

## Registrant Information Packet rev 01.24.2024

### Thank you so much for requesting a pattern for making knitted knockers!

We love to have individuals or groups of knitters helping to make knockers and bring them to their communities or send them to us to distribute all over the country and world!

#### Here is some information that we send out to those who have asked for ways they can help:

We fulfill knocker requests through our website, [knittedknockers.org](http://knittedknockers.org), and welcome all the Knitted Knockers we can receive to fulfill orders globally. The majority of requests involve pairs of knockers in light neutral colors, although a few may request dark neutrals, but rarely bright colors. Feel free to incorporate vibrant colors on the back, but ensure a transition to a neutral color a few rows before the turning round to prevent the color from peeking out around the edge.

If you would like to knit and send them to us, please do not stuff them. We do ask that you use our patterns and approved yarns to create a consistent quality. The knocker may be worn against sensitive scarred skin so only knockers made from the thoroughly tested approved yarns list will be given out. Attached is the list of yarns we have approved as suitable for knitted knockers.

**Note to Crocheters:** It is VERY IMPORTANT that crocheters use our pattern and only yarns designated for crochet on the approved yarn list. Crochet, by its nature, is stiffer than knit and we have worked hard to develop a pattern that creates a soft, huggable crocheted Knocker. Both knit and crochet patterns are included in this document, but can also be downloaded free from our website. Video tutorials are also available at [knittedknockers.org](http://knittedknockers.org).

#### Please register with us as a knitter/crocheter at [knittedknockers.org](http://knittedknockers.org) if you haven't already.

A few questions that can help us know what you are willing and able to do to help out:

1. Are you willing and able to mail out knockers to the women of your state if we forward requests to you? We ask that you fill orders within 2 weeks. We will back you up if you cannot fill orders for any reason. We can send you assorted unstuffed knockers to supplement your supply and you can select the number of orders you will be able to fill.
2. Would you like to be a collection point? Or to connect with a yarn shop where makers can drop off completed knockers? You can gather them and either stuff and self-distribute or leave them unstuffed and then send them to us. If you distribute them, please ensure the quality and use of approved yarns.  
Nipples must be very small or none at all. Our biggest challenge has been the nipples being too big, loosely made or tied down, or too heavy of a yarn. We want to provide nice knockers to these women who have been through so much. Please enclose care instructions with all knockers you distribute directly. You can order care slips free from us from the [Contact Us](#) link at [knittedknockers.org](http://knittedknockers.org) or by downloading and printing them yourself.
3. Are you interested in connecting with a medical clinic in your area to supply them with knockers? We have over 2,000 clinics registered with us and many desire to be supported locally. You can find clinics registered near you under the [How to Adopt a Clinic](#) link at [knittedknockers.org](http://knittedknockers.org). If you are aware of a clinic wishing to supply knockers that is not on that list, please encourage them to go to our website <http://www.knittedknockers.org/medical-providers-information/> and register. They can find more information about the resources we can provide to them there.

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For an effective start with most medical clinics, consider having two pairs of each size (A - DD) in approved color palettes (refer to the yarn list). This amounts to about 20-30 knitted knockers, providing a diverse selection for patients. Clinics can then contact you for re-supply as needed, creating an efficient system without postage costs. If overwhelmed with requests, we're here to support you. We can send unstuffed knockers, to be stuffed, along with business cards and brochures to be taken to the clinics. Additionally, care instruction inserts are available for each knocker, including washing details and contact information. Printable care slips are included, and you're welcome to add your details, just ensure to include our website, [www.knittedknockers.org](http://www.knittedknockers.org), in any related documentation.

4. Lastly, If you just want to make knockers, we can use all the knockers we can get. We fill hundreds of orders monthly from women all over the country and the world. They can be mailed to us unstuffed to save on postage.

**Any or all of the above are just great with us.**

Once you have decided what level you want to participate and confirm you are using our pattern, please register with us at <https://www.knittedknockers.org/knitter-crocheter-registry-form/> to be listed as a provider from your town and state. This helps connect you with other knitters and crocheters. Feel free to share on the website any information you wish others to be aware of about yourself. For example, where you are located and what you would like them to know. Such as you are looking for fellow knitters to help out or you are providing knockers. It's up to you how much information you would like to share. Feel free to name your group, it can be as simple as "knocker makers from your state".

