



DOLL PATTERN PACKET

SPREAD HOPE. SPREAD JOY.

dollssofhope.org

OUR MISSION:

Dolls of Hope strives to bring hope and joy to children one doll and bear at a time, because we believe every child deserves to have a toy to cherish.

We know how much hope, joy, and comfort stuffed toys bring to children, especially children in crisis, and children who have nothing.



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Refer to the frequently asked questions page on our website with any questions you may have about the pattern or instructions: www.dollsofhope.org/faq

If you still have questions after referencing the FAQ page, email us at: dollsofhopeinternational@gmail.com

Patterns are for charity purposes only.

**www.dollsofhope.org
dollsofhopeinternational@gmail.com**

1

Download and print the pattern. It will print as three 8.5" x 11" pieces of paper. Tape the two pieces of the body together.

Note: additional patterns for hair are included that you can print if you choose.

2

Cut out the pattern pieces.

Once the pattern pieces are cut out they can be traced onto a thin piece of plastic or an old clear cutting board and then cut out with scissors to create a more durable pattern template. Poster board, card stock or cardboard can also be used.

3

Choose your fabric. Please use soft fabrics like fleece, minky, and flannel. Soft quilting cotton can also be used.

Feel free to mix and match colors and fabrics.

The children love bright and colorful dolls.

Please Note: Fleece and minky fabrics are preferred as they make more cuddly and durable dolls. If you choose to use flannel or quilting cotton, please use on one side only and use fleece or minky on the other side.

4

Pin the pattern to the wrong side of the fabric and cut out. You will need the following pieces:

- Body (2)-place right sides together
- Head (1 from hair colored felt or fleece for the back of the head, 1 out of tan or light brown skin colored fabric for the face)
- Hair (1 from hair colored felt or fleece)
- Pigtails (2)-optional

5

Using the face piece of the pattern and a fabric vanishing or disappearing tracing marker, or a fabric tracing pen or pencil, mark where to embroider the eyes and mouth on the skin colored head piece of fabric.

You can do open or closed eyes.

Please make sure all markings are erased or covered before completing the doll.

PRO TIP: Instead of marking the eyes and mouth directly on the fabric, cut a piece of Press'n Seal and place it on the face fabric.

Then mark the eyes and mouth on the Press'n Seal then hand or machine stitch the eyes and mouth over the face markings and Remove the Press'n Seal.



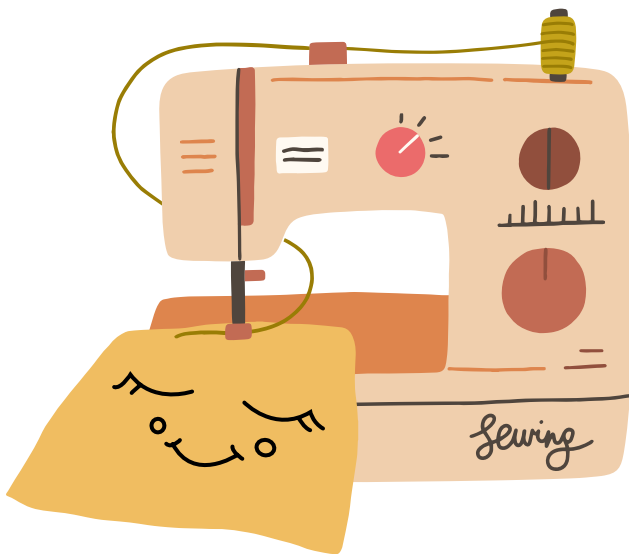
6

Hand or machine embroider a **COMPLETE FACE** (eyes and mouth are required cheeks can also be added), making sure all knots are on the wrong side of the fabric, and will be hidden inside the doll.

**For closed eyes, hand embroider using embroidery thread and small secure stitches, making sure there are no loose threads.*

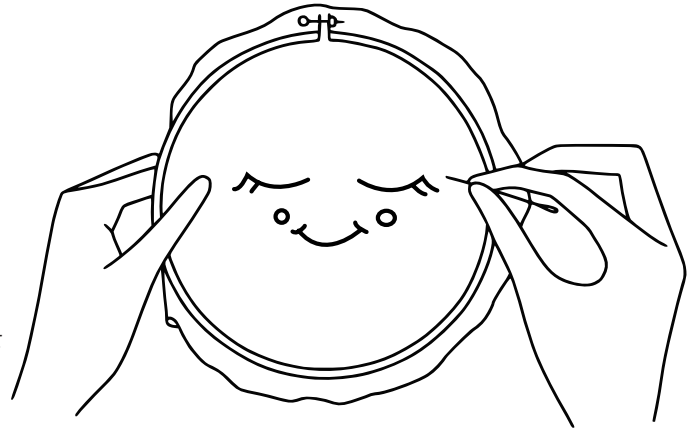
For open eyes, cut out small pieces of felt for the eyes and using embroidery thread hand stitch them on the doll's face using small secure stitches around the perimeter of the pieces of felt. Please **DO NOT just anchor the eyes in the middle.*

Using embroidery thread and small secure stitches, stitch a mouth.



Remember to start on the wrong side of the fabric making sure **THE KNOTS ARE ON THE WRONG SIDE** of the face (and will end up inside the doll) so children will not be tempted to pull at the knot and unravel the face.

NOTE: PLEASE DO NOT use PAINT, SHARPIES, FABRIC MARKERS, BUTTONS, or FRENCH KNOTS on the faces.



