

The Cuddle Dolls

LEARN TO SEW A WALDORF INSPIRED SOFT DOLL



Materials List



1. Tricot - in your choice of skin colour. For one doll you will need a piece to cover the head about 18cm x 18 cm and a smaller piece 14cm x 14cm to make the hands (& ears). *I always suggest buying more tricot especially if you are wanting to make more dolls.*

Note - Tricot is the traditional material used to make Steiner/Waldorf dolls. It is sometimes called cotton interlock fabric - when you look closely at the fabric you will see vertical lines and when you pull sideways you will feel its stretch. This is usually sold in a tube, which means you get a double layer - check the listing to make sure.

2. Stretch knit/jersey cotton fabric or double cotton gauze - to make the doll's body. The width of the stretch cotton fabric will vary amongst brands - as long as the **width of fabric** is at least 80cm - then a **length of 60cm will be enough to make one doll.**

Note - *I like to pre-wash my fabric, the above measurement suggestion takes into account the average shrinkage of double cotton gauze/jersey cotton.*

3. Tubular bandage - 40cm length of size 4cm or 6cm tube per doll. This is like a stretchy tube of gauze bandage and is available from doll making suppliers. The stretch of the tube can really vary from retailers - so take note on what your retailer says the head circumference is for each tube. See the pattern modification details on the next page for head circumference.

4. 100% Wool Stuffing - approx. 200 grams per doll.

5. Wool/yarn for hair - if you'd like to crochet a hair cap for your doll or cover the head with hair, you will need 25grams of doll mohair. If you will be covering the head with a gnome cap, you will only need 2 metres of yarn to make the fringe.

Notes

- *If you are crocheting a hair cap - you will need a crochet hook 2.5 - 4mm. 2.5 will give a very tight hair cap, if you are a beginner I'd suggest a 4mm crochet hook.*
- *Doll Mohair usually comes in 50gram balls - this will be enough to crochet the hair for two dolls + lots if you are only adding a fringe.*
- *If you are making your doll for a small child who still puts everything in their mouth, I would suggest avoiding mohair. Instead opt for the sleeping cap. If you would like to add a fringe - I'd suggest using some knitting yarn.*
- *This Mohair Boucle is great for stitching on the hair but it is a little challenging for crocheting a hair cap. Dolly Mo Woolly is my favourite for crocheting hair caps for dolls.*

6. Thick tying cotton - this will be used for contouring the head - you can buy thick tying cotton specifically for doll making,, otherwise strong knitting wool/yarn also works.

Note - *if using wool yarn, test it by trying to pull it with both your hands away from one another and make sure it doesn't snap.*

7. Sewing thread -

a. Cream thread for sewing the inner head (using the tubular bandage) - I use Gutermann Quilting Cotton 250m in Colour #928

b. A strong thin thread for sewing your body in a colour matching the body. I use Gutermann Poly Thread - 100m or 250m spool.

c. A strong thin thread for sewing the head & hands - colour matching the tricot (skin material). I use Gutermann Poly Thread - 100m or 250m spool.

8. Embroidery cotton/floss - in your choice of colours for the eyes and mouth. For the blue & pink dolls I used (DMC 433 for eyes + DMC 224 or DMC 3778 for mouth) and for the yellow daisy doll I used (DMC 838 for eyes + DMC 3778 mouth)

9. Sewing needles

a. a set of Birch Sculpting Needles for Dolls (in particular we need the 127mm needle for the eyes and mouth).

b. Quilt Basting Needles (these are very long thin sharp needles and very helpful for doll making).

c. You may like to try a curved needle for embroidering the eyes (you may find it useful, but they are not essential.)

10. Scissors, pins & stuffing sticks (I use a chopstick)

11. Sewing Machine - if you choose to machine sew the body of your doll, use matching thread suggested above - Guterman Poly Thread. Sewing Machine needles I suggest are Universal Needles 70/90 & Jersey (Ballpoint) Needles 70-10.

Optional - for those making a weighted doll

A. Single Cotton Knit - If you choose to create a weighted Cuddle Doll, you'll need a piece of 22cm x 22cm single cotton knit. You could also use an old cotton singlet.

B. Whole unhulled Millet grain to weight your doll - about 155grams per doll.

PATTERN MODIFICATION DETAILS

Below I have detailed the possible pattern modifications if you would like to make a smaller daisy doll + more details for the full size dolls. You have been provided with patterns at 90% and 80% of the original, so following these guidelines will help you to reduce the size of the head.

Please note that tubular gauze (or stockinette) performs very differently depending on the weave and fabrication, despite being the same size/ width. Rather than focusing on the size/ width of the tubular gauze, **always look at the recommended head circumference size (which most suppliers will provide)**. Below you will find the required head circumference size to make the 100%, 90% & 80% Cuddle Dolls to help you find the right tubular gauze from your supplier.

FULL SIZED CUDDLE DOLLS



specification for 100% pattern

- Stuff your tubular gauze to create a circumference of approx. 24cm
- **Finished head circumference needs to be about 22.5cm/ 23cm** - this is once the eye line has been created.
- Approx. 50 grams of wool
- These daisy dolls were made using 6cm Tubular bandage - a length of 40cm. I used the loose 6cm tubular bandage from Winterwood & sewed a 1/2cm seam down the side before stuffing.
- You can also use a loose 4cm tubular bandage - a length of 40cm.
- **Tricot for head - 18cm x 18cm**
- **Whole millet grain** to weight your doll, about 155 grams per doll.

specification for 90% pattern

- Stuff your tubular gauze to create a circumference of approx. 22cm
- **Finished head circumference needs to be about 20cm** - this is once the eye line has been created.
- This cuddle doll was made using loose 4cm tubular bandage - a length of 30cm. I used tubular bandage from Winterwood (they have two 4cm options - one is loose and one is tighter, you will need the loose option for this size doll).
- **Tricot for head - 15cm x 15cm**
- **Whole millet grain** to weight your doll, approx. 120 grams



90% CUDDLE DOLLS

80% CUDDLE DOLL



specification for 80% pattern

- Stuff your tubular gauze to create a head circumference of approx. 20cm
- **Finished head circumference needs to be about 18.5cm** - this is once the eye line has been created.
- This little cuddle doll was made using loose 4cm tubular bandage - a length of 30cm. Tubular bandage was from Winterwood - they have two 4cm options - one is loose and one is tighter, you will need the loose option.
- **Tricot for covering head - 13.5cm x 13.5cm**
- **Whole millet grain** to weight your doll, approx. 70 grams