If there is anything you don't want to be listed publicly, such as your phone number or address, let us know in the additional comments section and we will honor that.

You are welcome to use our logo if using approved yarns and our patterns. We would love to send you some business cards to hand out if you would like. Business cards and other distributables can be ordered at the contact link at [knittedknockers.org](http://knittedknockers.org). Any way we can help you we are happy to do. There are also customizable cards available if you wish.

Thanks again so much for being willing to bring comfort to and make a difference in women's lives in such a tangible way!

If any of these choices appeal to you, that's wonderful! If you simply prefer to make some and send them to us, that's equally fantastic! We value all contributions. Please remember to include a filled out transmittal form (located at the end of this document) when sending them, so we can express our gratitude.

Thanks for wanting to help. It is what we want... to equip people to provide for their own communities.

Sincerely,

*Barbara Demorest*

Founder and President

Knitted Knockers Support Foundation Aka [knittedknockers.org](http://knittedknockers.org)

<http://www.knittedknockers.org/>

[contact@knittedknockers.org](mailto:contact@knittedknockers.org)

Cell: 360-595-3278

## BOTTOMS UP KNOCKER FOR DOUBLE POINT NEEDLES

(EASIER START FOR KNITTED KNOCKERS SAME GREAT RESULT!)

by Claudia Barbo, revised by L Furnas (4/17), rev 6/5/23 for alternative inc/dec

**Materials:** 1 set 7-8" double point needles, size US 4(5).

Sport or (DK) weight soft, washable non wool yarn.

\*\*\*\* See below for approved yarns for distribution by [knittedknockers.org](http://knittedknockers.org) groups\*\*\*\*

Stitch marker to mark needle 1, tapestry needle.

Gauge- 6 st= 1" (5st= 1"). Counts in ( ) are for DK/US 5 needles

### Bottom Piece:

- Starting with a 20" tail, CO **very loosely** 15 sts and divide between 3 needles (5 per needle).
- Round 1 – K to last st, kfb\*\*\* or M1R .  
Repeat for needle 2 & 3- 3 sts increased.
- Round 2 – Kfb\*\*\* or M1L, k to last st, kfb\*\*\* or M1R.  
Repeat for needle 2 & 3 - 6 sts increased.

Repeat rounds 1 & 2 until you reach the number of stitches for the cup size you desire.\*

- |  |                           |
|--|---------------------------|
| • A cup – stuffed diameter equals 4.5" (across)    | 72(66*) – 24(22*)/needle  |
| • B cup – stuffed diameter equals 5" (across)      | 78(72) – 26(24)/needle    |
| • C cup – stuffed diameter equals 5.5" (across)    | 90(78*) – 30(26*)/needle  |
| • D cup – stuffed diameter equals 6" (across)      | 102*(90) – 34*(30)/needle |
| • DD/E cup – stuffed diameter equals 6.5" (across) | 108(96) – 36(32)/needle   |

\* (Certain sizes need to repeat Round 1- 1 more time to reach the desired number of stitches).

\*\* See notes for larger sizes. Each size goes up about ½" in diameter. Sizing is a bit of an art. Looser knit will stretch more when stuffed. Stuffed knockers should measure the diameters listed above measured straight across the back from the point to the middle of the opposite side.

**Turning Rows:** P 2 rounds. These two rounds help define the edge between the back & front of your knocker.

### Top Piece:

(No Nipple): (*Preferred*)

**Decrease round:** K to last 2 sts on each needle, k2tog \*\*\* or k2tog tbl.

Repeat this round until you have 6 sts left (2 on each needle).

Cut yarn leaving an 8" tail. Thread tail through remaining sts with tapestry needle and pull tight. Bring to inside of knocker and fasten off.

