

# The Bábóg Project

## Doll Pattern and Tutorial



## **Introduction**

The Bábóg Project was started as a way for us to be able to acknowledge the tragedy of the thousands of babies that are buried under Ireland skin, born at so called Mother and Baby homes around the country. It is a way that we can hold these babies in love and tenderness. It is a way that we can honour the stories of their lives and deaths.

Because of the nature of the project we ask that while you make each doll, that you hold these babies in your heart and mind. That with each stitch you send them a thought, a kiss, a prayer. This is a way we can help to heal this wound. This is a way *you* can help to heal this wound.

The following is the pattern and instructions for making a Bábóg doll. There is included a full list of materials, including alternative materials for those who wish to use things that are more easily at hand. Just a quick note to add please do not worry about making a 'perfect' doll. The important part of this project is the love, energy and time you put into the making of it, not the actual outcome.

This pattern and tutorial was produced specially for the Bábóg project and although we are happy for you to also use it for personal use, we would ask that you make at least one doll for the project and send it to the address given at the end of the tutorial.

## **Materials**

*Where possible we ask you to use natural materials: cottons/ wool etc. There is a possibility that the dolls may be buried in the ground and our preference would be for natural materials to keep any environmental impact to a minimum*

(alternative materials given in brackets)

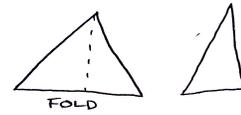
- Pattern pieces -given at the end of the tutorial
- 10cm of 2cm tubular gauze (tights, thin socks, bandage sewn into a 2cm diameter tube)
- approx 10g – a handful of - clean carded sheep's wool (cotton wool/ unravelled wool yarn/ stuffing)
- 10cmx20cm + 9cmx13cm cotton jersey/ interlock for the body and hat (t-shirt fabric)
- 8cmx9cm + 2x 3x3cm skin fabric (a skin toned piece of tshirt/ babygro, you can even dye a small piece of white tshirt with a little tea)
- strong button thread (you can also double/triple up regular cotton thread)
- embroidery thread in black/brown and red/pink (you can also double up regular thread)

## **You will also need**

- scissors
- sewing needle
- pins

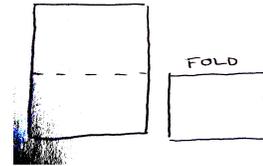
## **Tutorial**

Cut out pattern pieces. If working on jersey cotton make sure that the rib of the fabric is vertical (i.e. the little lines run from top to bottom).



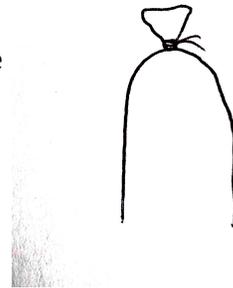
Fold hat in half right side in. Stitch up the back.

Fold the body in half, right side in. Stitch around body leaving a 1cm gap from the top of the fold on each side.

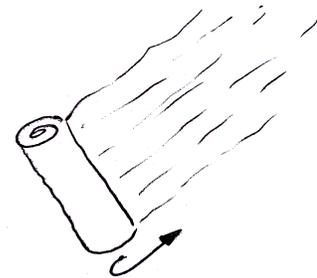


## **Head**

Tie a length of strong thread around the tubular gauze about 1cm from the top. Knot tightly.



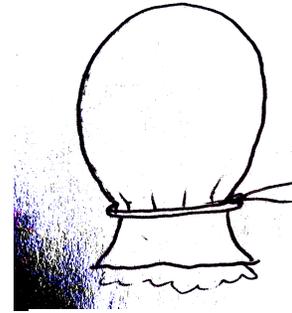
Tease out a handful of stuffing into a length about 10cm wide. Start at one end, roll the stuffing as tightly as you can into a sausage shape. Keep folding the edges in if it gets too wide. The diameter of your finished sausage should be about 3-3.5cm.



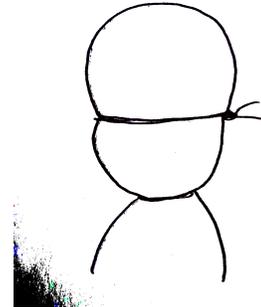
Place the tied top of the tubular gauze on top of the wool sausage and unroll it over the length of wool (the gathered end of the gauze is on the inside).



Firmly push the wool into the gauze. Around 2/3 of the way down the sausage wrap strong thread tightly around several times to form the head and neck. Knot tightly.

