

## NICU OCTOPUS PATTERN

This pattern is from the website Octopus for a Premie UK

### **MATERIALS**

Crochet hook size 2mm and 3mm, use 3mm for tentacles (optional)

Cotton yarn it has to be 100% cotton! 4ply cotton is recommended.

Stuffing: Fibre filling – has to be washable at 60 degrees Celsius, we recommend “supreme toy filling” which can be bought on eBay and Amazon

Tapestry needle, to embroider the face, and to use it to sew on the bottom.

### **ABBREVIATIONS**

sc – single crochet

st – stitch sts - stitches

ch – chain

inc – 2 sc in 1 stitch to increase

sl st – slip stitch

dec – decrease by crocheting \*...\*- repeat the next 2 sc together

### **NOTES:**

The idea originated in Denmark, where researchers found that preemies who cuddled up with a NICU octopus had more regular heartbeats, better breathing, and higher levels of oxygen in their blood. These babies were also less likely to pull out their monitors and tubes. The reasoning: The tentacles of the octopus apparently remind these babies of their mom’s umbilical cords, and the soft knit bodies of the cuddly creatures are said remind them of the womb.

### **Octopuses can be mailed to:**

Mighty Miracles Foundation  
1212 SE Hampden Rd  
Bartlesville, OK 74006



## INSTRUCTIONS

### Body:

Working in continuous rounds: Using a 2mm hook.

1 st round: 6 sc in a magic ring

2 nd round: 2sc in each st (12 sts)

3 rd round: \*1sc, 1 inc\* x 6 (18 sts)

4 th round: \*2sc, 1inc\* x 6 (24 sts)

5th round: \*3sc, 1inc\* x6 (30 sts)

6 th round: \*4sc, 1inc\* x 6 (36 sts)

7 th round : \*5sc, 1inc\* x 6 (42sts)

8 th - 16th round: 1 sc in each st (42 sts)

17th round: \*5sc, 1dec\* x6 (36 sts)

18th - 19th round: 1sc in each st (36 sts)

20th round: \*4sc, 1dec\* x6 (30 sts)

21st - 22nd round: 1sc in each st (30 sts)

23rd round: \*3sc, 1dec\* x6 (24 sts)

24th - 25th round: 1sc in each st (24 sts) Start stuffing the body, will fill it completely later.

26th round: \*2sc, 1dec\* x6 (18 sts)

27th round: \*7sc, 1 dec\* x2 (16 sts) 28th round: 1sc in each st (16 sts)

### There are 3 ways to finish the Octopus

#### The first way to finish the octopus: (recommended for beginners)

Fill Octopus firmly. Make a bottom and attach the bottom using round 29 29th round: work 1dc in each st around (16sts) change to 3mm hook if wishing thicker tentacles, stay with 2mm if wanting slim ones.

This is where the tentacles start: \*1 sc, chain around 50 - chain until you have a 22cm long chain, turn, 2 sc in each chain, make sure to use the top loop for the tentacle to curl. 1 sc in next st of the body. 1sc and then chain again.

#### The second way to finish the octopus:

On round 28 change to 3mm hook if wishing thicker tentacles, stay with 2mm if wanting slim ones. This is where the tentacles start - to make tentacles use only the front loops of each of the stitches: \*1 sc, chain around 50 - chain until you have a 22cm long chain, turn, 2 sc in each chain, make sure to use the top loop for the tentacle to curl. 1 sc in next st of the body. 1sc and then around 50 chains again. Make bottom and sew to the body using the back loops stitches and the same yarn.

The third way to finish the octopus:

On round 28 change to 3mm hook if wishing thicker tentacles, stay with 2mm if wanting slim ones. This is where the tentacles start - to make tentacles use only the front loops of each of the stitches: \*1 sc, chain around 50 - chain until you have a 22cm long chain, turn, 2 sc in each chain, make sure to use the top loop for the tentacle to curl. 1 sc in next st of the body. 1sc and then around 50 chains again. 29th round: close body using decrease.

**Bottom:**

1 st round: 5 sc in a magic ring

2 nd round: 2 sc in each stitch (10 stitches)

3 rd round: \*1sc, 1inc\* x5(15 stitches) End with a sl st, cut the yarn but leave enough to sew on to body.

Assembling the octopus: Embroider eyes and mouth in your preferred design.

The size of the finished octopus:

Head MUST have a min diameter of 3.5 cm and a length of 3.5 - 8cm from top to bottom when stuffed

Tentacles: Head length 3.5 - 5cm: 10 - 16cm tentacles / Head length 5 - 8cm: 16 - 22cm tentacles

Stuff the body firmly, but not solid. Must have a little spring to it.