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

Here is some information that we send people that have asked for ways they can help:

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

We send out and fill requests from our website at knittedknockers.org. We can use all the Knitted Knockers we can get to fill the orders that come to us from all over the country and the world. If you would like to knit them and send them to us you don't even need to stuff them (to save on postage). We do ask that you use our pattern and recommended yarn so that we have consistency in quality that we send out. The knocker may be worn against sensitive, scarred skin so the yarn used needs to be soft, washable, non-wool, baby, sport, DK or (3) weight yarn. Worsted weight is too heavy. Cotton yarn should be mercerized to stay soft after washing and air drying. The yarn must be very durable as it will be worn daily. Attached is a list of yarns we have approved as suitable for knitted knockers. If you know of other yarns that we could try please send us a knocker knit or crochet in it so we can test and add to the list if appropriate. Include the label from the yarn and your contact information so we can get back to you. Make sure you mention it is for evaluation so we don’t just give it away!

We ask that you use our patterns and appropriate yarns so that we know that great Knitted Knockers (and crocheted) are being given out in our name. http://www.knittedknockers.org/make-a-knocker/ . It is VERY IMPORTANT that crocheters use our pattern and a very soft and light weight of yarn as crochet by its nature is stiffer. We have worked hard to develop pattern that works ok as long as the yarn is fine enough. They can be downloaded free from our website and there is a nice video tutorial on how to make great Knitted Knockers. Please register with us as a knitter/crocheter at 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:

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 them for any reason.

Are you thinking you might be a collection point? Or connect with a yarn shop where people can drop off their completed knockers and you would gather them up and either send to us for distribution or stuff and distribute yourself? If you do distribute them directly please be sure they are nicely made, with very small nipples or no nipples and the right weight of yarn. Our biggest challenge has been the nipples being too loosely made or tied down or too heavy of a yarn. We want to send out really nice knockers to these women who have been through so much.

Are you interested in connecting with a medical clinic in your area to provide them with a supply of knockers for them to hand out? We have found that it is best to have about 20 knitted knockers available for a start with most medical clinics. That would be 2 pairs in each of the color palettes (neutral, bright and dark) in each of the sizes (A-DD). That way the clinic can bring them to the women to pick out what they like. Then as the clinic runs low they call us (you) to bring some more to them. This is a very efficient way as there is no postage involved and you have time to build up an inventory and the women get to pick out what they want. If you find you are overwhelmed with requests that can't be filled we are always here to pick up the slack. We can send you some business cards that can be left at the clinic that they can give to women who may not have the size or color readily available for them. We also can mail you some care instruction inserts that can be handed out with the knockers that give washing instructions, contact information, etc. I have attached a copy that can be printed as well. Feel free to add your information if you wish. Just please leave our www.knittedknockers.org information on it as well.

Another way to help provide for a medical clinic is to leave a few sample ones there along with a bunch of business contact cards that the clinic can show their patients and give them the information on how to request them. Then the patients can go online and request directly from us. When you are ready and able to provide for those requests you can let me know and we will forward them to you for fulfillment. Until then though we would happily provide for them. If the clinic hasn’t registered with us yet 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.
If you just want to make knockers we can always use all the knockers we can get to fill the hundreds of orders we get monthly for 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 help us with and confirm you are using our pattern please fill out the Provider listing form to be listed as a provider from your town and state. This can help connect other knitters and crocheters with you. You can put on the website whatever information you would like others to know about you. Maybe what area you are from and what you would like women to know… that you are looking for fellow knitters to help out, providing knockers or whatever you would like. Also, what name would you like to go by? It can be as simple as "knocker makers from your state", or whatever you think. The link to put the information on the website is http://www.knittedknockers.org/add-your-listing/. If there is anything you don't want listed on the website such as your phone number or address let us know in the additional comments section and we will certainly honor that.

You are welcome to use our logo and we would love to send you some business cards to hand out if you would like. If so just let me know. Any way we can help you help us we are happy to do. There are also customizable cards we can help you with 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!

So, if any of that interests you great! If you just want to knit some and mail them to us that too is GREAT! We appreciate it all. Be sure and include your contact information if you send them to us so we can thank you.