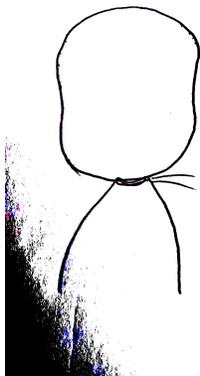
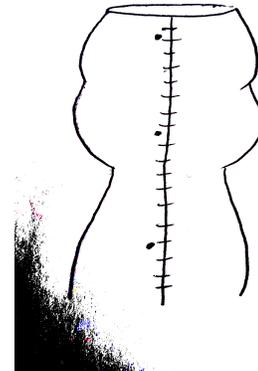


In roughly the middle of the head use another piece of strong thread to tie the eye line. Wrap the thread around the head as tightly as you can several times to give a lovely shape to the cheeks. Knot securely.



Check that your skin fabric stretches around the head (again the rib should run from top to bottom) and that it will cover from the crown of the head to at least 2 cm under the neckline). Pin the fabric in place at the back of the head, one side over lapping the other. Sew up this seam.

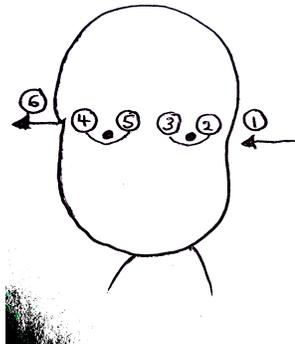
Using a gathering stitch gather the fabric at the top of the head. Knot securely.



Use another piece of strong thread to tie the neck again.

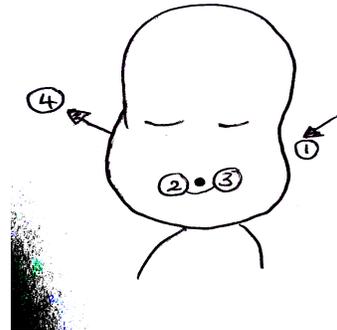
Using 2 pins place the eyes. These should be on the eyeline with the seam at the back.

For closed eyes use a dark coloured thread. Knot the end of the thread . Insert the needle at the place where the ear would be (1). Needle exits at the inside of the closest placed pin (2) insert the needle again on the other side of the same pin at an equal distance (3) Needle exits again at the outside of the opposite eye pin (4) back in again on the other side of the same pin to form the 2nd eye (5) the needle then exits at the closest ear point (6). Do a couple of stitches to anchor in place.



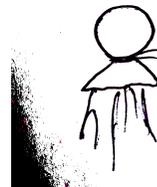
For open eyes use a coloured thread and repeat the above stitches 2 or 3 times to give the eye a rounder shape.

Place a pin for the mouth. This should form an equilateral triangle with the eyes. Using a pink/red thread, with a knot at the end insert the needle at an ear point (1). The needle exits at the far side of the placed pin (2). It enters again on the opposite side of the pin (3) and exits the head at the furthest away ear point (4) make a few small stitches to secure.



#### Hands (make 2)

Tie a knot in a small piece of sheep's wool. If required wrap more wool over the knot until the ball of wool has a diameter of approximately 1cm. Tightly cover the ball with a small square of pink skin fabric and tie off tightly with strong thread.



#### Putting the doll together.

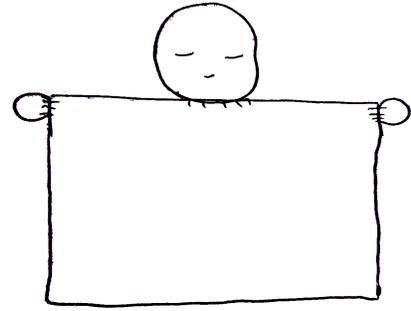
Fold the body piece in half to find the exact middle. Make a small cut along the top around 5mm long.



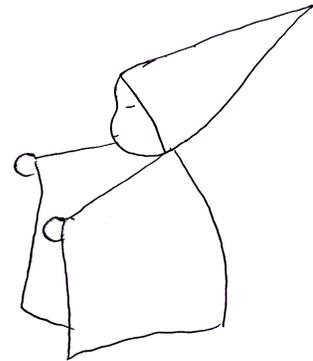
Turn the body piece and hat right way out.

Insert the head into the hole at the middle of the fold and pin into place ensuring that the body fabric just covers the thread at the neck. Using small stitches, stitch the head into the body.

Insert the hands into the gaps at the top sides of the body. Ensure that the body fabric just covers the thread and stitch into place with small stitches.



Fold the edges of the cap under and fit it onto the head. Ensure that the cap is pulled right down the head at the back to hide all the seams and that it is also pulled well down over the "ears" to cover the threads there. Pin in place and stitch on with small stitches.



Gently hold your tiny Bábóg in your hand, then press it to your heart. Lift it to your lips and give it a long, sweet kiss and whisper, "We are sorry. I love you. You are seen. You are loved. You are important."

Please send your finished doll(s) to The Bábóg Project, C/O Courtmacsherry Community Shop, Courtmacsherry, Co Cork, Ireland.

Thank you

# The Bábóg Project Doll Pattern ©

