Knitted Breast Pattern

These knitted breasts are a great way for NCH&C’s expert staff to teach all new and expectant mothers skills in breastfeeding their baby.

They are good ice breakers when working with new mums and always prompt a giggle.

Anyone with a pair of knitting needles, an odd ball of wool and a spare few hours can get involved. We welcome them in any colour and with whatever wool you have lying around.

The pattern to follow is below.

If you have any questions or need information on where to send your creations, please contact Amanda.Wagg@nchc.nhs.uk

Thank you for your support and happy knitting.
Knitted Breasts Pattern

Pair of 3 ¼ mm needles/UK size 10
Cast on 71 stitches
*Work st st for 20 rows
21st row: K1, *K2 tog, K5, rep from * to end
22nd and alternate rows: Purl
23rd row: K1, *K2 tog, K4, rep from * to end
Continue to decrease in this way and after 3rd decrease change to darker wool to make the areola.
Continue decreasing until the K1, *K2 tog, from * to end has been worked.

Nipple: st st 4 rows (see below for amendments).
Break yarn, thread through rem stitches, draw up and fasten off.
Sew sides together.
In darker wool on the wrong side of work, make a draw-string stitch around the base of the nipple, draw up and fasten off.

For the base:
Cast on 6 stitches.
1st row. Knit
2nd row K1 (m1 k1) to end. 11 st
3rd and every alt row to 15th row Purl
4th row K1 (m1 k1) to end. (21 st)
6th row K1 (m1 k2) to end. (31 st)
8th row k1 (m1 k3) to end. (41 st)
10th row K1 (m1 k4) to end. (51 st)
12th row K1 (m1 K5) to end. (61 st)
14th row K1 (m1 K6) to end (71 st)
15th row Knit
16th row Knit