(With Nipple):

**Decrease round:** K to last 2 sts on each needle, k2tog\*\*\* or k2tog tbl.

Repeat this round until you have 3 sts left (1 on each needle). Knit these 3 sts on to one needle and proceed with an I-cord for 3 rounds.

Cut yarn leaving an 8" tail. Using a tapestry needle thread tail through remaining sts.

Stretch and twist I-cord tightly and stitch down all around it to create a small nipple.

The completed nipple should be no more than 3/8" across.

### Legend

**CO** - Cast On

**kfb** - Knit into front & back of stitch

**M1R, M1L** - Make 1 Right, Make 1 Left

**K** - knit

**P** - purl

**k2tog** - knit 2 stitches together

**k2tog tbl** - knit 2 together through back loop

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**Final Step To Finish Bottom Piece:** Using tapestry needle, weave cast on tail through every other cast-on stitch. This will make a draw-string like closure so the knocker stuffing level can later be adjusted by the wearer. Fill with Premium Poly Fiber Fil™ (this is optional, we can fill them for you to save on postage.)

### **Do NOT cinch up!**

Visit <http://www.knittedknockers.org/make-a-knocker/> for tips and videos on how to make the Bottoms Up Knitted Knockers for Double Point Needles. If you see differences in the video go by the pattern as it may have been revised after the video was done.

\*\*For larger sizes:

- F (7") – repeat rounds 1 & 2 – 1 more time.
  - Complete turning rows
  - After the turning rows knit 2 rounds before starting top piece
- G (7.5")-repeat rounds 1 & 2 – 2 more times.
  - Complete turning rows
  - After the turning rows knit 4 rounds before starting the top piece.
- H (8") & Beyond- Repeat rounds 1 & 2 an additional time per size
  - Complete turning rows
  - After the turning rows knit 4 rows before starting top piece

\*\*\* To avoid "laddering" or for a smoother finish, the following stitches may be substituted for kfb- (M1R, M1L) and K2tog- (K2tog tbl) (K 2 tog through the back loops).

The alternate result gives no holes or laddering.

The M1R at the end of the row occurs before the last stitch on the row.

\*\*\*\*Knitted Knockers Support Foundation has created a list of tested and approved yarns appropriate for knitted knockers. Please note that only knockers made from this list will be used to fill orders from [knittedknockers.org](http://knittedknockers.org) so if knitting or crocheting for us please only use these yarns. While Knitted Knockers are a great “stash buster” taking only about 50 yards of yarn, the knockers may be worn against sensitive skin and must be durable, breathable and stay soft after washing. Also note the acrylic yarns are only used for swimming knockers. Here is a link to the approved yarn list [Approved Yarns](#).

The most requests are for pairs of neutral colors. Neutral is defined as white, cream, beige, and sand. If you don't have enough of one color to finish a knocker feel free to make the bottom piece with a bright or fun color using the same type of yarn changing to a neutral color 2-3 rows prior to the purl rows so the color doesn't “peek” out when worn. Dark colors are defined as shades of brown or black. Very few requests are for colored or bright knockers. Don't stress too much about the sizing. The most important thing is that each knocker within the pair has the same number of stitches. About 75% of the requests are for sizes B and C with the rest size A, D and DD. Check out the video at [knittedknockers.org](http://knittedknockers.org) on How to Size your Knockers for sizing tips. If you see differences in the video, go by the pattern as it may have been revised after the video was done.

We realize that knitting on double pointed needles is not the easiest, but they are beautifully contoured, made in one piece and hold up really well. It is an easy, fun, and portable project, taking most people between 3-4 hours to make one. There is a video designed specifically for the Bottoms Up Knocker at [knittedknockers.org](http://knittedknockers.org). Watch Laureen, the Knocker Quality Queen, teach Barb how to make knockers from the bottom up. If you see differences in the video go by the pattern as it may have been revised after the video was done.



If you don't have someone to give your beautiful knocker to, please send them to us for distribution (always free to the recipient). We need lots of them! Send with the completed transmittal form to

**Knitted Knockers**  
**1405 Fraser St #F103**  
**Bellingham, WA, 98229.**

Be sure and include your contact info and yarn used so we can thank you! Visit [www.knittedknockers.org/](http://www.knittedknockers.org/) (the one with the pink ribbon logo on it) to learn more and to link yourself as a provider, or to locate a group in your area. We have print materials we can help support you with including care instructions, cards and brochures. Thank you so much!!!