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

Sincerely,
Barb
Founder and President
Knitted Knockers Support Foundation
Aka knittedknockers.org

Knitted Knockers Support Foundation
1780 Iowa St
Bellingham, WA 98229

http://www.knittedknockers.org/
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 Laureen Furnas (4/17) rev 11/13/20

**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 groups, stitch marker to mark needle 1, tapestry needle. Gauge- 6st= 1” (5st= 1”). Counts in ( ) are for DK/US 5 needles

### Bottom Piece:

Starting with a 20” tail, CO loosely 15 sts and divide between 3 needles (5 on each needle).

**Round 1** – K to last st, kfb . Repeat for needle 2 & 3 - 3 sts increased.

**Round 2** – Kfb, k to last st, kfb. Repeat for needle 2 & 3 - 6 sts increased.

Repeat rounds 1 & 2 until reach 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 desired number of stitches).

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

### Top Piece (w/OUT NIPPLE):

Decrease round: K to last 2 sts on each needle, k2tog. 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.

### Top Piece (W/ITH NIPPLE):

Decrease round: K to last 2 sts on each needle, k2tog. 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.

**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™ (optional, we can fill them for you to save on postage.) Do NOT cinch up!

Visit [http://www.knittedknockers.org/make-a-knocker/](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 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

***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 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 for Knitted Knockers.

The most requests are for pairs of neutral colors. 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. If you get bored with the flesh tones by all means make a creative, bright pair if you want. We do get requests for those too :-). 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 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. 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 yarn label to Knitted Knockers, 1780 Iowa Street, Bellingham, WA 98229. Be sure and include your contact info so we can thank you! Visit 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!!!
CROCHET KNOCKERS REVISITED 3-21-18 by Claudia Barbo rev3

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

Materials:
- 1 (1, 1, 2, 2) skeins Ultra Pima Fine or other 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
Pm = place marker
Rnd = round
Sc = single crochet
Rep = Repeat
Inc = work 2 scs in next sc
Dec = work 2 scs together (sc2tog)

NOTES:
- To form a magic ring leave approximately 6” of “tail” wrap yarn around index finger twice and work desired number of sc over both strands. When complete pull up tail to close ring. Continue to work in the round from here.
- Knockers are crocheted in a continuous spiral.
- Move markers up as you go.

Front

Form a magic ring

Rnd 1: Work 6 sc in ring. Close ring.
Rnd 2: Inc in each sc around. (12 scs)
Rnd 3: (Work 2 sc, inc in next 2 sc, pm) 3 times (on the last repeat use a different colored marker). (18 sc)
Rnd 4: (Work 4 sc, inc in next 2 sc) 3 times. (24 scs)
Rnd 5: (Work 7 sc, inc in next sc) 3 times. (27 scs)
Rnd 6: (Work to 1 sc before marked sc, inc marked sc) 3 times.

A cup– Rep rnds 6 & 7 3 times until you have 63 sc, (stuffed diameter equals 4.5” across)**
B cup– Rep rnds 6 & 7 4 times until you have 72 sc, (stuffed diameter equals 5” across)**
C cup– Rep rnds 6 & 7 5 times until you have 81 sc, (stuffed diameter equals 5.5” across)**
D cup– Rep rnds 6 & 7 6 times until you have 90 sc, (stuffed diameter equals 6” across)**
DD cup– Rep rnds 6 & 7 7 times until you have 99 sc, (stuffed diameter equals 6.5” across)**

Work 2 rnds even through the back loop only.
Rnd 1: (Sc2tog, sc to 1 sc before marked sc, sc2tog) 3 times.

Repeat rnd 1 until you have 15 sc left.

Cut yarn leaving a 10” tail. Thread tapestry needle and weave through front loop only of 15 sc. Stuff with fiber fill and pull tail to tighten. Tuck tail into knocker so that filling can be adjusted as needed.

*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 so if knitting or crocheting for us please only use these yarns. While “Knitted” Knockers are a great “stash buster” taking only about 70 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 for Knitted Knockers. Yarns appropriate for crochet knockers have been identified on the list.

