**Mothers’ Union**

**Christian care for families**

**Diocese of St. Edmundsbury & Ipswich**

**Registered Charity number 249726**

**KNITTED BREAST FEEDING RESOURCE PATTERN.**

**This can be knitted in any wool colour 4ply or double knit with size 10UK or 3.25 needles.**

**The pattern is all in one and can be increased after row 14 – larger sizes welcomed.**

**Base**

**Cast on 6 stitches in main colour.**

**1st Row knit.**

**2nd Row knit 1 then (M1 K1) to end – 11 stitches.**

**3rd Row and every alternate rows up to row 15 Purl.**

**4th Row K1 (M1 K1) to end 21 stitches.**

**6th Row K1 (M1 K2) to end 31 stitches.**

**8th Row K1 (M1 K3) to end 41 stitches.**

**10th Row K1 (M1 K4) to end 51 stitches**

**12th Row K1 (M1 K5) to end 61 stitches.**

**14th Row K1 (M1 K6) to end 71 stitches. \*\* further inc rows here to enlarge K1 M1 K7 etc.**

**15 – 17th Row knit. (adjust row numbers if enlarging)**

**Main Part.**

**Work stocking stitch for 20 rows.**

**Shape Top and Nipple**

**1st Row K1 \*K2 tog, K5, repeat from \* to end. (If you have made a ‘larger’ breast’ \*\* remember to make the adjusted number of Knit stitches).**

**2nd Row and alternate rows purl.**

**3rd Row K1 \*K2 tog, K4, repeat from \* to end.**

**5th Row K1 \*K2 tog, K3, repeat from \* to end.**

**Change yarn to darker/different shade to make the areola.**

**Continue the decreasing rows until K1, \*K2 tog to end, has been worked.**

**With remaining stitches Knit 4 rows creating the nipple.**

**Break off yarn, thread through the remaining stitches, draw up and fasten off.**

**Stitch up the side and stuff FIRMLY through the base.**

**Weave a thread around the base edge draw up and fasten off.**

**Make a draw string around the base of the nipple and draw up a little, knot wool and trim.**

This breast will be used as a teaching aid for Midwives and Health Visitors’.

A larger ‘breast’ can be made by continuing to increase after row 14\*\*

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