

Comfort Cuties

Designed by Christine Heath

This pattern is dedicated to those whose lives have been

affected by sexual assault or abuse (i.e. everyone).

If your organization would like to use this pattern, please

email

comfortcuties@gmail.com

to obtain permission.

Supplies Needed:

Glue gun and glue sticks (tacky glue can be used instead of the glue gun)

Scissors

¼" circle punch

1/8" circle punch

1" square of craft foam (for the nose and paws)

Two 7mm wiggle eyes

15-16" narrow ribbon

Please note: the color of pom-poms, craft foam, and ribbon will vary depending on your preference.

Head: one 1 ½" pom-pom

Body: one 1 ½" pom-pom

Muzzle: one ½" pom-pom

Ears: two ¼" pom-poms

Arms: two ½" pom-poms

Feet: two ¾" pom-poms

Tail: one ½" pom-pom



Nose



Step 1:

Glue the 1 ½" pom-pom designated for the head on top of the 1 ½" pom-pom you are using for the body. Glue the muzzle (a ½" pom-pom) in the center of the face. **Nose:** trace the nose pattern and cut one from the craft foam and glue it on the muzzle. Glue the wiggle eyes above the muzzle.

Step 2:

Feet: use a ¼" punch to cut two circles from the craft foam. Use a 1/8" punch to cut six circles from the craft foam. Glue one of the ¼" circles to one of the ¾" pom-poms. Then glue three of the 1/8" circles above the ¼" circle as shown. Repeat this process with the other foot, and glue the feet to the bottom of the body. Glue an arm (a ½" pom-pom) on each side of the body, right above the feet.



Step 3:

For the ears, use your finger to poke a "dimple" in the fur on each side of the top of the head. Add glue to the space and place an ear (a ¼" pom-pom) in that space. Repeat on the other side. Glue the remaining ½" pom-pom to the rear of the body for the tail.



Step 4:

Wrap the ribbon around the neck of the bear and tie a knot. Then make a bow. Cut off any excess ribbon.



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Keep reading to find out where to donate bears . . .

Comfort Cuties

Giving support through bear hugs



People who have been sexually assaulted/abused go through a lot!

It may not seem like much, but small gestures of kindness mean a great deal to someone who is hurting. Many survivors are touched that someone would take the time to make a bear to let them know that someone cares.

Thank you for your love and support!

Where to Donate Bears:

Helping Save

Contact Hailey Allen at
Hailey@helpingsave.org
or 801-885-5170

We are looking for more organizations to participate in the Comfort Cuties Project. If you know of an organization that might be interested, please feel free to pass along this information.

What to do if someone tells you they were Sexually Assaulted

It can be overwhelming to hear that someone you care about has been sexually assaulted. It is common to experience a range of emotions such as confusion, fear, anger, and helplessness. Here are several things you can do to support your friend or loved one:

- Believe them. False reports of sexual assault are rare.
- Encourage the victim/survivor to seek medical attention.
- Reinforce to them that it is not his or her fault. Sexual assault is NEVER the victim/survivor's fault.
- Accept what you hear without judgement. Do not ask "why" questions, such as "Why did you go to that party?" or "Why were you wearing that?" these comments suggest that he or she is somehow to blame for the assault.
- Listen. Let your friend know you are there for them if they would like to talk. Do not push for information. Let them tell you what he or she is comfortable with sharing.
- Be patient. Do not suggest that they should "move on" with their life and forget about what happened. There is no timetable for recovering from sexual assault. Your loved one needs the opportunity to work through the trauma of the assault and begin the healing process.
- Respect the right of victim/survivor to decide if and when they want to report the assault to the police.
- Do not be afraid to seek outside support. The National Rape hotline is a resource for you as well as your loved one. **Call 800.656.HOPE (4673).**

Get in Touch

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