NOTE: It is possible to embroider the facial features after the doll is finished using the technique shown in this video:

<https://www.youtube.com/watch?v=W9BCCZxMzU>

Thread your needle with the embroidery floss. Tie a knot and pull the needle through from the back of the head to the point where you want to start stitching. Pull the knot through the back of the head fabric, pulling gently until the knot pops through the back of the head and is secured behind the face of the bear. The knot is now inside the doll's head. Stitch the face using small secure stitches.

When you are done the facial features, push your needle through to the back of the doll. Tie a knot and then push the needle back through the same hole and out another area of the back of the doll so the knot is now hidden in the middle of the doll.

Pull gently and cut your thread close to the body so the embroidery floss hides in the body of the doll and is no longer visible.

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7

Sew the hair onto the skin colored head at the hairline using small secure stitches (as shown in the picture) as close to the edge of the felt or fleece as possible.



8

On the short side of the pigtail pieces, fold the bottom up $\frac{3}{4}$ of the way to the top and sew as close to the edge as possible.

The two pigtails should be mirrors of each other, rather than identical.



9

Sew the pigtails onto the front of the head, with the folded part facing in toward the face.





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10

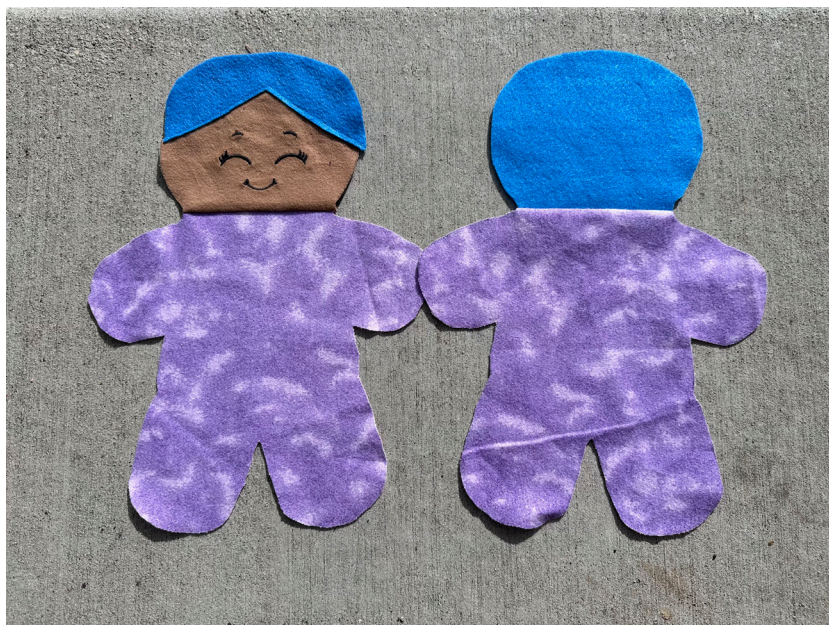
Sew the face to one of the body pieces on the dotted lines with right sides together.

Sew the hair colored felt head to the other body piece on the dotted lines with right sides together.



11

Open and press the seam of the front and back pieces.





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12

Placing right sides together start at the bottom of the outside leg and sew around the doll body with a $\frac{1}{4}$ inch allowance ending at the top of the outside leg. This should leave a 2-3" opening in the outside leg that will be used to stuff the doll.
(See Pattern)

Please do NOT start sewing on the inside of the leg.

14

Turn the doll right side out, being careful to make sure the arms and head are turned right side out completely.

13

Carefully CLIP all of the CURVED areas and corners around the sewn doll, clipping every $\frac{1}{4}$ " or so. Be careful to clip close to the sewn line without actually cutting the sewn line.

Clipping the curved areas and corners will prevent pulling and puckering of the doll when the doll is turned right side out.

15

Using small handfuls of polyfil stuff the doll. Start with the head, making sure it is filled completely. Then fill one arm to the very tip, then the other arm to the tip. Then fill the body and move on to the legs, filling the right leg last.

* Please make sure all parts of the doll are FILLED properly and adjust any polyfil as necessary before moving on to the next step.

NOTE: You should use approximately 2.5-3 oz or 70 - 80 grams of polyfil to fill one doll. A 10 lb box of polyfil should fill approximately 50 - 60 dolls. If using a 10 lb box of polyfil and you have much stuffing left in your box after stuffing 50-60 dolls, chances are your dolls are not adequately stuffed.

PLEASE NOTE: The amount of polyfil varies depending on the type of fabric used. Fabrics that stretch a lot require more polyfil.

Under stuffing the doll results in the doll looking LIMP and WRINKLY. Over stuffing the doll results in the doll being HARD and difficult to squish and cuddle and often results in the seams being pulled apart or SPLITTING.

When the doll is filled properly you can squeeze and squish it and it will return to its original shape. If the doll is under stuffed when you squeeze or pinch the doll you can easily feel your fingers through the doll.

* If you are unsure if you have added enough polyfil or too much polyfil you can send a picture of your doll to dollsofhopeinternational@gmail.com before you move on to the next step.



16

Hand stitch the opening closed as neatly as possible using an invisible ladder stitch or a slip stitch. Please hide the knots on the inside of the doll so the children will not be tempted to pull at them and potentially open up the opening.

Ladder Stitch tutorial can be found here:

<https://dollsanddaydreams.com/blogs/news/16550012-how-to-close-softies-and-dolls-the-ladder-stitch>

TO MAKE A HIJAB

- Cut a piece of knit fabric approx. 26" x 10".
- Wrap the fabric around the dolls head to form a hijab.
- Sew the wrapped fabric to the doll (tacking the fabric on the doll in 4-5 places)
OR you could sew small pieces of Velcro to the doll and the hijab allowing the child who receives it to take the hijab off and put it back on.





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Quality Control Check all dolls.

