

Fiddle Mitts Crochet



© Dana Biddle

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Fiddle mitts are hand warmers that provide visual and tactile sensory stimulation for people living with dementia or autism.

They help comfort those who are anxious or agitated and help keep restless hands busy.

They are best made with an assortment of different yarn textures and weights and should have about 4 attachments - ribbon, buttons, beads, charms etc. securely attached.

They are perfect stash busters and use up even the tiniest bits of yarn.

The Small Print.

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Individual crafters who have purchased this pattern may sell finished items that they have personally hand made.

YOU WILL NEED

- An assortment of stash or scrap yarn in different weights and textures. (even the tiniest bits)
- 4mm crochet hook or one to suite your yarn

ABBREVIATIONS

- ch chain
- dc double crochet
- fpdc front post double crochet
- bpdc back post double crochet
- sc single crochet
- sts stitches
- trb treble
- yo yarn over
- slst slip stitch

NOTE

These are instructions for the mitts I made. They are infinitely changeable, just remember the basic requirements.

Your mitts can be made in different sizes too, they are needed for men, women and children.

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INSTRUCTIONS

For the mitt I made, I used an assortment of Pure Cotton DK and a 4mm hook. It will fit an average size woman's hand and is about 9.5 cm wide and 15 cm long.

Special Stitches

Bobble

(yo, insert hook into st; yo; pull through loop; yo; pull through 2 loops on hook) x 3; yo; pull through all loops

SC Loop

insert hook into st; yo; pull through loop; work 6 ch in loop; yo; pull through both loops.

Ch 36 sts; slst to join round (join every round with a slst)

Round 1: dc 36

Round 2 - 6: (1fpdc; 1bpdc) x 18

Round 7 +8: sc 36

Round 9: (sc 2; trb; sc 3) x6

Round 10 +11: sc 36

Round 12: (dc; ch; skip next st) x 18

Round 13 - 20: sc 36

Round 21: (sc 4; bobble; sc) x 6

Round 22: dc 36

Round 23: (sc 3; sc loop) x 12

Row 24 - 27: dc 32; turn (to form hole for thumb)

Round 28: sc 32; join and continue in the round

Round 29 + 30: sc 32

Round 31: (slst; 3 ch; dc 2; 3ch; slst) x 8
end off neatly.

Add ribbon, buttons, beads etc.
make sure that they are attached securely.