

BASIC FEMALE HAND PUPPET

You can make this puppet into either girl, Mum or Gran simply by adding your own creative ideas – grey hair etc. – lots of ideas are on the Gallery page of the website. Ideally we'd like a family set (happy/sad sided) – Girl, Mum and Grandma from this pattern and Boy, Dad and Grandad from the Basic Boy Pattern. The family is used in role play to help traumatized children.



You will need:

Double knitting yarn in the colours of your choice – if making ethnic puppets, use brown/tan for the face, but not black thanks.

4 mm (size 8) needles

For the eyes - buttons or the sew-on type of toy eyes, or you can embroider the eyes –(please don't stick on anything with glue)

For the mouth - embroidery thread – please use this rather than your yarn, as it's easier and more effective

Double knitting yarn for the hair in the colour of your choice (grey for the Gran??!)

TO MAKE:

Cast on 20 stitches and knit 6 rows in garter stitch. Work in stocking stitch or moss stitch until work measures 3 inches from commencement, ending with an even row. Change colour if desired and work 6 rows in rib (K1, P1).

1st arm row: Cast on 10 stitches, K10, continue in rib (30 stitches) 2nd arm row: Cast on 10 stitches, K4, P6, continue in rib until last 10 stitches, P6, K4 (40 stitches) Work another 8 rows: the bodice continues in rib, the arms are worked in stocking stitch – on purl rows, Knit the first and last 4 stitches to suggest hands.

Next row: Cast off 11 stitches, continue in rib until last 10 stitches, K10 (29 stitches) Next row: Cast off 11 stitches in purl, continue in rib (18 stitches)

Change to face colour- use white British flesh tones or brown or tan for ethnic skin tones, (no black yarn though thanks), and work 10 rows in stocking stitch Shape face: 1st row: S1, K1, psso, K14 K2 tog 2nd row: Purl 3rd row: S1, K1, psso, K12 K2 tog 4th row: Purl Continue decreasing until 10 stitches remain. Cast off in purl.

Knit two pieces the same and sew together, leaving the bottom open.

Weave matching yarn through the top row of bodice stitches and draw up slightly to define the neck. Tie ends securely and sew in.

Embroider eyes, - if using buttons or sew-on type eyes please sew them on extra firmly. Embroider nose and smiling mouth one side and downturned mouth on the other side.

TIP: the features of the puppet are probably the trickiest part – please use embroidery thread rather than yarn, as the yarn tends to be rather thick and is less realistic! A simple chain stitch works best. One knitter suggests you use a piece of Vilene on the back of the features which helps secure them (otherwise they tend to spring around). Just trim it when you've finished and it can stay in place inside the puppet's head.



Important note: we have been asked repeatedly by workers if we can put a smile on one side of the puppet and a downturned mouth (upside down smile) on the other side. As far as we know you can't buy these, so it makes them unique. It's very useful in discussions about how events affect other members of the family.



HINTS FOR PUPPET HAIR WHICH WON'T PULL OUT

The hair on our puppets and monsters must not be able to be pulled out by a child, for obvious safety reasons. If you only attach the hair by using a separate piece of yarn to tie the bundle this doesn't hold it, as the hair can still be pulled through. Here are some tips for attaching the hair – if done in the following ways it's impossible to pull it out! Please choose which method you prefer.

METHOD 1 – knitting the hair separately, then attaching it. These instructions and pictures were kindly sent in by Yvonne in Leicester.

For male or female 2-sided (happy/sad) puppet or monster with no plaits – DK yarn, No.10 needles.

Cast on 29sts and work in moss stitch (Row 1 – K1P1 to end, row 2 – P1K1 to end) or reverse stocking stitch for 5 rows. Cast off. Sew firmly across the top of the head of the puppet. Do more rows if attaching to a large monster.

