

Knitted Bosom Pattern

Amended from a pattern found on Lactation Consultants of Great Britain
www.lcgb.org

Double knitting wool – 2 different colours, no need to be flesh coloured your bosom just needs to be two tone.

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, *J2 tog, K4, rep from * to end

Continue to decrease in this way and after 3rd decrease change to second colour of wool make the areola (dark part of the bosom, you can do this sooner or later to make the areola different sizes, just like real life!)

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



Experiment to get the type you want. (Wish it were this easy in real life!) NB it is good to have a variety of shapes and sizes, just as women do (very flat, very small/large, inverted etc), so they can see that all can work!

To complete: crochet a wool circle in matching wool to fit the base of the breast or cut a circle of some matching fabric or just stitch up to close. Stitch half the base in place, stuff the breast with foam or something squishy, and stitch remaining part of base. Different sizes of breast can be made by amending the pattern, and different firmness achieved by amount of stuffing.

Babies who are breastfed are less likely to have many illnesses including:-

- Gastro-intestinal infections (vomiting and diarrhoea)
- Chest infections
- Urine infections
- Ear infections
- Wheeze when breathing/asthma
- Eczema, where this runs in the family
- Diabetes in childhood
- Obesity

In addition, breastmilk has a special value to pre-term babies

Breastfeeding: Benefits for Mothers too

Breastfeeding has benefits for you, too. Mothers who breastfeed have a lower risk of:-

- Ovarian cancer
- Breast cancer
- Hip fracture in later life, caused by the bone disease osteoporosis

Breastfeeding helps you return to your pre-pregnancy weight. During pregnancy, your body lays down fat stores in preparation for feeding; if you breastfeed, you use them up, helping you avoid the long-term health risks associated with being overweight, such as diabetes and heart disease.

Information provided by NHS Health Scotland

Things you can do to help a breastfeeding family:-

Help with house work, shopping and cooking
Help with other children or help with school run
Encourage mother to rest

Remember breastfeeding is important to parents and babies, try to support them in their choice.

The knitted bosom project has been organized through Lanarkshire Breastfeeding Initiative (charity registration Number SC094032); the breast will be used by breastfeeding support workers, midwives and Community Mothers to give instructions on hand expression.

Lanarkshire Breastfeeding Initiative will provide wool for those who require it. For further information on this and details of where the breast should be delivered to, please contact the Lanarkshire Breastfeeding Initiative on 01698 377655.