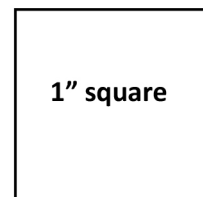
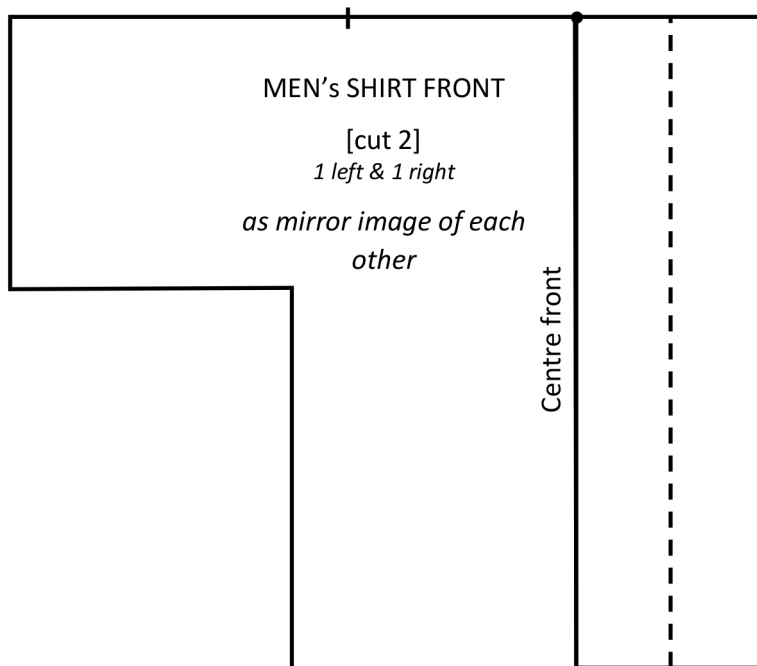
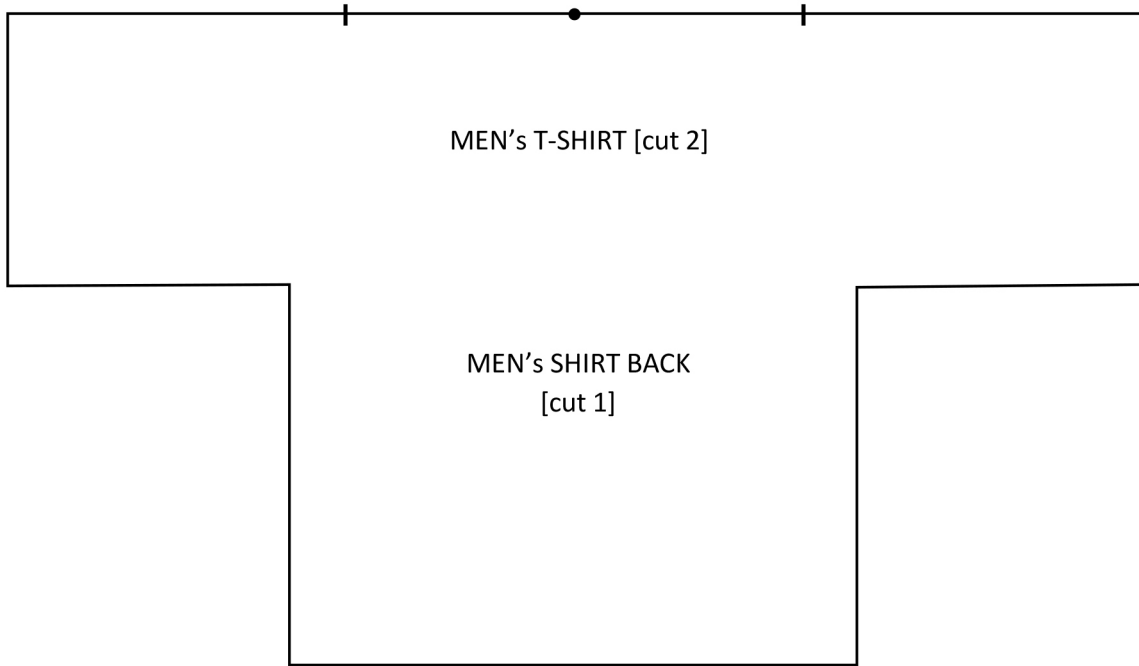
1. Cut one rectangle as pattern
2. Hem the fabric along one of the longer edges
3. Sew up the side seams
4. Turn over the top and zig zag 5 mm elastic inside to create gathers

