

Fiddle Mitts Knit



© 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)
- 4.5 mm knitting needles or size to suite your yarn
- An assortment of embellishments - buttons, ribbon, beads etc.

ABBREVIATIONS

c/o	cast on
sts	stitches
k	knit
p	purl
k2tog	knit 2 together
k3tog	knit 3 together
stst	stocking 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 bits from my stash and 4.5 mm knitting needles. It will fit an average size woman's hand and is about 9.5 cm wide and 15 cm long.

It relies on different textured yarns. if you don't have a variety of different yarns, substitute with different stitches

The mitt is knit back and forth in rows and then seamed down the side leaving a hole for the thumb.

Special Stitches

Bobble

Knit into front, back and front again of next st, k3tog

C/o 36 + 18 sts

Row 1: (k2tog; p1) x 18

work 9 rows k1 p1 rib

Row 11: knit

Row 12: purl

Row 13: (k3; bobble; k2) x 6

Row 14 - 15: stst - *ribbon yarn*

Row 16: (p6; k6) x 6 - *chunky yarn*

Row 17: (p6; k6) x 6 - *thinner yarn*

Row 18: purl

Row 19: knit - with random purl stitches in between

Row 20 +21: knit - *chunky yarn*

Row 22: purl - *beaded yarn*

Row 23 +24: knit

Row 25: knit - *knobbly yarn*

Row 26: purl

Row 27: (k6; p6) x 6 - *chunky yarn*

Row 28: (k6; p6) x 6 - *thinner yarn*

Row 29 - 34: stst

Row 35 +36: knit - *ribbon*

Row 37 - 41: knit

c/off loosely.

Seam sides together, leaving a space for the thumb.

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