IMPORTANT QUALITY CONTROL CHECKS

**NOTE: Making items correctly takes extra time and effort, but it also means your items are filled with more love, and we believe the children can feel that love.*

- ☐ Is the fabric soft and colorful?
- ☐ Are faces complete with eyes and a smile?
- ☐ Are there any French knots, buttons, markers or vinyl used for the faces?
- ☐ Do any markings show?
- ☐ Are seams clipped to avoid puckering?
- ☐ Are there any loose threads or knots on the outside? (This includes the handstitched closing seam.)
- ☐ Are all seams complete and secure? Have you looked for holes?
- ☐ ARE THE DOLLS ADEQUATELY STUFFED? (Firm, but not hard, not floppy or thin.)



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*Fill out the form below and include it with your dolls
to help us keep track of who made the items we receive.*

DOLLS OF HOPE DOLL DONATION FORM

**Please include a donation form in each box you send or bag you deliver.*

NAME: _____

EMAIL: _____

DATE: _____

Who made these items? _____

What would you like us to know about your donation? _____

QUALITY CONTROL CHECKLIST:

☐ Arms stuffed to the tips.

☐ Head and body stuffed firm, but not hard.

☐ Legs stuffed to the tips.

☐ No gaps in polyfil felt when squeezing the doll.

☐ No knots on the outside of the doll.

Number of dolls you are donating: _____



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Shipping Instructions are found below.

DOLLS OF HOPE SHIPPING INFORMATION

LOCAL DROPOFF

If you are local to American Fork, UT and would like to deliver items please contact us at dollsofhopeinternational@gmail.com

SHIP BEARS OR BEARS

To ship to Dolls of Hope we encourage you to use the Give Back Box program. This program allows anyone in the U.S. to ship a box to Dolls of Hope for \$20. The weight and size limits are extremely generous allowing our supporters to pack their bears and dolls into as few boxes as possible.

- 1) Pack your dolls and bears in a sturdy box.
- 2) Maximum size limits: 70 lbs and 108" (length (longest side) + girth).
- 3) Use this link: <https://givebackbox.shop/collections/children/products/dolls-of-hope>
- 4) Click "Add to Cart" for each box you want to ship. Each box is \$20
- 5) Complete the check-out process
- 6) Print your label(s). NOTE: if you are printing multiple labels and shipping multiple boxes, please check the tracking numbers on the shipping labels to make sure they are different for each box. If they are not different, please email info@givebackbox.com and tell them you need new labels with different tracking numbers.
- 7) Attach the label(s) to your box(es) and drop them off at any UPS store

NOTE: Remember to include the Donation Form on pg 10 so it's easier for us to keep track of who made the items we receive.

Thank you for joining us in bringing joy, hope and comfort to children around the world!

No matter if you make one doll, one bear, or 15 dolls or bears, your contribution is invaluable as each bear and doll will bless the life of one child.

*Please email
dollsofhopeinternational@gmail.com
or message Dolls of Hope on Facebook
if you have any questions.*





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GET SOCIAL WITH US AND SPREAD THE JOY

*Post a picture and follow our journey.
Together we will bring joy to little children all over the world!*

21

*Post a picture of your dolls along with
a message on the Dolls of Hope FB
group page:*

[https://www.facebook.com/
groups/168797656889976](https://www.facebook.com/groups/168797656889976)



*2k
Members
and growing!*

22



*Follow us on social media
to see where your dolls are sent.*

*Instagram:
<https://www.instagram.com/dollsofhope/>*



*Facebook:
[https://www.facebook.com/
dollsofhopeinternational/](https://www.facebook.com/dollsofhopeinternational/)*

*If you do not have social media, you can see our shipments
and Instagram feed on our Dolls of Hope website media page:*

<https://www.dollsofhope.org/media>

23

*If you are able, please donate to help with
shipping costs and rent for our Dolls of
Hope Office. Every dollar is appreciated.*