Boy or Girl's Knitted Top

1. Using 4 ply yarn and 3mm needles
2. Cast on 20 stitches
3. 3 rows of knit 1 purl 1
4. 10 rows of stocking stitch
5. 1 row of knit 1 purl 1
6. Cast off in rib
7. Knit 2 of these and sew together leaving head and arm holes

Faces These can be stitched or can be drawn on. Mandy Shaw uses Micron Pigma Pens for her dolls faces. The ink is non-fade, archival quality and does not run. You can buy the Pens from Mandy's Website dandeliondesigns.co.uk/sewing-supplies-fabric-shop/pigma-micron-pen

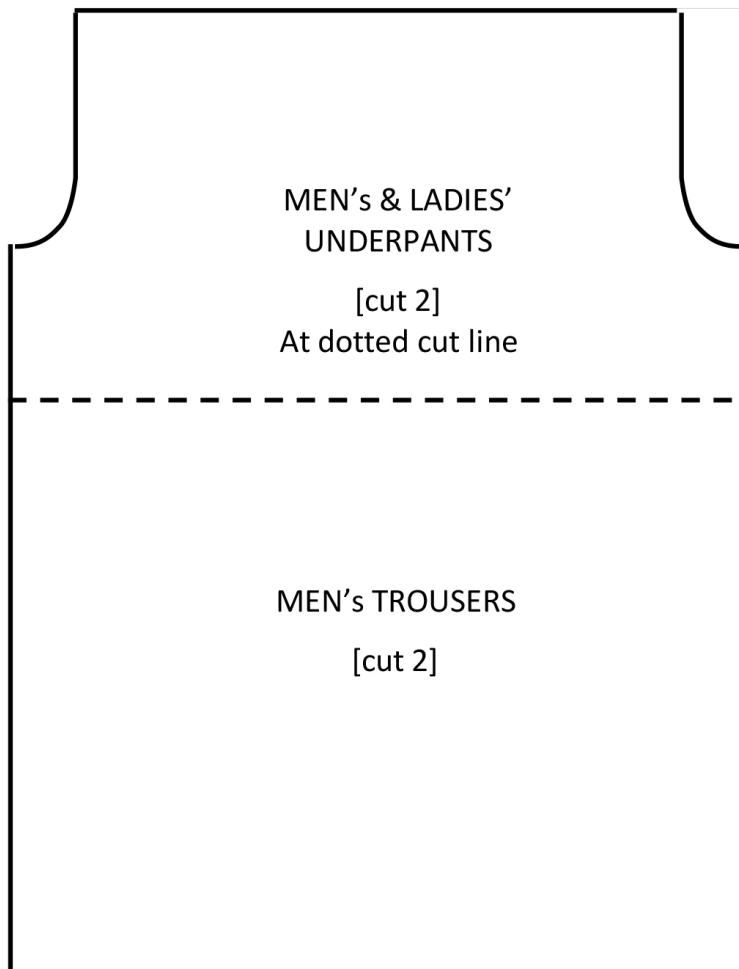