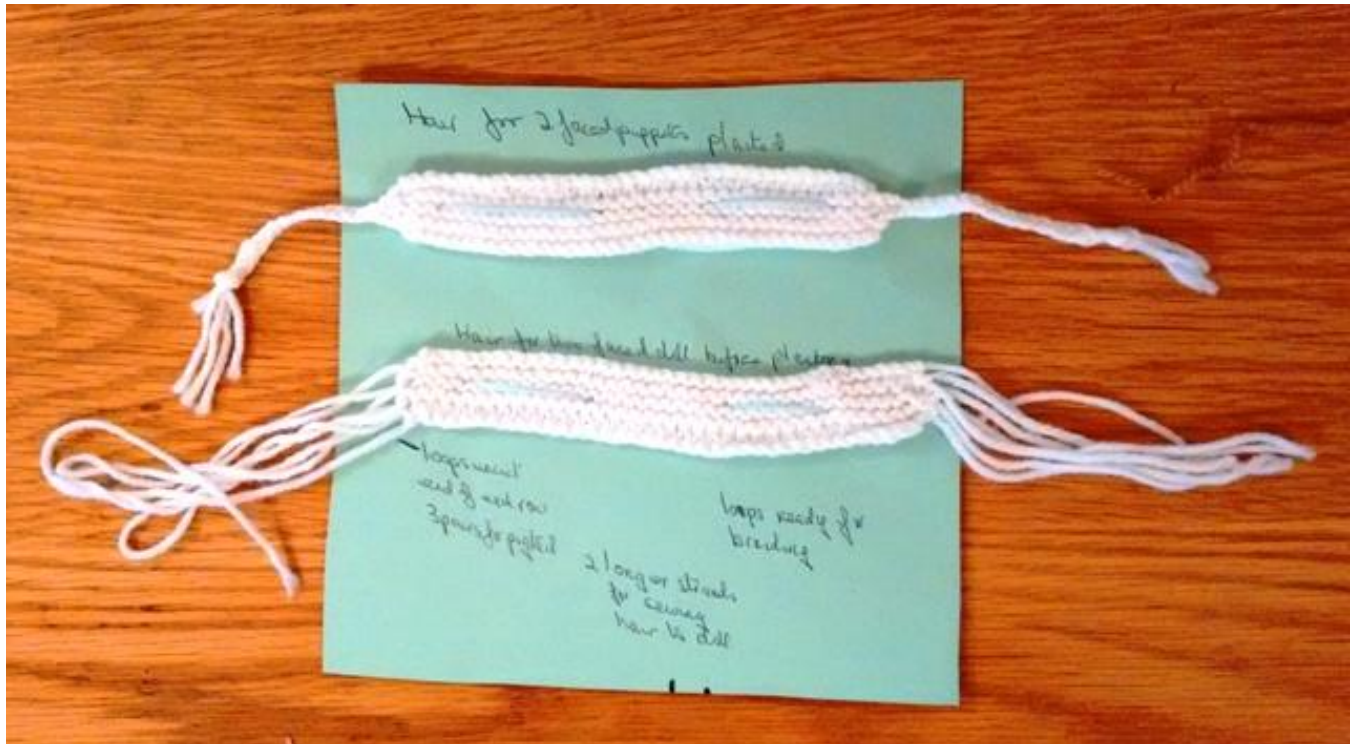


For male or female puppet/monster with plaits – DK yarn, No.10 needles

Cast on 37sts and K one row. Knit 6 more rows in moss stitch or reverse stst, leaving a long loop each end to make plaits. Do more rows if attaching to a large monster. Cast off purlwise. Cut loops, tightening knitting as you go, tying together tightly each 2 strands from each loop next to knitting. Leaves 3 prs to make plait each end.

Plait the pairs and attach your hair piece to the puppet or monster by sewing it on firmly.

Add ribbons to the ends of the plaits, tied on securely, if you wish.



NB. Loop stitch is also very effective – see the bottom of this document for instructions for that.

Please scroll down for more methods.

METHOD 2 – attaching a sheaf of hair

- 1 Make one sheaf of yarn – whatever thickness you like and either long or short
- 2 Knot the sheaf on itself in the middle – this is the important part, please don't tie up the sheaf with a separate piece of yarn, - the yarn needs to be knotted ON ITSELF!



- 3 Trim the ends and then attach the knot firmly to the top of the head in the middle. Embroidery thread is the strongest.