www.dollsofhope.org/donate

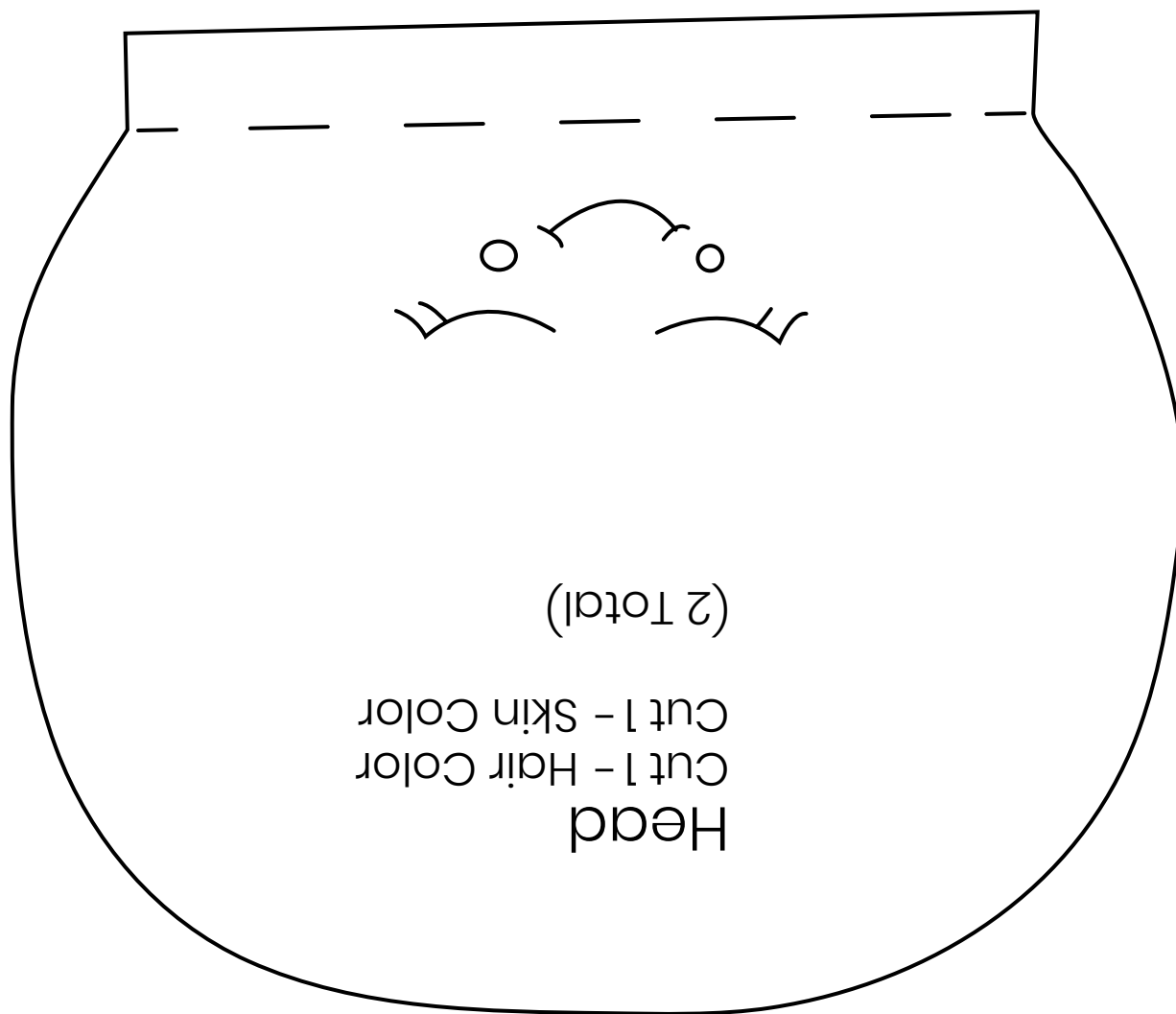
*Dolls of Hope is a project of The Undaunted
Foundation, a 501 (c)(3) non-profit
organization.*

All donations are tax deductible.





For donation bears for Dolls of Hope,
or personal use only.



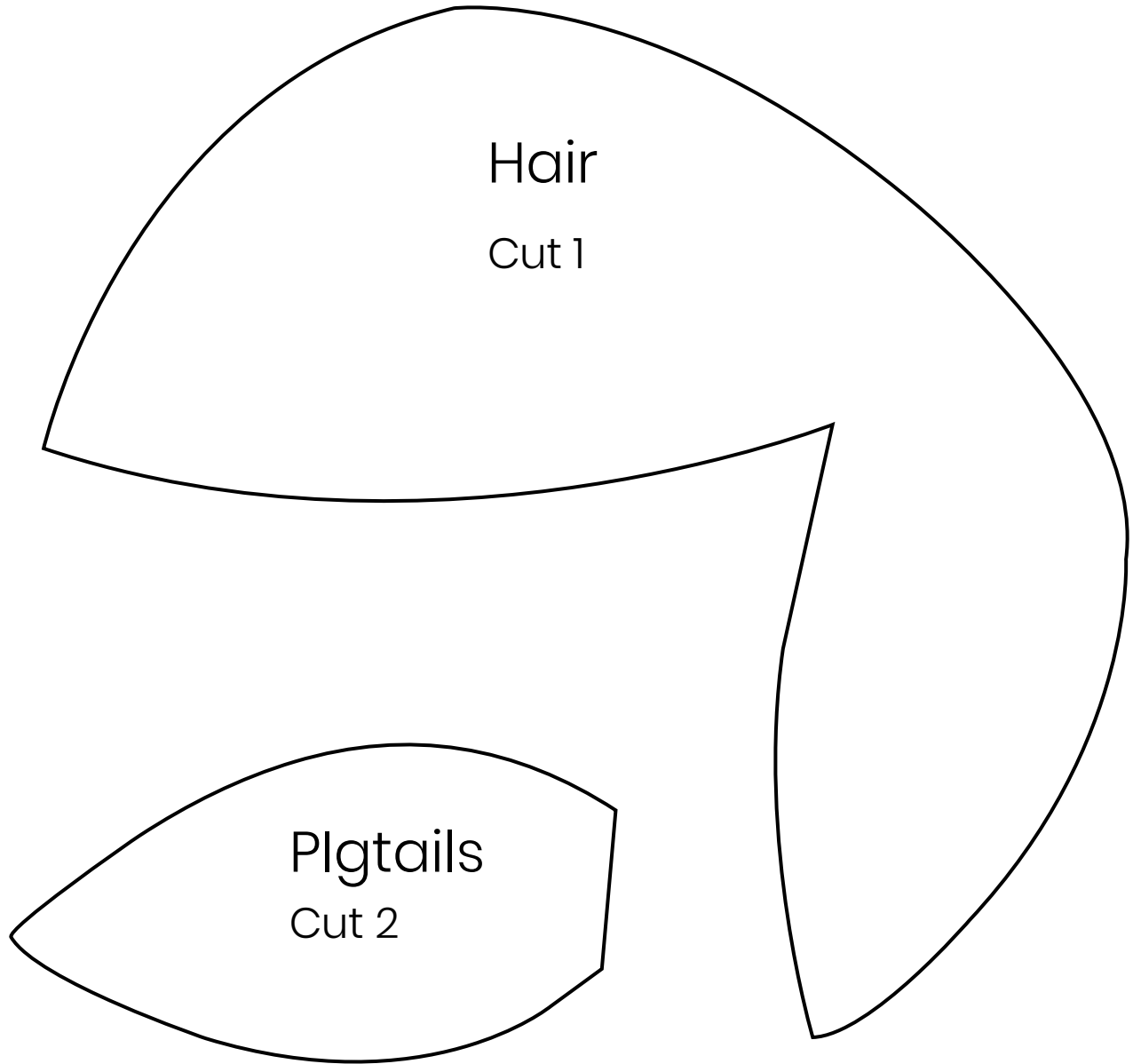
Make sure to **uncheck** “*scale to fit*” in your
printer settings. After you print measure to see
print check marker measures 1 Inch.