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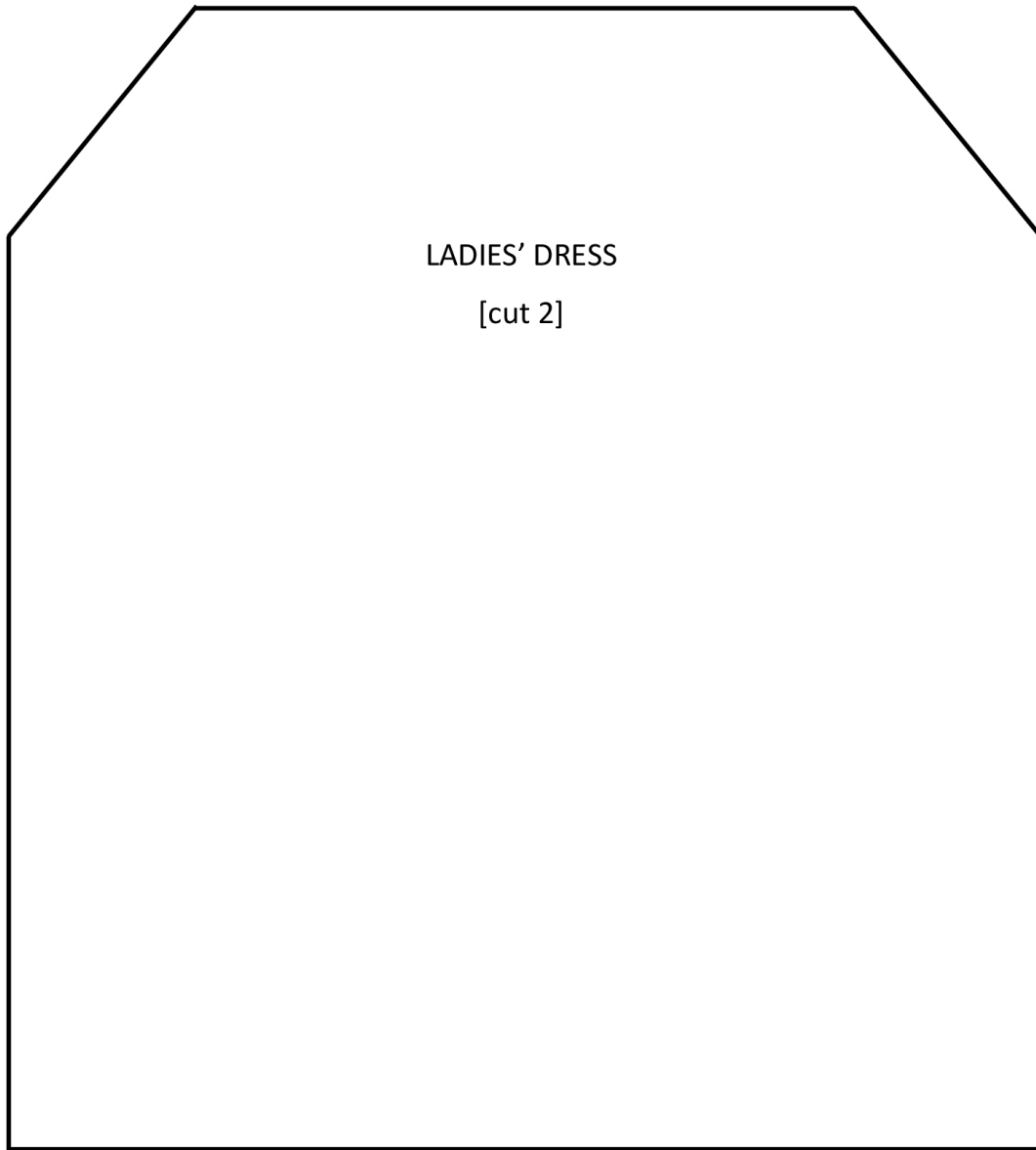
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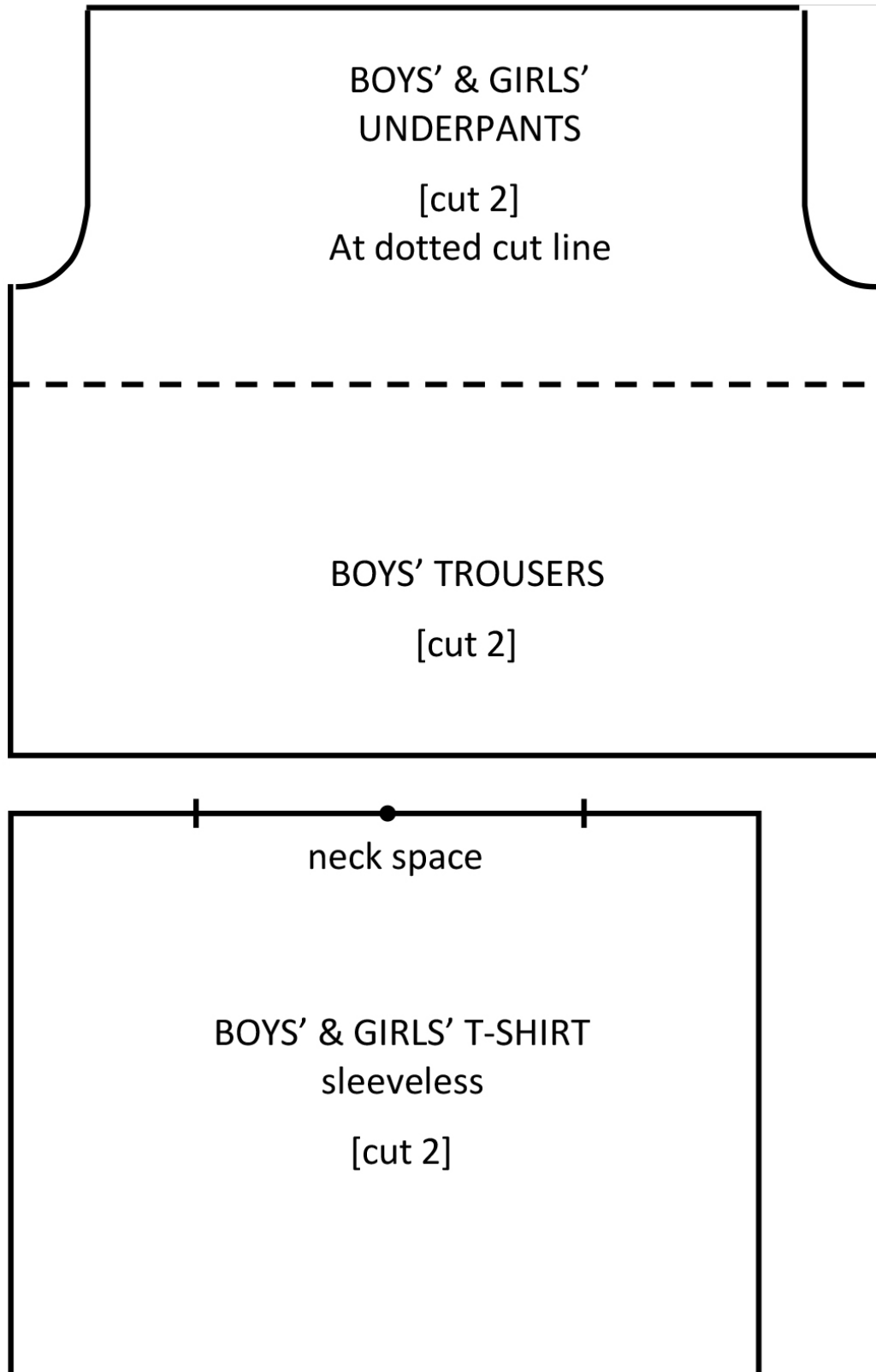
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GIRLS' SKIRT
[cut 1]

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