Questions? Please check out the [FAQs](#) section at [knittedknockers.org](http://knittedknockers.org) as there are many answers.

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## CROCHET KNOCKERS

by Claudia Barbo for [knittedknockers.org](http://knittedknockers.org) | Revised 6/10/23 by Michelle Peruskie, Rev 8



**Size:** A (B, C, D, DD)

### Materials:

- 1 (1, 1, 2, 2) skeins of yarn from the Knitted Knocker [approved yarn list](#).

The yarn choice is very important.

- Size G (4.5mm) crochet hook (or size needed to get gauge)
- 3 locking stitch markers (1 in a different color for start of round)
- Tapestry needle

**Gauge:** 4 ½ sc and 5 ½ rows = 1-inch

### Abbreviations:

ch = chain	rnd = round
pm = place marker	rep = Repeat
sc = single crochet	inc = work 2 scs in next sc

inv dec= invisible decrease (like sc2tog, but only in the front loops) [Invisible Decrease Tutorial](#)

### Notes:

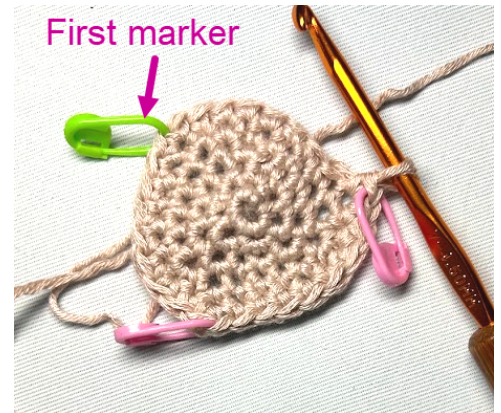
- Knockers are crocheted in a continuous spiral.
- To form a magic ring, take approximately 6" of yarn wrapped around your index finger twice, form a slip knot by pulling the yarn through the "ring", then work 6 sc over both strands (through the ring). When complete, pull up tail to close ring. [See magic ring video tutorial](#).



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## FRONT

1. *Rnd 1:* Create a magic ring with 6 sc in the ring. Close the ring.
2. *Rnd 2:* inc x 6 (12 sc)
3. *Rnd 3:* (2 sc, 2 inc, PM X 3 (18 sc) [Video on marker placement tips- 10:40](#) (Link to tutorial on original crochet pattern)
4. *Rnd 4:* (4 sc, 2 inc) x 3 (24 sc). Move Markers up as you go. [Video link to moving markers up tips 15:55-17:46](#) (Link to original pattern tutorial)
5. *Rnd 5:* (7 sc, inc) x 3 (27 sc)
6. *Rnd 6:* (Work to 1 sc before marker and inc x 2) x 3 (33 sc)
7. *Rnd 7:* (Work to marker and inc in marked stitch) x 3 (36 sc)
8. Using the tapestry needle, sew in the magic ring's 6" tail. At this point, you'll start to see a spiral on the front of the Knocker. [Video tip on weaving in tail Magic Ring Tutorial 3:48](#) (Link to original pattern tutorial)
9. Select the cup size and continue.



**Note:** Tension and yarn choice may vary your stitch count to get proper sizing. So, use stitch count as a guide, but understand that sizing can be a bit of an art. You will size the Knockers [after they've been stuffed](#).

- A cup – Repeat Rnds 6 & 7 three times until 4.5" across or 13 rounds (approx. 63 sc)
- B cup – Repeat Rnds 6 & 7 four times until 5" across or 15 rounds (approx. 72 sc)
- C cup – Repeat Rnds 6 & 7 five times until 5.5" across or 17 rounds (approx. 81 sc)
- D cup – Repeat Rnds 6 & 7 six times until 6" across or 19 rounds (approx 90 sc)
- DD cup – Repeat Rnds 6 & 7 seven times until 6.5" across or 21 rounds (approx. 99 sc)
- For sizes larger than DD cup, keep adding rounds until the correct measurement for sizes larger than a DD cup. Each size is approximately 2 rnds or 1/2" across.