1 INCH

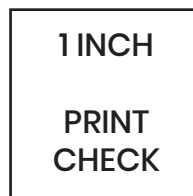
PRINT
CHECK



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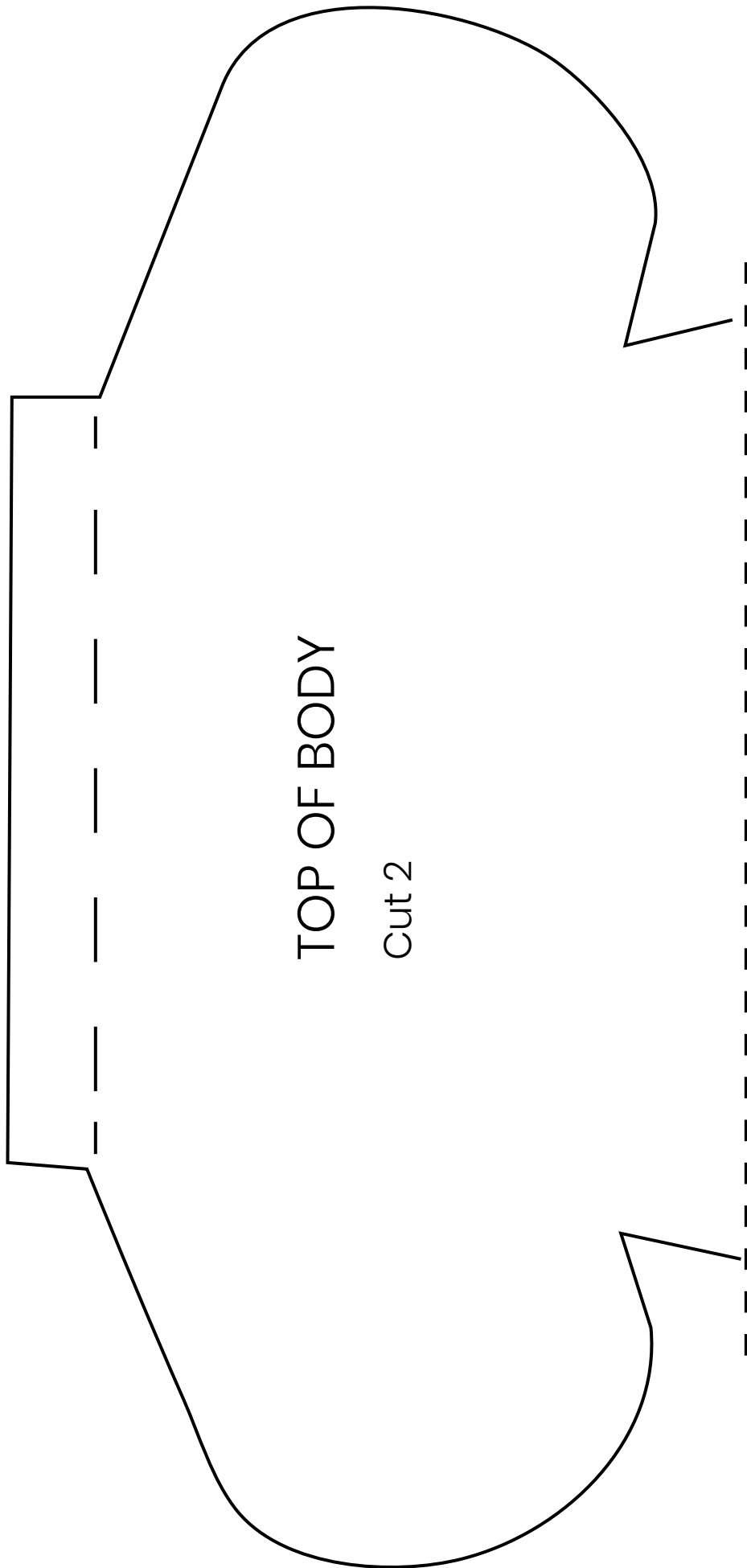


