



## Hands & Heart Doll Project

**Disclaimer:** Be sure that the doll you make is age-appropriate for the child receiving it. If it is for a child younger than three, be sure to make it very simple with no buttons, snaps, or anything a baby could choke on! This is vitally important. An older child can have a more elaborate doll with clothes to put on and take off, for instance. Please include that information with the doll when you give it away.

### Materials:

- 9"x12" cotton fabric in preferred skin tone
- A few ounces of polyester fiberfill
- Yarn for hair, color of choice
- Tulip brand fabric markers for facial features and heart (or embroidery thread)
- Misc. fabric for dress, pants or other clothes
- Childs crew sock for underwear

### Tools:

- Straight pins and scissors
- Thread to match skin tone fabric and fabric for clothing

### Step 1

- 1a Print and cut out paper pattern pieces as shown on doll pattern
  - 1b Place pattern pieces on cotton fabric for body and pin to fabric
  - 1c Cut 4 legs, 4 arms, 2 heads, and 2 body pieces
- \*All pattern pieces allow for a narrow ¼ inch seam\***

### Step 2 See Photo A

- 2a Sew the head and body pieces together at the "neck"
- 2b Iron the seam flat

### Step 3 See Photo B

- 3a Sew the legs (2) and arms (2)
- 3b Stitch the seams twice to reinforce
- 3c Carefully clip all the curved areas at the ends of all four limbs to prevent puckering when turned right side out
- 3d Turn each limb right side out
- 3e Stuff all 4 limbs firmly from the end, stopping ½" from open ends
- 3f Hand or machine baste all 4 openings closed

#### **Step 4**

- 4a Machine stitch the 2 “heads” right side together
- 4b Re-stitch the seam to reinforce, clip curved areas of seam
- 4c Leave body open

#### **Step 5 See Photos C and D**

- 5a Fold up the top piece of the main body
- 5b Position, then pin the arms to the right and left sides of the shoulder area of the main body as shown in **Photo C**.  
Make sure arms will go “upwards” when stitched, not “downwards”  
Tuck the “hands” up into the head to position them properly
- 5c Stitch sides of body together, stopping at the bottom on both sides (do not sew the doll closed at bottom)
- 5d Turn the doll body right side out. Check to make sure arms are correctly stitched. See **Photo D**

#### **Step 6**

- 6a Stuff the head very full. It needs a rounded shape with more prominent fullness on the face side
- 6b Stuff the body firmly, stopping ½” from the bottom edge
- 6c Fold the raw edges of the bottom edge of the body to the inside (iron)
- 6d Position both legs into the opening at bottom of body
- 6e Hand stitch the bottom edge closed, firmly catching the legs into the seam on both the front and back of doll. See **Photo E**

### **Adding personality to doll with facial features and heart**

#### **Step 7 Facial Features**

Using fabric markers (Tulip brand), add facial features: eyes, mouth, nose if desired, eyebrows

\* Test fabric markers on a spare piece of fabric first before using them on the actual doll\*

Features can also be added with embroidery. Make sure all knots are hidden.

**\*Do not use French knots\***



## **Step 8 Draw Heart on body see Photo E**

## **Step 9 Hair**

Make hair, using yarn, stitched on machine to make a wig. Hand stitch hair to head, along seam line at top of the head. Or, add other hair in style of your choice, i.e. embroidered, crocheted, appliqued felt (which is very useful for boy dolls), etc.

## **Step 10 Dress see Photo F**

Add clothing as desired, to make it male or female. **Photo F** shows a 4-piece dress comprised of a gathered skirt with a 3-piece top.

10a To make the dress top, cut out the pattern pieces. You will cut one front and 2 back pieces

10b Sew the upper arm/shoulder seams, right sides together

10c Hem the cuffs rolling or folding fabric twice

10d Roll neck edge, stitch to create finished edge

10e Sew underarm seams

10f To make the skirt, cut or tear a 6" x 18" piece of fabric.

10g With right sides together sew the 6" seam.