**Note:** This is a great time to take a look at the [Size Chart](#). To get a size estimate, face the front of the Knocker toward you over the size chart. Measure from the tip of the triangle to the middle of the opposite side. You won't be able to truly tell the size until it's stuffed (it's a bit of trial and error at first). Comparing the front of your Knocker to the chart should give you a good idea of how it will size when stuffed. Also, to get the proper measurement for the cup size, you may not finish exactly on the end of a row. You might end up in the middle!



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## TURNING ROWS

Work 2 rnds even through the back loop only.

## BACK

1. When the size is correct, the turning rows have been completed, and you're ready to start decreasing, crochet until 1 sc before the first marker.

**Note:** The back of the Knocker will lay flatter than the front. The decreases on the back of the Knocker should create straight lines toward the center as opposed to the swirl on the front.

**Note:** If changing color- start on third decrease row.

2. *Rnd 1:* (inv dec (PM), inv dec, then sc until 1 sc before the next marker) x 3.  
Keep the tension semi-tight on the invisible decreases to avoid gaps. But not so tight that you can't get the hook through on the next round.

**What's happening here?** Your inv dec starts one stitch before the marker. Once both stitches are combined into one (a decrease), you place the marker on that first decreased stitch, then do one more inv dec. The marker goes in-between the two stitches to keep the "line" at the center of the triangular shape.

3. Repeat Rnd 1 until you have 15 sc left.
4. Cut yarn leaving a 10" tail.
5. Important! Do Not Miss This Step! Thread tapestry needle and weave through the front loop only for the remaining 15 sc. Do NOT pull tight.

- *If stuffing the Knocker:*
  - Slightly overstuff with Poly-fil (or other fiber fill) Do not close hole as it is difficult to reopen. Stuffing will not come out when worn or washed.
  - Tuck tail into Knocker so that filling can be adjusted as needed.
- *If mailing in unstuffed:*  
Leave the hole open and the yarn tail outside of the Knocker. If your yarn tends to fray easily, tie a loose knot at the end of the tail.



## Other Helpful Notes

### Approved Yarns Withstand Daily Use

[See list of approved yarns](#)

**Knitted Knockers Support Foundation** has created a list of tested and approved yarns appropriate for knitted Knockers. Please note that only Knockers made from this list will be used to fill orders from [knittedknockers.org](http://knittedknockers.org).

Yarns appropriate for crochet Knockers have been identified on the list.

### Sizing

Sizing can be an art. Looser crochet will stretch more when stuffed. Stuffed Knockers should measure the diameters listed above measured straight across the back from the point to the mid of the opposite side. Don't stress too much about the sizing. The most important thing is to make sure that all pairs are the same size (same number of stitches). About 75% of the requests are for sizes B and C with the rest size A, D and DD. [How to size a stuffed Knocker](#).

### Only Light Neutral Colors on the front please

Light neutral colors are the top request.

- We define light neutral as the entire front of the Knocker shades of white, cream, beige, or sand.
- Dark neutral colors are defined as shades of brown or black.
- Pastel/Bright is defined as any color outside of those listed above. Knockers made with colored nipples will be given out in this category even if main color is neutral.

Most of our requests are for pairs of light neutral colors. Unless you are working up a specially requested Knocker, we ask that you work all Knockers in a light or dark neutral color for the entire front and the first three rows on the back. This is so the color

doesn't show when worn. Feel free to use any other color after the first three back rows.

### Video Tutorials

We have posted a video on how to make great crochet Knockers at [www.knittedknockers.org](http://www.knittedknockers.org). Grab a cup of coffee and enjoy watching Bunny (expert crocheter) teach Barb (novice crocheter) how to make great crochet Knockers. Bunny only has to rap Barb's knuckles a couple of times! If you see differences in the video, go by the pattern as it may have been revised after the video was done. For a more instructional video you may enjoy our [youth video](#) where Aditi taught 20 classmates how to crochet beautiful Knockers.