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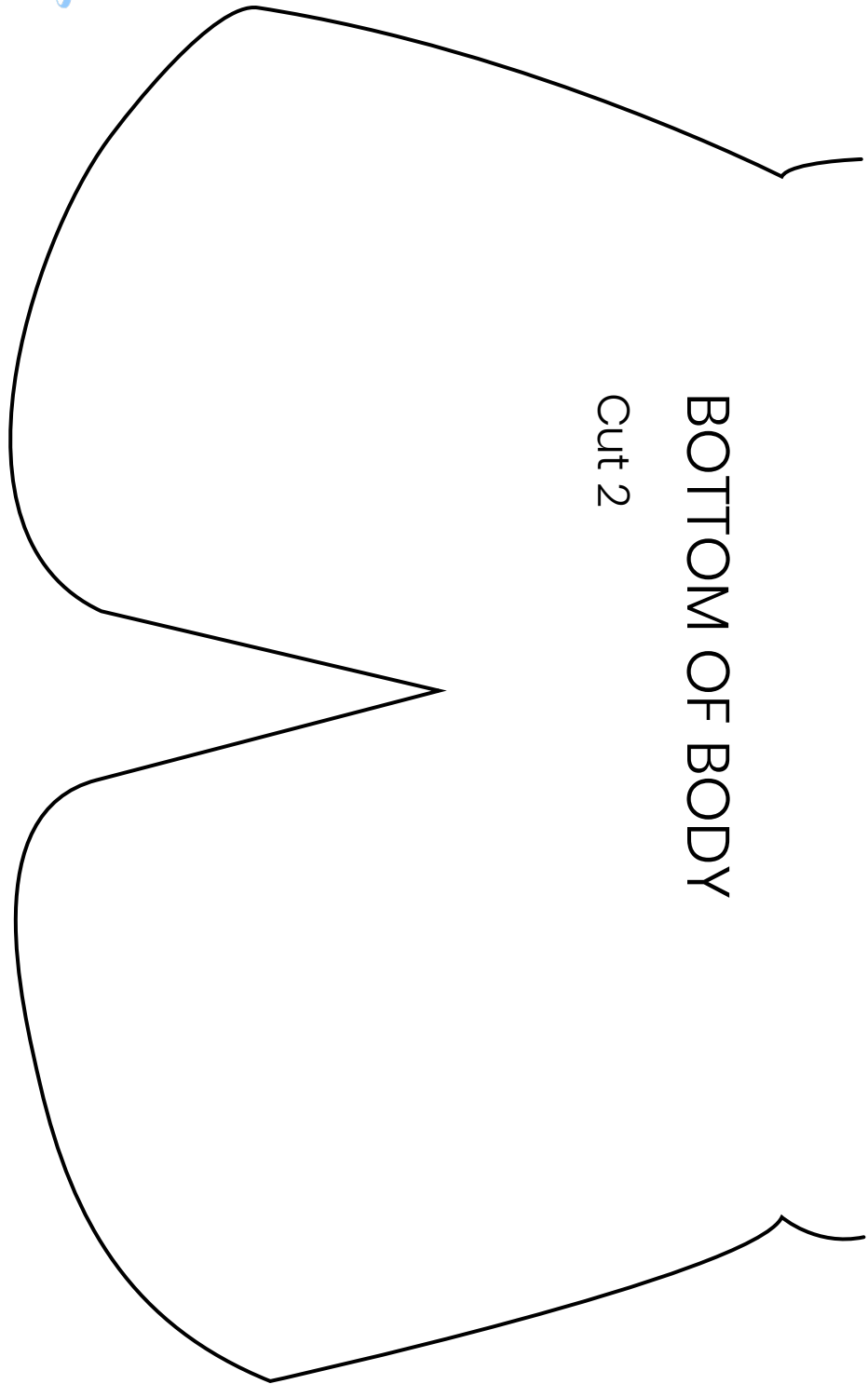
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1 INCH

