

BRUISES, RED MARKS and BLACK EYES TO ADD TO YOUR MONSTER (OPTIONAL)

This is a very sensitive subject, and we realise that it can be upsetting to think about child abuse in any form. Therapists have asked Knit-for-Nowt if we can provide worry monsters with either a red mark or bruises, as, very sadly, they are having to face this issue head on. Domestic violence is on the increase, made far worse by the lockdown, and the abuse can be either directed at the child or at one of their parents. The therapists do an amazing job and we want to help if possible, but this is totally optional and up to you as to whether you want to add them or not.



To indicate bruising you need to choose yarn of an appropriate colour: red, darkish red, blues, purple, and place on a worry monster's upper arm, or both upper arms. You also need to ensure that the monster's arms are in a plain colour in order to make the bruise stand out.

To give a monster a black eye you need the area around the eye to be discoloured. The white of the eye could actually be pinkish or even red, and there could be a partly closed eyelid.

There are two options: you could knit the bruise/black eye, or you could sew on pieces of felt.

OPTION 1 – KNITTING A BRUISE/BLACK EYE



To knit a spot, 1", 1.5", 2.5" diameter:

On 4mm needles cast on 8 (6, 6)sts

Next row P

Next row increase in every stitch by knitting into front and back of all sts. 16 (12, 12sts)

For smallest size, cast off purlwise. For bigger sizes, P

Next row, inc in every st. (24sts)

For middle size, cast off purlwise. For bigger size P

Next row, in in every st (48sts)

Cast off purlwise.

Lay the circle flat. Run the cast on tail through the cast on stitches and pull tight then sew up side seam. This will give you a complete circle, and it would be more effective if, when sewing the mark onto the monster, you can pull it slightly out of shape so as to appear more natural, as bruises are very seldom completely circular.

OPTION 2 – CUTTING OUT PIECES OF FELT AND ATTACHING THEM

The “toothy” monster in the picture has pieces of black or red felt sewn onto the arms or legs to indicate bruising. Making the marks slightly uneven is more realistic. Try to make the black eye big enough around the eye, and that it covers part of the middle of the eye, as in the picture. As discolouration is often spread out, if you add a couple of other black pieces around or under the eye it will make it more effective, (again, see picture).