### Mailing Knockers for Distribution

If you don't have someone to give your beautiful Knocker to, please send them to us for distribution (always free to the recipient). We need lots of them! We request that you mail in pairs of matching Knockers because most requests are for two Knockers. Please no pins or baggies but rather a strand of yarn to tie pairs together.

### ***Send finished Knitted Knockers to:***

**Knitted Knockers  
1405 Fraser St. #F103  
Bellingham, WA 98229**

Please use the transmittal form at the end of this document, or include the name of the yarn you used and your contact information.

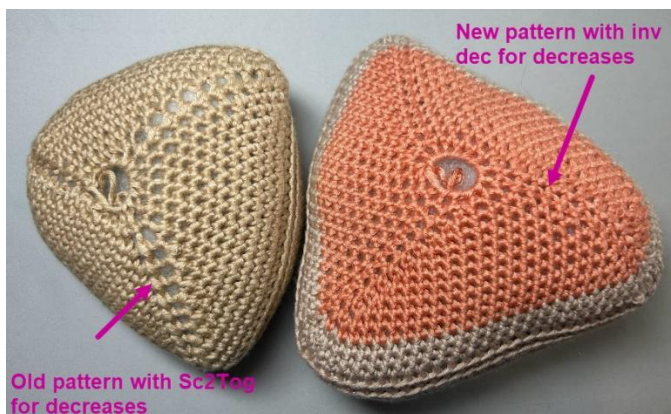
List Yourself on Our Website

Visit [www.knittedknockers.org](http://www.knittedknockers.org) to learn more and to [link yourself as a provider](#), or to locate a group in your area.

***Thank you!!***

## Frequently Asked Questions

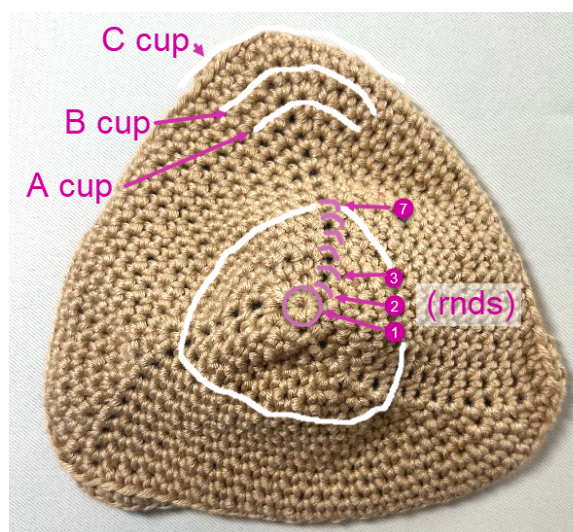
1. **Why did Knitted Knockers update the crochet pattern?** The main reason for this update is to swap out the Sc2Tog (single crochet two together) for an invisible decrease. We find that it closes up gaps, lays flatter, and provides a smoother back to the Knocker.



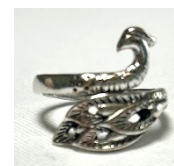
See the photo for comparison.

2. **Can I still send in crochet Knockers made from the old pattern?** You can. We prefer you use this newer pattern. See the answer above. But we won't turn down Knockers made from the old pattern so long as you use [approved yarn](#).
3. **How can I do an inv dec (invisible decrease)?** It's a lot like Sc2Tog, except that you only crochet the front loops together. See how to do the inv dec [here](#).
4. **How much stuffing do I need to add to a Knocker?** If you are distributing the Knockers, stuff it full. You never know how much volume someone needs as some women are more concave than others, so we err on the side of caution and provide plenty!
5. **How do I measure the size of the Knocker?** See our [sizing chart](#) and [video instructions](#) on sizing.

6. **Magic ring? I'm lost.** Check out [this video](#).
7. **I lost count of my stitches. Help!** Should I take the Knocker apart? You might have to take it apart, and that's totally OK. It happens even to the most experienced Knocker makers! However, before you do, see the visual to the right to help you identify where you've made increases. You can try counting back from there.