10h Hem the bottom edge, double fold to create a clean edge

10i Use hand or machine basting on top edge of skirt to gather the fabric to fit the dress top created above

10j Join dress top to skirt, right sides together

**\*Button or snap can be added to close the back neck \***

## **Step 11 See Photos G, H, I and J**

No self-respecting doll is complete without underwear. One simple solution is to use child size crew socks to make leggings

11a Cut the leg portion of the sock just where the heel starts. (Photo G)

11b Turn the leg portion inside out and finish the cut edge using a zigzag stitch

11c Sew a narrow "U" about 2 ½" long to create legs (Photo H)

11d Cut between the stitching to separate the legs. Turn right side out (Photo I)

A simple pair of socks or shoes can be made from the toe of the sock used to make the leggings. (Photo J)

## Photos

Photo A - Head joined to body



Photo B - Arms and legs sewn and filled



Photo C - Arms positioned prior to sewing side seams



Photo D - Arms properly positioned





Photo E - Completed doll with facial features and Heart



Photo F - Simple dress



Photo G - Using a crew sock to create underwear



Photo H - Stitch and cut to create legs



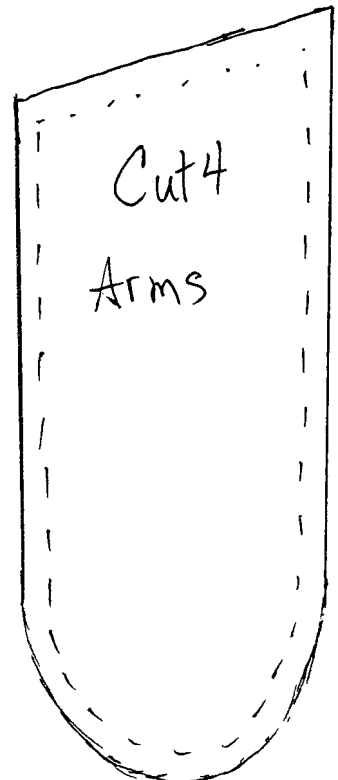
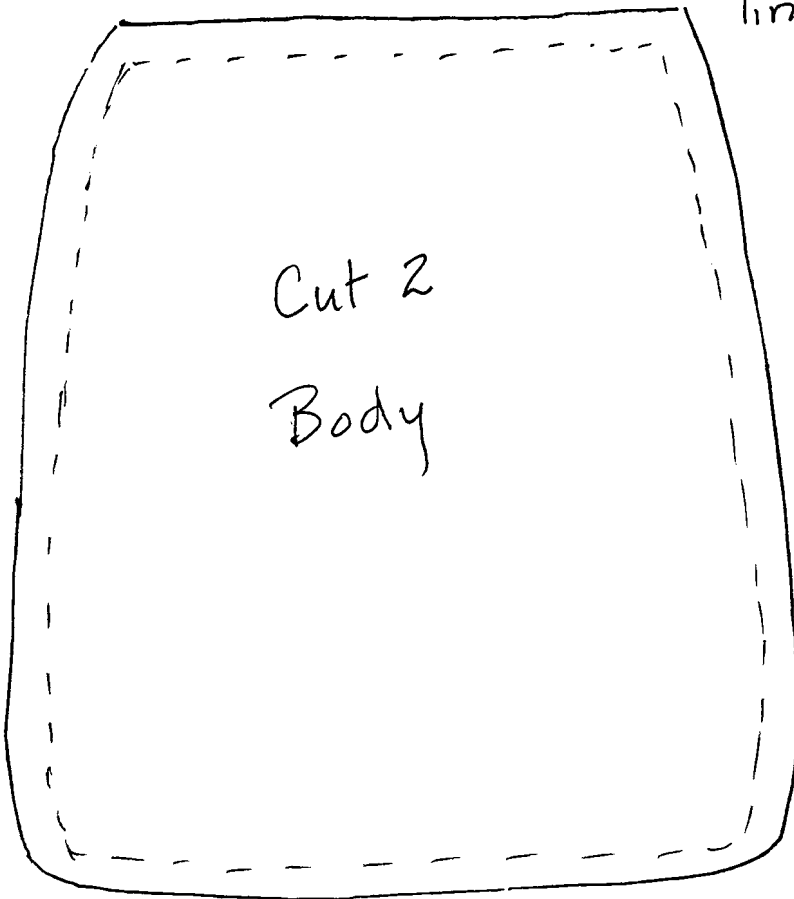
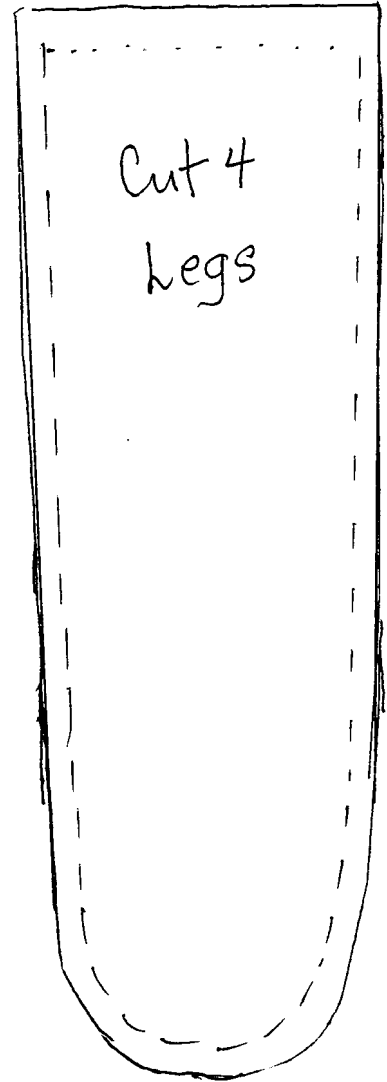
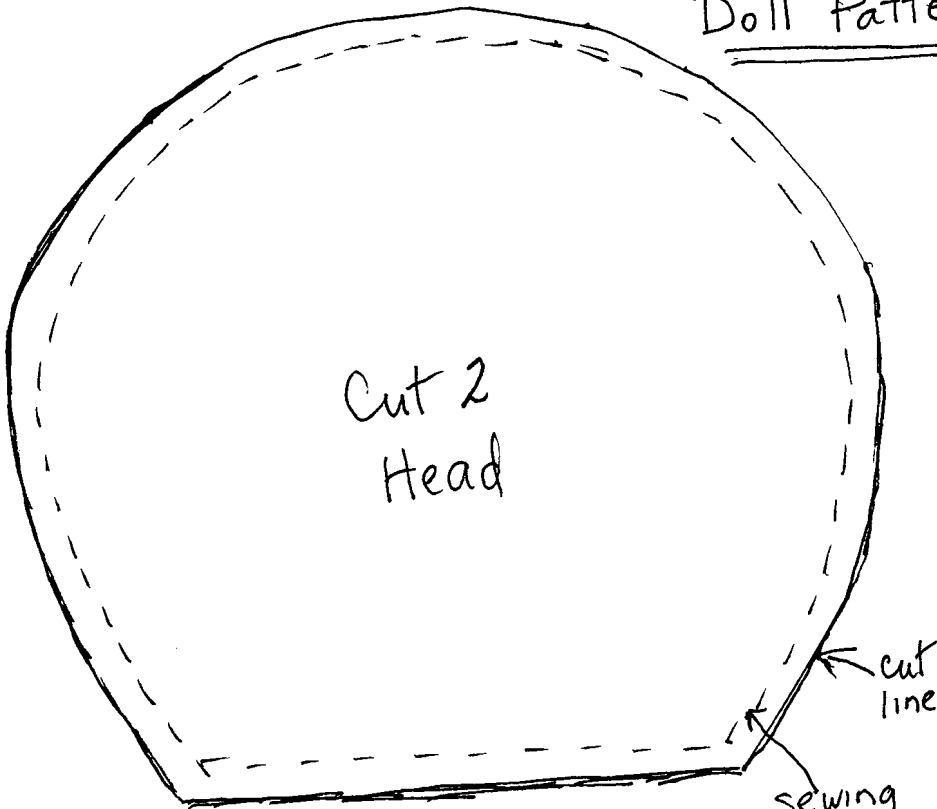


Photo I - Finished underwear



Photo J - Socks





stitch head, arms, and legs  
twice to reinforce seams

# Basic Dress Pattern

