



Be Uplifted Inc Breast Cancer Charity
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Be Uplifted Inc is a registered charity with the Australian Charities and Not-for-profits Commission ABN 49 270 645 534.

Making your own Crocheted Knockers is a cheap and simple way to create comfortable, soft and lightweight breast prostheses.

Our Crocheted Knockers pattern was originally created by Claudia Barbo, and modified by Be Uplifted Inc volunteer Charyl.

Please see below for hints and tips on creating the most comfortable size Crocheted Knockers for you.

If you need any assistance with this pattern, please do not hesitate to contact Charyl at Be Uplifted Inc. Charyl can answer your questions about the pattern or help with sizing.

Call Charyl on 0431 265 068



Front of Crocheted Knockers



Back of Crocheted Knockers

CROCHETED KNOCKERS PATTERN

INSTRUCTIONS ARE FOR SIZE A

*(for other sizes increase on the front to: **B - 22dc; C - 25dc; D - 28dc; DD - 31dc per side**)*

Bendigo Woollen Mills 100% cotton 8ply (Parchment) [*Cascade Yarns Ultra Pima Fine (Natural) also suitable*]

4.00mm crochet hook (or size needed to achieve required measurements)

Filling: Birch (or similar) polyester toy fill

3 locking stitch markers (1 in a different colour for end of each round)

Tapestry needle

Gauge: 4 ½ dc and 5 ½ rows = 1 inch/32mm

Measurements: Approx corner to corner each side

A - 90mm, **B** - 100mm, **C** - 110mm, **D** - 130mm, **DD** - 140mm

Abbreviations: Rnd = round dc = double crochet ea = each

dc2tog = work 1dc over 2 from previous row (yarn is pulled through the 3 loops on the hook)

- Knockers are crocheted in a continuous spiral (**no joins**).
- Move markers up as you go.

FRONT

Form a magic ring.

Rnd 1: Work 6dc in ring. Close ring.

Rnd 2: Work 2dc in each dc around. (12dcs)

Rnd 3: (Work 1dc in ea of the first 2dc, work 2dc in ea of the next 2dc, place marker) 3 times (on the last repeat use a different coloured marker). (**6dc on each side**, 18dc in total)

Rnd 4: (Work 1dc in ea of the first 4dc, work 2dc in ea of the next 2dc) 3 times (**8dc on ea side**, 24dc in total)

DON' FORGET TO MOVE YOUR MARKERS AS YOU GO (markers should be in the last stitch of each repeat i.e. last increase/decrease of each repeat)

Rnd 5: (Work 1dc in ea of the first 7dc, work 2dc in the next dc) 3 times. (**9dc on ea side**, 27dc in total)

Rnd 6: (Work 1dc in ea dc until 1 stitch remains before the marker, work 2dc in ea of the next 2 dc) 3 times. (**11 on ea side**, 33 dc in total)

Rnd 7: (Work 1 dc in ea dc until the marker, work 2dc in the marked dc) 3 times. (**12 on ea side**, 36dc in total)

Repeat rnds 6 and 7 until you have **19 per side** (57dc in total)

Work 2 rnds, without increasing, working 1dc in every dc **through the back loop only**, for both rounds.

BACK

Rnd 1: (dc2tog, 1dc in ea dc until 1 stitch remains before the marker, dc2tog) 3 times.

Repeat rnd 1 until you have **5dc per side** (15dc in total).

Cut yarn leaving a 10" tail. Thread tapestry needle and weave through **front loop only** of 15 dc. (Once filled, opening can be drawn closed and tail tucked into knocker so that filling can be adjusted as needed.)



Front of Crocheted Knockers



Back of Crocheted Knockers

HINTS FOR COMPLETING THE CROCHETED KNOCKERS PATTERN

- * begin with a magic ring
- * stitch markers & counting as you go are a must
- * finished shape is a 'soft' triangle
- * correct increasing/decreasing is indicated by the 3 'curves' which appear on either side
- * increasing -
 - Rnd 6 - 2dcs in the stitch before the marker & the marked stitch
 - Rnd 7 - 2dcs in the marked stitch

When increasing, with all sizes, **to achieve the correct number of stitches on the last increasing row**, rather than repeating Row 6, work another Row 7.

- * decreasing -
 - dc2tog over the 2 stitches after the marker
 - dc2tog over the stitch before the marker & the marked stitch

With sizes A, C & DD, decrease down until you have 5dc per side (15dc in total)

With sizes B & D, decrease down until you have 6dc per side (18dc in total)



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