

TEDDY BEAR PILLOW

♥ SEWING TUTORIAL ♥



FINISHED SIZE

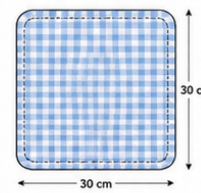
Approximately
28 cm x 28 cm
(11" x 11")

MATERIALS

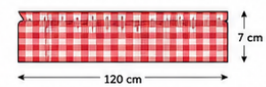
- Cotton fabric (checks)
 - 40 cm (main fabric)
 - 40 cm (back fabric)
 - 40 cm (ruffle)
- Plush fabric (beige)
 - 25 cm
- White fabric (collar)
 - 15 cm
- Buttons (1 cm)
 - 5 pcs
- Polyester fiberfill
- Sewing thread
- Fabric marker
- Pins
- Scissors
- Sewing machine
- Hand needle

PATTERN PIECES (add 1 cm seam allowance)

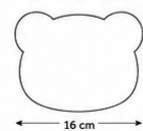
PILLOW FRONT/BACK



RUFFLE STRIP



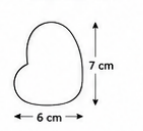
BEAR HEAD (cut 2)



BEAR ARM (cut 4)



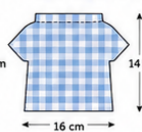
BEAR LEG (cut 4)



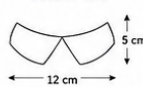
SHIRT FRONT (cut 1)



SHIRT BACK (cut 1)

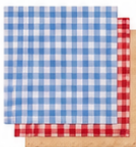


COLLAR (cut 2)



STEP-BY-STEP INSTRUCTIONS

1 CUT THE FABRIC



Cut all fabric pieces according to the pattern and measurements.

2 MAKE THE RUFFLE



Sew a gathering stitch along one long edge of the ruffle strip. Pull the thread to gather and match the pillow edge.

3 PREPARE THE BEAR PARTS



Sew bear head (right sides together), leave a small opening, turn right side out and stuff. Do the same for arms and legs.

4 MAKE THE SHIRT



Attach the collar to the shirt front. Place shirt front and back right sides together, sew around and turn.

5 ATTACH SHIRT & HEAD



Sew the head onto the shirt (top center).

6 ATTACH ARMS & LEGS



Position and sew the arms on the sides of the shirt. Sew the legs at the bottom.

7 PREPARE PILLOW FRONT



Position the bear assembly in the center of one pillow front piece. Pin and sew around the edges securely.

8 ADD RUFFLE



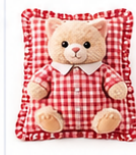
Pin the ruffle (right side facing) around the pillow front edge. Sew in place.

9 SEW THE PILLOW



Place the front and back pieces right sides together. Sew around the edges, leave a 10 cm opening.

10 TURN & STUFF



Turn the pillow right side out through the opening. Fill with fiberfill.

11 CLOSE THE OPENING



Fold the seam allowance inside and hand stitch the opening closed.

12 FINISHED!



Your adorable Teddy Bear Pillow is ready!