8. **Which row am I on?** Starting from the center and up toward your first different colored marker, you can follow along the rows to count. If it helps, try a [row counter](#).
9. **My fingers hurt from holding the yarn tension. What can I do?** There are many techniques to hold your yarn at the right tension for you. It's a very individualized thing. So, look around on YouTube and find the technique that works best for you. Another option a lot of Knocker makers use is a [yarn ring](#), like this one:



**10. Do you take monetary donations?**

We sure do! Our mission is to mail out pairs of Knockers to breast cancer survivors who are relieved to find a soft, light, washable alternative to the non-breathable and heavy traditional prosthetics. However, mailing is pricey, and the poly-fil stuffing adds up as well. We appreciate any monetary donation you can send.

You can make donations on our website: <https://www.knittedknockers.org/donations/> by scanning the QR code or by mailing a check to

**Knitted Knockers  
1405 Fraser St. #F103  
Bellingham, WA 98229.**



**11. Crochet isn't for me. Where's the knitting pattern?**

Find our other patterns and video tutorials here: <https://www.knittedknockers.org/make-a-Knocker/>

***Still have Questions?***

Check out the [FAQ](#) section at [knittedknockers.org](https://www.knittedknockers.org)

## KNITTED KNOCKERS APPROVED YARNS (rev. 9.12.25)

Please note that only knockers made from the following list will be used to fill orders from [knittedknockers.org](http://knittedknockers.org)

All yarns are approved for swimmers.

The following yarns are approved for Knit & Crochet		The following yarns are approved for Knit & Crochet (continued)	
Brand	Style	Brand	Style
Amano Yarns	Samay	Sostrene-Grene	Anna & Clara
	Sami (Organic)	Tahki	Cotton Classic Lite
Berroco	Modern Cotton DK <i>(Only DK weight is approved)</i>	Universal Yarns	Bamboo Pop
		<b>Approved for Knit Only</b>	
Cascade Yarns	Pandamonium	Brand	Style
	Ultra Pima	HiKoo	CoBaSi DK
	Ultra Pima Fine	King Cole	Cottonsoft DK
	Noble Cotton	Knit Picks	DillyDally DK
Circulo	Anne		Memento
	Charme	Paintbox	Cotton DK
Cloud Born	100% Pima Cotton DK	Rowan	Cotton Glace
Ella Rae	Phoenix DK	Tahki	Cotton Classic DK
Fair Isle	Harbor		<i>(Only DK weight is approved)</i>
HiKoo	Twisp	Trendsetter Yarns	Lana Grossa
King Cole	Bamboo Cotton	Valley Yarns	Southwick
	Giza Cotton 4ply <i>(this is lighter - reduce needle size)</i>		
Knit Picks	Shine Sport Weight	<b>These yarns are for swim knockers only. They are not suitable for everyday wear.</b>	
	Simply Cotton Sport Weight		
Lion Brand	COBOO	Brand	Style
Loops & Threads	Silky Soft	Cascade Yarns	Cherub DK
Mirasol	Pima Paka	Kraemer Yarns	Tatamy <i>(for knit only)</i>
Patons	Grace		<i>(Only DK weight is approved)</i>
Plymouth Yarns	Anne	Knit Picks	Comfy Fingering
Premier Yarns	Bamboo Fair		Comfy Sport
	Afternoon Cotton	Loops & Threads	Delicate DK <i>(Michael's brand)</i>
Schachenmayr	Catania	Premier Yarns	Cotton Fair

We have carefully compiled this list of approved yarns for our knitters & crocheters. All approved yarns have been tested and proven to be washable, stay soft after air drying, breathable, durable, the correct weight & make beautiful knockers. Our challenge has always been to identify yarns that are preferred by our recipients, available & affordable. The list has over 30 choices that can be purchased at local yarn stores, online or at "Big Box" stores at a variety of price points. The cost per average sized knocker using these yarns can vary from about \$1.20 to \$3.00 per knocker. Very affordable when you think about the difference it makes to the women who wear them!

