

KNITTED BREASTS

Visual Aids for use in ante-natal and post-natal discussion and classes



KNITTED BREASTS

An Aid to Teaching Breast Feeding

Materials

Small amounts of Double Knitting in colours A and B.

Washable Stuffing.

A pair of 3¼ mm (UK 10) knitting needles.

TENSION

25 sts and 34 rows to 10cm (4in) measured over stocking stitch.

It is essential to obtain the correct tension in yarn used and a small test piece should be worked.

If piece measures more than required width, try again using smaller needles. If piece measures less than required width, try again using larger needles.

ABBREVIATIONS

Alt = alternate;

k = knit;

M1 (make 1 st) = pick up horizontal loop lying before next st and work into back of it;

p = purl;

rem = remain(ing);

st(s) = stitch(es);

st st = stocking stitch (1 row k, 1 row p);

tog = together.

Note: Instructions in round brackets() should be repeated as stated after the brackets.

SMALL BREAST

Base

★ Using colour A, cast on 6 sts.

1st and every alt row to 13th row: Purl.

2nd row: K1, (M1, k1) 5 times. 11 sts.

4th row: K1, (M1, k1) 10 times. 21 sts.

6th row: K2, (M1, k1, M1, k3) 4 times, M1, k1, M1, k2. 31 sts.

8th row: K3, (M1, k1, M1, k5) 4 times, M1, k1, M1, k3. 41 sts.

10th row: K4, (M1, k1, M1, k7) 4 times, M1, k1, M1, k4. 51 sts.

12th row: K5, (M1, k1, M1, k9) 4 times, M1, k1, M1, k5. 61 sts.

14th row: K6, (M1, k1, M1, k11) 4 times, M1, k1, M1, k6. 71 sts. ★

15th row: Purl.

16th row: Knit.

17th row: Knit.

Top

Work 2 rows in st st starting k.

20th row: K4, (k2tog, k8) 6 times, k2tog, k5. 64 sts.

Work 3 rows in st st, starting purl.

24th row: K4, (k2tog, k7) 6 times, k2tog, k4. 57 sts.

Work 3 rows in st st, starting purl.

28th row: K3, (k2tog, k6) 6 times, k2tog, k4. 50 sts.

Work 3 rows in st st, starting purl. Break off colour A. Join in colour B.

32nd row: K3, (k2tog, k5) 6 times, k2tog, k3. 43 sts.

Work 3 rows in st st, starting purl.

36th row: K2, (k2tog, k4) 6 times, k2tog, k3. 36 sts.

37th row: Purl.

38th row: K2, (k2tog, k3) 6 times, k2tog, k2. 29 sts.

39th row: Purl.

40th row: K1, (k2tog, k2) 7 times. 22 sts.

41st row: Purl.

42nd row: K1, (k2tog, k1) 7 times. 15 sts.

43rd row: P1, (p2tog) 7 times. 8 sts.

Break yarn, thread through rem sts, draw up firmly and fasten off.

Join base and side seam leaving an opening for stuffing.

Stuff firmly and close opening.

LARGE BREAST

Work as given for Small Breast from ★ to ★.

15th row: Purl.

16th row: K7, (M1, k1, M1, k13) 4

times, M1, k1, M1, k7. 81 sts.

17th row: Purl.

18th row: K8, (M1, k1, M1, k15) 4 times, M1, k1, M1, k8. 91 sts.

19th row: Purl.

20th row: Knit.

21st row: Knit.

Top

Work 2 rows in st st, starting knit.

24th row: K6, (k2tog, k9) 7 times, k2tog, k6. 83 sts.

Work 3 rows in st st starting purl.

28th row: K6, (k2tog, k8) 7 times, k2tog, k5. 75 sts.

Work 3 rows in st st.

32nd row: K5, (k2tog, k7) 7 times, k2tog, k5. 67 sts.

Work 3 rows in st st.

36th row: K5, (k2tog, k6) 7 times, k2tog, k4. 59 sts.

Work 3 rows in st st.

40th row: K4, (k2tog, k5) 7 times, k2tog, k4. 51 sts.

Work 3 rows in st st.

44th row: (K4, k2tog) 8 times, k3. 43 sts.

45th row: Purl.

46th row: (K3, k2tog) 8 times, k3. 35 sts.

47th row: Purl.

Break off Colour A, Join in Colour B.

48th row: K3, (k2tog, k2) 8 times. 27 sts.

49th row: Purl.

50th row: K2, (k2tog, k1) 7 times, k2tog, k2. 19 sts.

51st row: Purl.

52nd row: K1, (k2tog, k1) 6 times. 13 sts.

53rd row: Purl.

54th row: K1, (k2tog, k2) 3 times. 10 sts.

55th row: P2, (p2tog, p2) twice. 8 sts. Work 3 rows in st st.

Break yarn, thread through rem sts, draw up firmly and fasten off.

Finish as given for small breast.

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