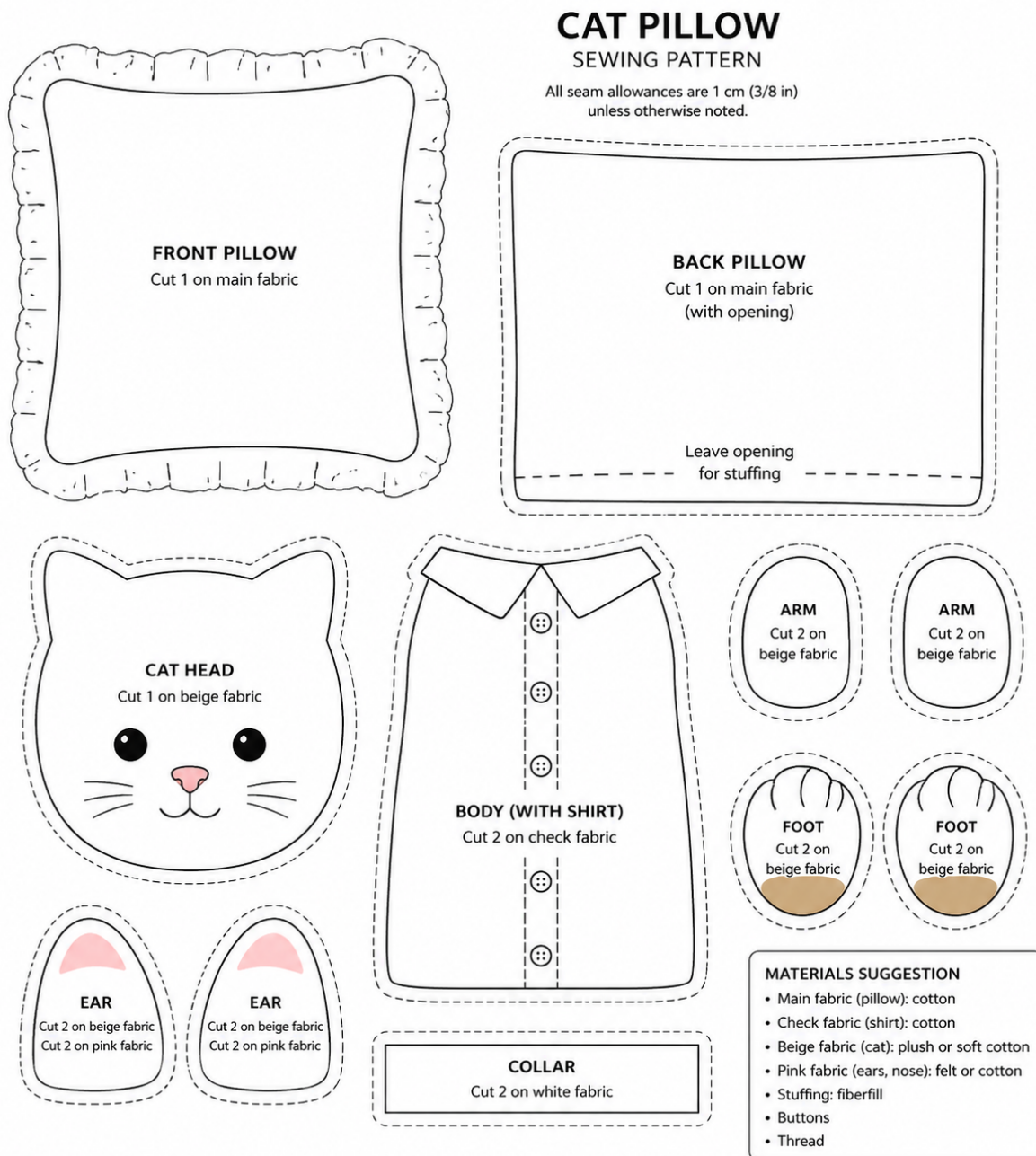
TIPS

- Use small stitches for neat seams.
- Press seams flat for a professional finish.
- Stuff the pillow firmly but not too hard.
- Hand stitching gives a beautiful invisible finish.

LEGEND - MAIN SEWING METHODS (US TERMS)

- Straight Stitch (Stitch length 2.5 mm)
- Gathering Stitch (Long stitch, do not backstitch)
- Backstitch (For securing seams)
- Whiptitch (Hand sewing for closing)
- Turn Right Side Out
- Clip Curves (Small cuts in seam allowance to reduce bulk)
- Press (Use iron and press cloth)

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Teddy Bear Pillow Sewing Tutorial

This Teddy Bear Pillow is a soft decorative cushion featuring a dimensional plush character, a button-front gingham shirt, a pointed white collar, padded arms and legs, and a gathered ruffle around the pillow. The finished project measures approximately 28 cm × 28 cm, or about 11 × 11 inches.