For the wearer, it is crucial that the knocker fiber not exacerbate a highly sensitive part of a woman's body that may have already suffered from surgical scarring, nerve damage, and possible radiation burns. To minimize the chances of this happening we ask that knitters & crocheters choose a yarn that we've already tested & know that every knocker created will be gratefully received & loved by the wearer. We receive constant affirmation that these ladies truly appreciate the time & talent that a caring volunteer took to make these for them. Check out some testimonials from grateful recipients if you ever want to remind yourself that what you are doing is making a difference! <http://www.knittedknockers.org/testimonials/>.

You can mail completed, unstuffed knockers to us at

**Knitted Knockers Support Foundation  
1405 Fraser St. #F103  
Bellingham, WA 98229**

**Please include the Transmittal Form on the next page.**

**Please do not size, add tags, stitch or pin together.** We size after stuffing.

If stuffing, use a high-quality poly fiber fill. Slightly overstuff and leave the back open for adjustment. We use Premium Poly Fiber Fil™ made by Fairfield and found at Joann's & Walmart.

Yarns no longer on the list may have been discontinued. Knockers made with discontinued yarn would still be accepted if the brand appears on an Approved Yarns list prior 10/3/23.

Knitted Knockers Support Foundation is a non-profit run completely by volunteers, (no paid staff). Donations are very much appreciated to help offset costs. Postage in 2023 was over \$60,000 alone!

**Thank you for making knockers!!!!**





# Please use this form to send in with the unstuffed knockers you are sending to headquarters for distribution:

## Please fill out & send this transmittal form with your Knockers.

Criteria for Knitted Knockers: \_\_\_\_\_ Date: \_\_\_\_\_

- All Knockers must be made from yarns on the KnittedKnockers.org approved list of yarns
- Do not size or stuff Knockers
- Loosely bow tie pairs together with spare yarn (please do NOT use tails). No pins or sizing tags please.
- Please remember to thread tails through last row of stitches to create a drawstring closure. Do not tighten (Bottoms Up & Crochet patterns)
- Knockers must be fragrance, smoke, pet hair and odor free.

*Tip: postage can be saved by sending unstuffed knockers USPS - Ground Advantage*

Questions? Please contact us at [contact@knittedknockers.org](mailto:contact@knittedknockers.org) or visit [www.knittedknockers.org](http://www.knittedknockers.org)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Yarn used: \_\_\_\_\_ # Knockers: \_\_\_\_\_

Do you want to stay local? Email [registry@knittedknockers.org](mailto:registry@knittedknockers.org) for additional information.

For Office Use Only: \_\_\_\_\_

Below is a return label for your package. Just clip it off, add your return address and tape to your envelope.



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Knitted Knockers Support Foundation**  
1405 Fraser St. #F103  
Bellingham, WA 98229

## ↓ Care instructions to give out with the knockers you provide locally. ↓



**knitted knockers**  
*soft, comfortable, knit prosthetics for breast cancer survivors*

Please enjoy the enclosed Knitted Knocker, compliments of our volunteer knitters and supporters. This handcrafted prosthesis has been made with love, and our hope is that you will find this a comfortable, soft and huggable alternative to traditional prostheses that can be worn with your

regular bra. You can customize the fit of your knocker by adding or subtracting the filling. Weight can be added through the back if desired. A small stone, drapery weight, or coins can work. Do not cinch up tight for further adjustments as needed. Your knocker has gone through many caring hands. Please wash before wearing. They can be washed stuffed or un-stuffed on gentle cycle, hang to dry.

If you would like to have the pattern or know someone who would like to contribute to the supply for other women please visit our website, [www.knittedknockers.org](http://www.knittedknockers.org) or contact us at [contact@knittedknockers.org](mailto:contact@knittedknockers.org).

Donations are gratefully accepted to offset costs. Checks may be made out to Knitted Knockers Support Foundation and mailed to Knitted Knockers Support Foundation, 1405 Fraser St. #F103, Bellingham, WA 98229, scan the QR code below or Paypal on our website [www.knittedknockers.org](http://www.knittedknockers.org). THANK YOU!



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