

## Pair of Crochet Breasts – Teaching Aids



### Materials

3.25mm Hook  
 2 shades of Double Knit Yarn (or alternative)  
 Stitch Marker  
 Yarn Needle  
 Stuffing

### Abbreviations

SC = Single Crochet  
 SC2TOG = Single Crochet next 2 stitches together  
 St = Stitches  
 BLO = Back loop only  
 FLO = Front loop only

### Pattern for Larger Breast with Protruding Nipple (Can be pushed in to represent Inverted Nipple)

*Start with the 1<sup>st</sup> coloured wool representing the nipple & areola:*

Round 1) Create a magic circle with 4 SC (4st)

Round 2) 2 SC in each (8st)

Round 3) FLO: SC in each (8st)

Round 4) SC in each (8st)

Round 5) \*1 SC, 2 SC in next\* x4 (12st)

Round 6) \*2 SC, 2 SC in next\* x4 (16st)

Round 7) \*3 SC, 2 SC in next\* x4 (20st)

Round 8) \*3 SC, 2 SC in next\* x5 (25st)

Round 9) \*4 SC, 2 SC in next\* x5 (30st)

*In final st of Round 9, introduce & swop to the 2<sup>nd</sup> colour wool which will represent the breast area.*

Round 10) 2 SC, \*2 SC in next, 4 SC\* x5, 2 SC in next, 2 SC (36st)

Round 11) \*5 SC, 2 SC in next\* x6 (42st)

Round 12) 3 SC, 2 SC in next, \*6 SC, 2 SC in next\* x5, 3 SC (48st)

Round 13) 2 SC in next, 3 SC, \*2 SC in next, 7 SC\* x5, 4 SC (54st)

Rounds 14 & 15) SC in each (54st)

Round 16) \*8 SC, 2 SC in next\* x6 (60st)

Round 17) 4 SC, \*2 SC in next, 9 SC\* x5, 2SC in next, 5SC (66st)

Rounds 18 & 19) SC in each (66st)

Round 20) 6 SC, 2SC in next, \*10SC, 2SC in next\* x5, 4 SC (72st)

Round 21) SC in each (72st)

Round 22) \*2 SC in next, 11 SC\* x6 (78st)

Rounds 23-25) SC in each (78st)

Round 26) 4 SC, 2 SC in next, \*12SC, 2SC in next\* x5, 8 SC (84st)

Rounds 27-30) SC in each (84st)

Round 31) BLO: \*12 SC, SC2TOG\* x6 (78st)

Round 32) \*11 SC, SC2TOG\* x6 (72st)

Round 33) \*10 SC, SC2TOG\* x6 (66st)

Round 34) \*9 SC, SC2TOG\* x6 (60st)

Round 35) \*8 SC, SC2TOG\* x6 (54st)

Round 36) \*7 SC, SC2TOG\* x6 (48st)

Round 37) \*6 SC, SC2TOG\* x6 (42st)

Round 38) \*5 SC, SC2TOG\* x6 (36st)

Round 39) \*4 SC, SC2TOG\* x6 (30st)

Round 40) \*3 SC, SC2TOG\* x6 (24st)

Round 41) \*2 SC, SC2TOG\* x6 (18st)

*Fill breast with stuffing*

Round 42) \*SC, SC2TOG\* x6 (12st)

Round 43) SC2TOG x6 (6st)

*Using a yarn needle sew the last 6st closed.*

*Using a yarn needle and the 1<sup>st</sup> coloured yarn, embroider stitches to neaten where you switched from the 1<sup>st</sup> to 2<sup>nd</sup> colour.*

Pattern for Smaller Breast with Flat Nipple (Can be used to represent Inverted Nipple)

*Start with the 1<sup>st</sup> coloured wool representing the nipple & areola:*

Round 1) Create a magic circle with 6 SC (6st)

Round 2) 2 SC in each (12st)

Round 3) \*1 SC, 2 SC in next\* x6 (18st)

Round 4) \*2 SC, 2 SC in next\* x6 (24st)

Round 5) \*3 SC, 2 SC in next\* x6 (30st)

Round 6) SC in each (30st)

Round 7) \*4 SC, 2 SC in next\* x6 (36st)

Round 8) 2 SC, \*6 SC, 2 SC in next\* x4, 6 SC (40st)

Round 9) \*7 SC, 2 SC in next\* x5 (45st)

*In final st of Round 9, introduce & swop to the 2<sup>nd</sup> colour wool which will represent the breast area.*

Round 10) \*14 SC, 2 SC in next\* x3 (48st)

Round 11) 2 SC in next, 3 SC, \*2 SC in next, 7 SC\* x5, 4 SC (54st)

Rounds 12 & 13) SC in each (54st)

Round 14) \*8 SC, 2 SC in next\* x6 (60st)

Rounds 15-17) SC in each (60st)

Round 18) 4 SC, \*2 SC in next, 9 SC\* x5, 2 SC in next, 5 SC (66st)

Rounds 19-21) SC in each (66st)

Round 22) BLO: \*9 SC, SC2TOG\* x6 (60st)

Round 23) \*8 SC, SC2TOG\* x6 (54st)

Round 24) \*7 SC, SC2TOG\* x6 (48st)

Round 25) \*6 SC, SC2TOG\* x6 (42st)

Round 26) \*5 SC, SC2TOG\* x6 (36st)

Round 27) \*4 SC, SC2TOG\* x6 (30st)

Round 28) \*3 SC, SC2TOG\* x6 (24st)

Round 29) \*2 SC, SC2TOG\* x6 (18st)

*Fill breast with stuffing*

Round 30) \*SC, SC2TOG\* x6 (12st)

Round 31) SC2TOG x6 (6st)

*Using a yarn needle sew the last 6st closed. Using a yarn needle and the 1<sup>st</sup> coloured yarn, embroider stitches to neaten where you switched from the 1<sup>st</sup> to 2<sup>nd</sup> colour.*