

NICU Octopus

Thank you for your time and dedication to our Crafting for a Cause volunteer team.

Being a part of this wonderful team is a very special way to give back to your community. You are always welcome to schedule time to work in the SPL Makerspace or independently at home.

Why the NICU Octopus? A hospital in Denmark found that when premature babies cuddled with the octopi they had more regular heart rates and better oxygenation. The magic is in the tentacles! In utero, babies often 'play' with their umbilical cord. The tentacles resemble the umbilical cord for the baby! Another very important benefit is that the tentacles give the baby something to grasp other than tubes, lessening the chance that they will accidentally pull something.

**You can knit or crochet the octopus.
Instructions for both are included on this information sheet.**

Crochet Instructions

NOTE: This pattern is worked in the round continuously without joining at the end of each round. Instead, place a stitch marker and move it up as you go to mark the first stitch of each round.

Using all cotton wool and hook 4.5mm or 5mm

Create a magic ring.

Round 1: Ch 1 and 8 sc into ring.

Round 2: 2 sc in every st around. (16 sts)

Round 3: *2 sc in the next st. 1 sc in the next st.
Repeat from * around. (24 sts)

Round 4: *2 sc in the next st. 1 sc in the next 2 sts.
Repeat from * around (32 sts)

Rounds 5-10: Sc in every st around. (32 sts)

Round 11: *Sc in the next 2 sts. Sc2tog. Repeat from * around. (24 sts)

Round 12: Sc in every st around. (24 sts)

Round 13: *Sc in the next st. Sc2tog. Repeat from * around. (16 sts)

Round 14: Sc in every st around. (16sts)

Stuff the head of your octopus with fibre-fill.



Round 15: Sc2tog around. Slst into the first st of this round to join. Add more stuffing if you need to. You're now done using your stitch marker. (8 sts)

Now to make the eight tentacles!

Ch 35. 2 sc in the second ch from the hook and in each of the next 33 chs. Slst into the next st on the body of the octopus. Repeat this 7 more times. After the last tentacle, you'll slst into the same stitch that your first tentacle is coming out of.

Fasten off leaving a long enough tail to sew shut the body. Sew it shut. Weave in end, and...
Ta-da!!!



Knit Instructions

Preemie Octopus Knitted Pattern

Materials:

For body: 3.5 needles

For tentacles: 4mm needles

Any colour you want for your octopus and a bit of black yarn for eyes and red or dark pink for mouth all DK

Body:

C/on 9sts with 3.5 mm needles

Row 1 and all odd rows purl

Row 2: increase in every stitch (18 sts)

Row 4: *K1 increase into next stitch* to end (27sts)

Row 6: *K2 increase in next stitch* to end (36 sts)

Row 8: *K3 increase in next stitch to end (45 sts)

Starting with purl row stocking stitch 11 rows

Row 20: *K3 knit 2 together* to end (36 sts)

Row 22: *K2, knit 2 together* to end (27 sts)

Row 24: *K1, knit 2 together* to end (18 sts)

Row 26: K2 together to end (9 sts)

Cut yarn and thread through stitches and pull tightly. Sew edge seams together inside out allowing a small gap to turn right side out, and stuff firmly and sew up the last bit. Now you have the body.

Tentacles (make 8)

With 4 mm needles c/on 40 sts

Knit into front and back of every stitch (80 sts)

Next row cast off

Nose (optional)

Same colour as the body using 3.5 mm needles

Cast on 3 sts

Row 1: increase every stitch (6 sts)

Row 2: purl

Row 3: knit 2 together in all sts (2 sts)

Pull yarn through the remaining stitches and sew thread all around the outside edges then pull tightly

Now you have all your body parts, a top tip from me - the thread for the eyes and nose - thread through the bottom of the octopus and pull through, when you sew tentacles to the base it will hide the other colour wool

Have fun!

Drop off finished projects to the SPL Makerspace during open hours. Our staff have a special nurse we coordinate drop-off with ♥

We encourage all handmade items to be made in a clean, smoke-free, pet-free environment.

For questions, contact makerspace@mypubliclibrary.ca or 705 651-8601.

SPL Makerspace is located at 1 Bridge St., Lakefield.