The pattern diagram uses a 1 cm seam allowance, which is approximately 3/8 inch. Unless a step says otherwise, sew all seams using this allowance. Press the fabric before cutting, keep the grainline straight, and secure the beginning and end of each seam with a few backstitches.

This project is suitable for confident beginners and intermediate sewists. A sewing machine makes construction faster, but the small closing seams and facial details can be completed by hand.

Finished Size and Pattern Measurements

The completed pillow is approximately:

28 cm × 28 cm
11 × 11 inches

Prepare the following pattern pieces:

Pillow front and back: Cut two squares measuring 30 cm × 30 cm.

Ruffle strip: Cut one continuous strip measuring approximately 120 cm × 7 cm. If your fabric is not long enough, join several shorter strips with straight seams until the total length reaches 120 cm.

Bear head: Cut two pieces measuring approximately 16 cm wide × 14 cm high.

Bear arms: Cut four pieces. Each arm is approximately 6 cm wide × 6 cm high.

Bear legs: Cut four pieces. Each leg is approximately 6 cm wide × 7 cm high.

Shirt front: Cut one piece measuring approximately 16 cm wide × 14 cm high.

Shirt back: Cut one piece measuring approximately 16 cm wide × 14 cm high.

Collar: Cut two mirrored collar sections, approximately 12 cm wide overall × 5 cm high.

The pattern diagram recommends adding a 1 cm seam allowance around all pieces. When creating your paper templates, draw the stitching line first and then add the seam allowance around the outside.

Materials and Supplies

You will need approximately 40 cm of cotton fabric for the main pillow, 40 cm for the pillow back, and 40 cm for the gathered ruffle. Gingham or checkered cotton works especially well because it creates the classic country-style appearance shown in the tutorial.

Prepare approximately 25 cm of beige plush fabric for the character's head, arms, and legs. Short-pile faux fur, minky, velour, or another soft fabric may be used. Avoid extremely long-pile fur because it can make the small facial details and curved seams difficult to sew.

You will also need approximately 15 cm of white cotton fabric for the pointed collar.

Use five buttons measuring approximately 1 cm in diameter. Small flat buttons are easier to attach and less bulky than thick decorative buttons.

For stuffing, use clean polyester fiberfill. You will need enough to fill the pillow firmly and lightly stuff the head, arms, and legs.

Additional supplies include matching sewing thread, a hand-sewing needle, pins or sewing clips, fabric scissors, a fabric marker, a ruler, an iron, and a sewing machine.

To create the face, use embroidery thread, fabric-safe eyes and nose, or securely attached safety features. For a pillow intended for babies or very young children, embroidered facial features are safer than buttons, beads, or removable plastic parts.

Prepare and Prewash the Fabric

Prewash all washable cotton fabrics before cutting. This prevents the finished pillow from shrinking unevenly during future cleaning.

Allow the fabric to dry completely, then press it with an iron. Smooth fabric produces more accurate pattern pieces and cleaner seams.

Plush fabric does not always need prewashing, so follow the manufacturer's care instructions. Test a small corner first because some synthetic plush fabrics may react poorly to high heat.

Identify the direction of the plush pile before cutting. The pile should run downward on the head, arms, and legs so the finished character feels smooth when touched from top to bottom.

Place the paper templates on the wrong side of the fabric. Trace each piece carefully with a removable fabric marker.

Mark the center points, button placement, arm position, leg position, collar position, and any openings that must remain unstitched.

Step 1: Cut All Fabric Pieces

Cut two 30 cm × 30 cm squares for the pillow front and pillow back.

Round the four corners slightly to match the shape shown in the tutorial. Use the same curve on both pieces so they align correctly during assembly.