- 4 Attach the hair at intervals round the head – at this point if using long yarn you could plait it each side and tie firstly with yarn and then with ribbon if desired. For a male puppet without hat, just clip the ends a bit shorter and it looks fine!



METHOD 3 – threading strands through separately

For this you thread each strand through the top of the head individually, just like when you do the tassles of a scarf.

To root the hair, you need a crochet hook (3.5mm hook works well) and strands of yarn at least twice the length of the hair you're creating. Fold a strand of yarn in half to create a loop, insert the hook under a stitch on the right side of the work and grab the loop, pulling it part way through so that the 'hair' passes behind the stitch.



Then use the hook to grab the ends of the hair and pull them through the loop, tightening gently. Repeat through other stitches until you have the hair you want. When it comes to the hair line, follow one row of knitted stitches across the upper face to get a straight hair line. It takes maybe 20 minutes to do a full head of hair.



METHOD 4 – making ringlets for curly hair – do try this, it’s such fun!

You can thread the hair through just the same as in Method 2 above, but make the hair in ringlets.

The following instructions were sent in by our knitter Viv in Ripon, who knitted the puppets in the pictures – they’re so effective!



“The ringlets are so easy! I take no credit for this - I learned it from YouTube. You need wooden skewers and yarn with synthetic fibres in it. Wrap the yarn tightly round the whole length of the skewers. Don't worry if it unravels a bit at the end. Wet the yarn. Place the skewers on a baking tray and put them in the oven at 120° until they are dry (5-10 minutes). Let them cool then pull the yarn off the skewer. It'll be super-curly! I cut it into lengths and root it as normal with a crochet hook. The number of skewers needed depends on how long and wild you want the hair to be. 3-4 will usually do short to medium hair, but if you want massive hair, that takes about 5-6 skewers. As I did with the Grandma puppet, you can use more than one colour.

See picture below for the wooden skewer.



METHOD 5

Knitting curly hair and then sewing it to the puppet/monster*.

This pattern was kindly donated by Jean in Essex. It refers to a right-handed knitter.

Cast on about 30 stitches using size 10 needles, (hold against puppet's head to gauge length required ear to ear.)

Row 1 Knit 1 stitch. Next stitch. Insert right hand needle into stitch to knit plain wise. Then wind yarn around left forefinger once and then just round the needle once, resulting in two loops – knit those 2 loops together. Pull the loops firmly down as you knit across the row.

Continue to last stitch. Knit 1.

Cast off. Sew across top of puppet's or monster's head as firmly as possible. For attaching anything to a puppet or monster embroidery thread is preferable to sewing thread, as it's stronger. You may need to embroider a few stitches to make a fringe, or a few more loops to improve the look.

You could also try doing 2 rows of loops before casting off – or more if on a monster.

Loops can be cut to achieve a spiky appearance, the yarn is safely anchored.

*NB. For monsters you don't really need to knit the hair separately if you don't wish to.



These are only suggestions – there are many other brilliant ways of attaching hair securely to a puppet or monster. If you have any instructions on other ways that you do it, please do send them to Clare, and we can add them to this document.

ADAPTING THE PATTERN FOR DIFFERENT CHARACTERS

– please note, characters such as doctor, nurse, policeman, social worker etc. don't need happy/sad sides, just happy please!

POLICEMAN/WOMAN



Use basic boy puppet pattern, (on website), but make it all navy blue except the face.

Use embroidery gold yarn (only a few pence to buy) to sew on chevron and buttons, as in the picture. A peaked cap (middle pic) is great, as is the chin strap!

DOCTOR/NURSE





Use basic boy puppet pattern, (on website), as both male and female doctors and nurses wear trousers with top nowadays, but if you prefer you could make a more traditional nurse using the girl pattern (with skirt as above.)

Knit using a shade of blue. For the nurse you could knit a belt around the middle if you wish.

For the stethoscope you can use wool rope 50p per metre from a haberdashery, or simply a piece of your knitting yarn with an old button at the end (very firmly sewn on) – looks very realistic.

You can knit a tiny square for face mask and then sew it on to puppet if you wish.

For the Social Worker, teacher and judge there is a separate pattern on the website.