PRINT
CHECK



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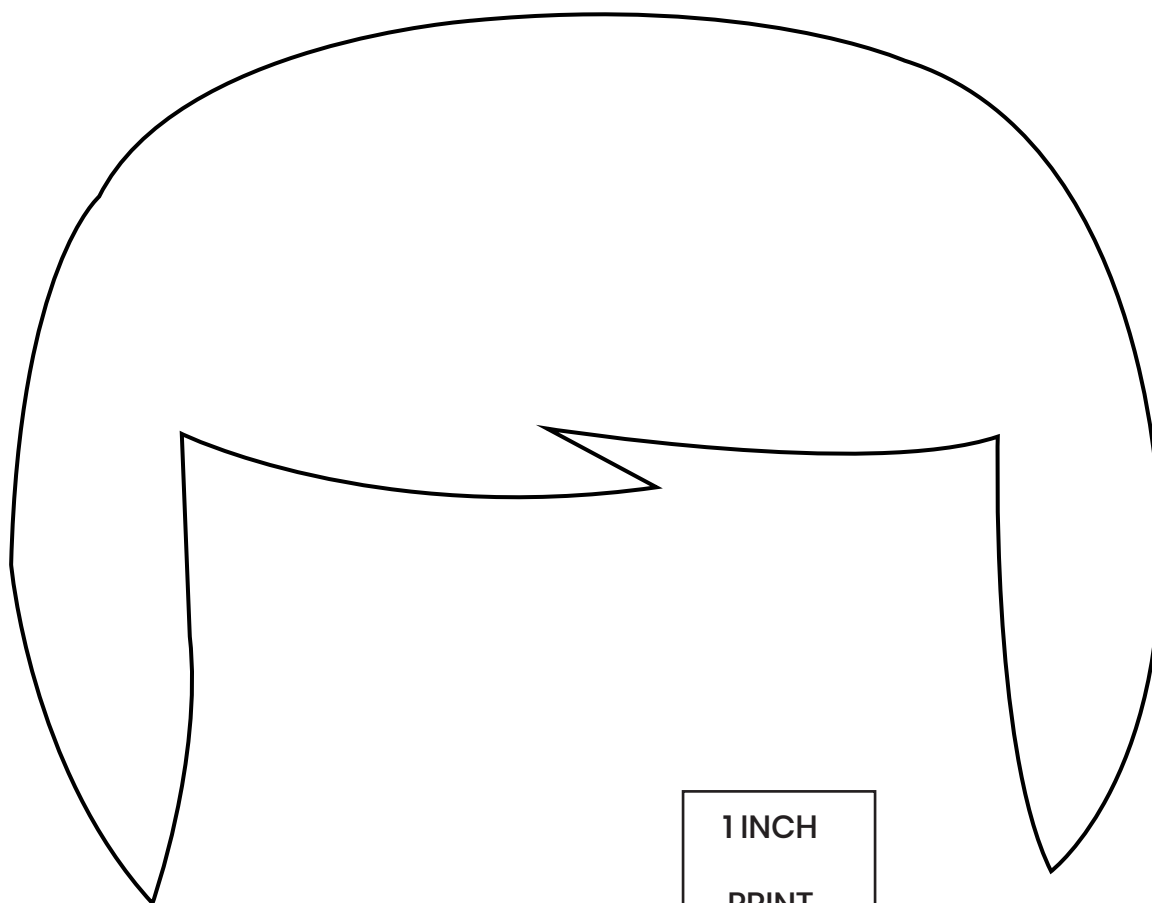
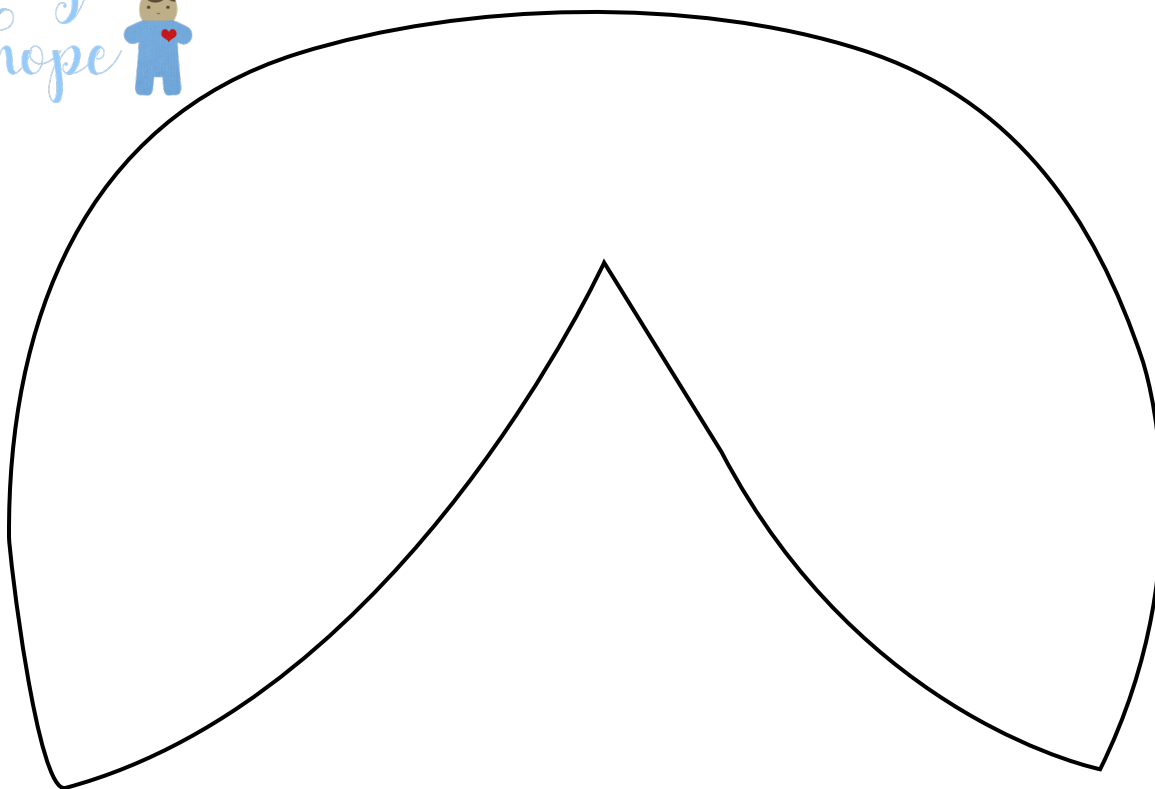
Cut 2
BOTTOM OF BODY

Match line an tape to top of body.

Make sure to **uncheck** "scale to fit" in your
printer settings. After you print measure to see
print check marker measures 1 Inch.

1 INCH

PRINT
CHECK



1 INCH

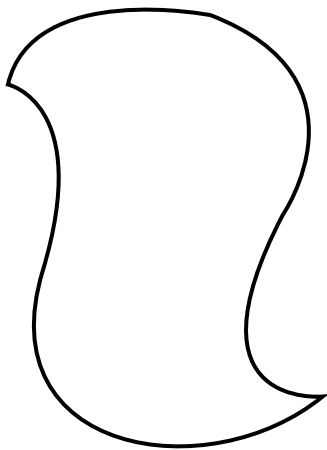
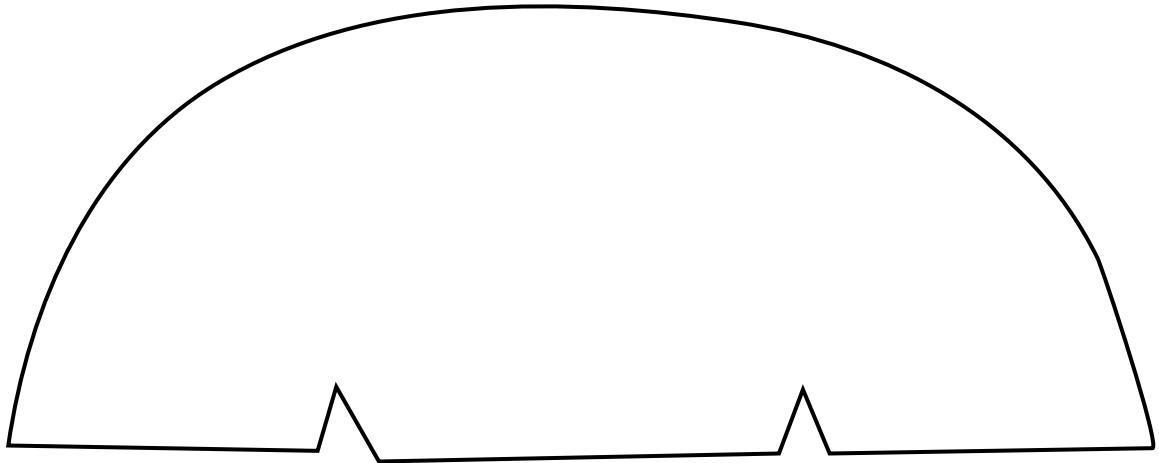
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CHECK