** Sizing is a bit of 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.

The most requests are for pairs of neutral colors. If you don’t have enough of one color to finish a knocker feel free to finish the inner piece with a complimentary color using the same type of yarn. If you get bored with the flesh tones by all means make a creative, bright pair if you want. We do get requests for those too :-). 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.

We have posted a video on how to make great crochet knockers at 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.

If you don’t have someone to give your beautiful knocker to please send them to us for distribution (always free). We need lots of them! Send to Knitted Knockers, 1780 Iowa Street, Bellingham, WA 98229. Be sure and include your yarn label and contact information so we can thank you. Visit 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. Thank you!!!!
Please note that only knockers made from the following list will be used to fill orders from knittedknockers.org so if knitting or crocheting for us please only use these yarns. All are good for knitting, some are also good for crochet where indicated “C”. Acrylic yarns are approved only for swimming and indicated with “A”.

- Berroco, Modern Cotton DK (Note only DK weight is approved) - C
- Cascade Yarns, Cherub DK - C, A
- Cascade Yarns, Ultra Pima - C
- Cascade Yarns, Ultra Pima Fine - C
- Cascade Yarns, Noble Cotton - C
- Circulo, Anna - C
- Cloudborn, 100% Pima Cotton DK - C
- Ella Rae, Phoenix DK - C
- Euro Baby, Kid Cotton
- Fair Isle, Harbor - C
- Fiesta Yarns, Cottonista
- HiKoo, CoBaSi DK
- Jaeger, Aqua Cotton
- Katia, Mississippi 3
- Kertzer Yarns, Butterfly Super 10
- Kraemer Yarns, Tatamy - A
- Knit Picks, Comfy Sport - A
- Knit Picks, Comfy Fingering - C, A
- Lion Brand COBOO - C
- Lion Brand NUBOO-C
- Paintbox, Cotton DK
- Patons, Grace - C
- Plymouth Yarns, Anne - C
- Plymouth Yarns, Cleo
- Premier Yarns, Cotton Fair - C, A
- Rowan, Cotton Glace
- Schachenmayr, Catania C
- Sostrene Grene, Anna & Clara - C
- Tahki, Cotton Classic DK (Must be DK)
- Tahki, Cotton Classic Lite - C
- TB Ramsden, Wendy Supreme 100% Luxury cotton DK (Must be DK)
- Trendsetter Yarns, Lana Grossa Elastico
- Universal Yarns, Bamboo Pop - C
- Universal Yarns, Garden 3 – C
- UY- Fibra Natura, Radiant Cotton
- Valley Yarns, Southwick

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 $2.00 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/.

Please note that “I Love this Cotton” from Hobby Lobby is too heavy & washes up stiff when air dried so is not appropriate for knitted knockers.

You can mail completed, unstuffed knockers to us at Knitted Knockers Support Foundation, 1780 Iowa St., Bellingham, WA 98229. Please include your contact information & the yarn label.

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

Yarns no longer on the list may have been discontinued but still would be accepted if on the prior 10/2/17 Approved Yarn list.

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 2019 was over $56,000 alone!

Thank you for making knockers!!!!
Thank you so much for making Knitted (Crocheted) Knockers. We have enclosed some care instructions that can be used if providing to friends or family. If you enjoy making them we have also prepared a mailing label that you can use to mail them to us for distribution. We give away lots of knockers monthly all over the world so can use all we can get. No need to stuff, just place in a manila envelope and mail them to us and we will use them to fill orders that come in on knittedknockers.org. Be sure and include your contact information and the yarn label so we can thank you! Know that you are making a difference to women in this world!

“Love love love mine. They are so inspirational I get emotional talking about them Thank you so much God Bless”

“Please share my deep appreciation I bow my head in thanks for your generous time and hard work. I salute your dedication. THANK YOU SO MUCH....I'M SO EXCITED!!!”

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Knittedknockers.org

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 or contact us at 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, 1780 Iowa St, Bellingham, WA 98229 or Paypal on our website www.knittedknockers.org. THANK YOU! Please like and share us on Facebook and Twitter!

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