

# Crochet Bosom Pattern

Amended from a pattern obtained from the Lactation Consultants of Great Britain

[www.lcgb.org](http://www.lcgb.org)

Made in a continuous spiral. You do not need to join the rounds. Make with 3 mm crochet needle and DK wool. The colours don't need to be flesh coloured.

Abbreviations:

dc : double crochet (UK), Single crochet (US)

mr : 'magic' or adjustable ring

inc : Increase by crocheting two stitches into one stitch from the previous round

Boob - Make magic ring with nipple colour

Round 1: 8 dc into ring

Close ring

Round 2: 8 dc

Round 3: 8 dc

Round 4: 2dc into each dc (16 stitches)

Round 5: (inc, dc) x 8 (24 stitches)

Round 6: (inc, dc into next 2 stitches) x 8 (32 stitches)

Round 7: dc (32)

Change to main breast colour

Round 8: (inc, dc into next 3 stitches) x 8 (40)

Round 9: dc (40)

Round 10: (inc, dc into next 4 stitches) x 8 (48)

Round 11: dc (48)

Round 12: dc (48)

Round 13: dc (48)

Round 14: (inc, dc into next 5 stitches) x 8 (56)

Round 15: dc (56)

Round 16: dc (56)

Round 17: dc (56)

Round 18: (inc, dc into next 6 stitches) x 8 (64)

Round 19: dc (64)

Round 20: dc (64)

Round 21: dc (64)

Fasten off and weave in end.



Base for boobs - Make magic ring with main breast colour

Round 1: 6dc into mr

Close ring

Round 2: 2 dc into each stitch (6)

Round 3: (inc, dc) x 6 (12)

Round 4: (inc, dc into next 2 stitches) x 6 (18)

Round 5: (inc, dc into next 3 stitches) x 6 (24)

Round 6: (inc, dc into next 3 stitches) x 6 (30)

Round 7: (inc, dc into next 4 stitches) x 6 (36)

Round 8: (inc, dc into next 5 stitches) x 6 (42)

Round 9: (inc, dc into next 6 stitches) x 6 (48)

Round 10: (inc, dc into next 7 stitches) x 6 (54)

Round 11: (inc, dc into next 8 stitches) x 6 (60)

Round 12: (inc, dc into next 9 stitches) x 6 (66)

Fasten off leaving a long tail for sewing.

Whip stitch the base onto the main breast inside out. Turn it the right way leaving a small hole for stuffing.

## **Breastfeeding: The Facts**

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.