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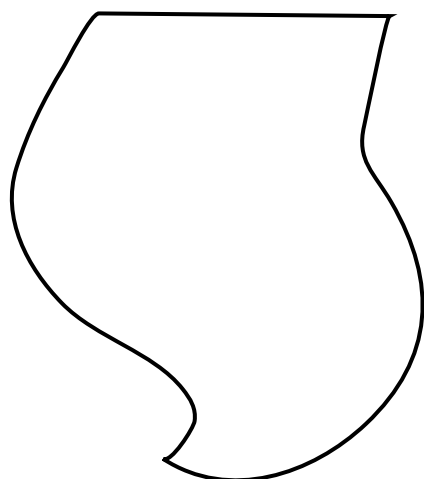
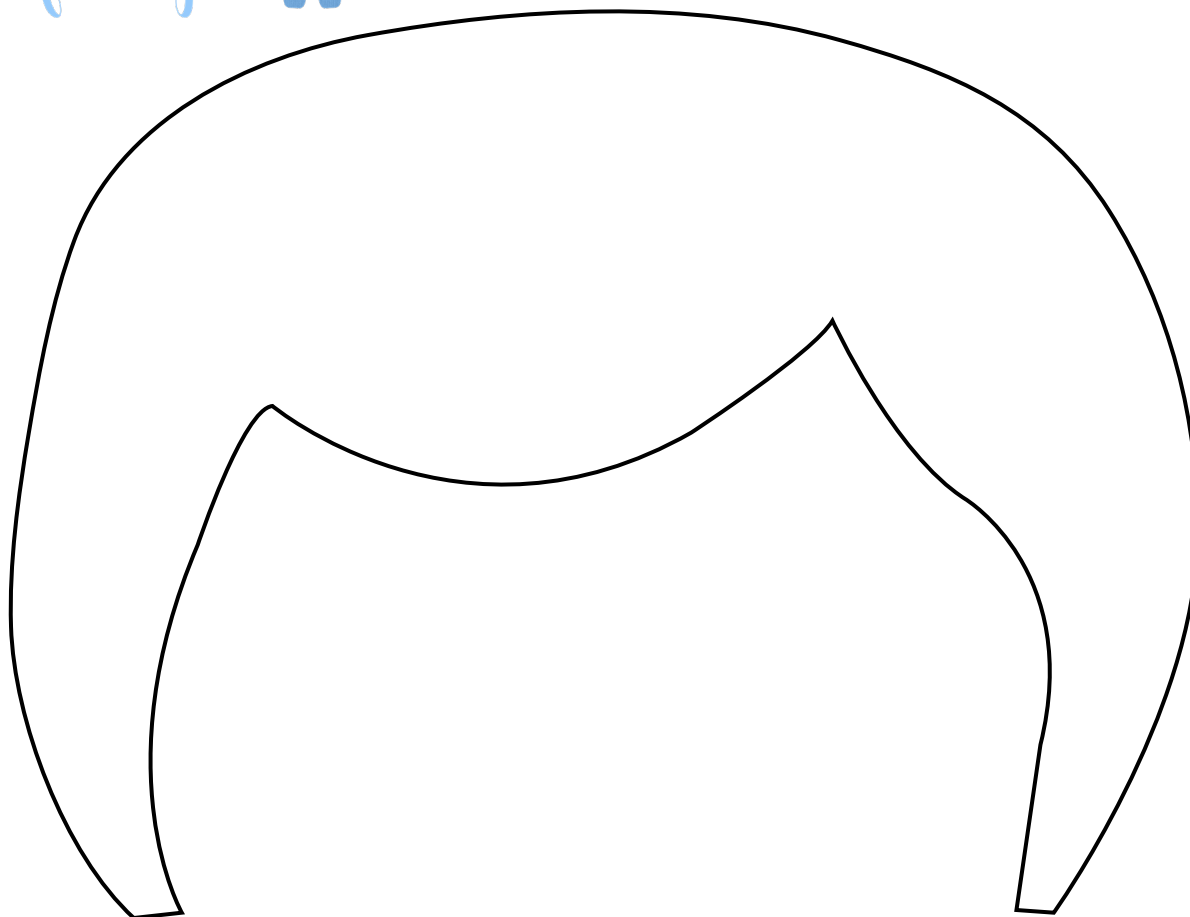


← I cut 4 of these and sew 2 pieces together. I haven't tried doing a single layer of felt for these pigtails.

Make sure to **uncheck** "**scale to fit**" in your printer settings. After you print measure to see print check marker measures 1 Inch.

1 INCH

PRINT
CHECK



← Cut 4 pigtails and
double them up to
make 2 pigtails.

Make sure to **uncheck** “scale to fit” in your
printer settings. After you print measure to see
print check marker measures 1 Inch.

1 INCH

PRINT
CHECK