Cut the 120 cm × 7 cm ruffle strip. If you are joining shorter strips, place the strips right sides together and sew the short ends. Press the joining seams open.

Cut two mirrored head pieces from the plush fabric. Make small snips only into the backing of the plush rather than cutting deeply through the pile. This keeps the edges soft and reduces loose fibers.

Cut four arm pieces and four leg pieces. Pair them immediately after cutting so each limb has a matching front and back.

Cut the shirt front and shirt back from gingham cotton. Cut two collar pieces from white fabric or cut four pieces if you would like each collar section to be fully lined.

Step 2: Make the Gathered Ruffle

Fold the ruffle strip in half lengthwise with the wrong sides together. The strip will now measure approximately 3.5 cm wide.

Press the folded strip gently. Avoid creating sharp marks if the fabric is delicate, but make sure the raw edges remain aligned.

Set your sewing machine to its longest straight stitch. Sew one gathering line approximately 5 mm from the raw edge.

For better control, sew a second parallel gathering line approximately 8 mm from the raw edge. Two gathering rows help keep the gathers even and reduce puckering.

Do not backstitch at the beginning or end. Leave long thread tails so you can pull the bobbin threads.

Gently pull the bobbin threads while sliding the fabric along the stitching. Distribute the gathers until the strip fits around all four sides of the pillow front.

Step 3: Join the Ruffle Ends

Before attaching the ruffle to the pillow, form the strip into a continuous loop.

Place the two short ends right sides together. Sew them with a 1 cm seam allowance.

Press the seam open or to one side. Refold the strip along the original center crease.

Divide the ruffle loop into four equal sections. Mark each section with a pin.

Divide the pillow front into four equal sections by marking the center of each side. These marks will help you distribute the gathers evenly.

Match the quarter marks on the ruffle with the center marks on the pillow front.

Step 4: Sew the Bear Head

Place the two head pieces right sides together. Tuck the plush pile inward around the edges so it does not become trapped excessively in the seam.

Pin around the head, matching the curved ears and lower edge. Leave a small opening along the bottom or one side for turning and stuffing.

Sew around the head using a 1 cm seam allowance. Reduce your stitch length slightly around the ears and tight curves for greater control.

Backstitch at both sides of the opening.

Clip small notches into the concave curves and trim excess seam allowance around the ear tips. Do not cut through the stitching.

Turn the head right side out through the opening. Use a blunt turning tool to shape the ears carefully.

Step 5: Stuff and Shape the Head

Add small amounts of polyester fiberfill at a time. Push the stuffing into the ears first.

Continue filling the head until it is rounded and firm but not hard. Overstuffing may distort the seams and make the head difficult to attach.

Check the head from the front and side. Adjust the fiberfill until both sides appear balanced.

Fold the seam allowance at the opening toward the inside.

Close the opening with a ladder stitch or small whipstitches.

Brush the plush pile away from the seam with your fingers or a blunt needle to make the stitching less visible.

Step 6: Create the Face

Mark the center of the face before adding the eyes and nose. The eyes should be evenly spaced on both sides of the centerline.

Embroider the eyes with several small satin stitches, or install fabric-safe eyes according to the manufacturer's directions.

Place the nose slightly below the eyes. The tutorial shows a small pink triangular nose.

Embroider a short vertical line below the nose. Add two curved lines to create the mouth.

Optional blush may be added lightly with fabric-safe pigment. Test the color on a scrap of plush first.

Make sure every facial feature is firmly secured. Avoid loosely attached decorative pieces, especially when the pillow will be handled by children.

Step 7: Sew the Arms

Pair the four arm pieces to create two matching arms.

Place each pair right sides together. Pin around the curved edge and leave a small turning opening near the upper end.

Sew each arm with a 1 cm seam allowance.

Clip the curved seam allowance with small notches. Keep the cuts close to the stitching without cutting through it.

Turn each arm right side out. Add a small amount of fiberfill, concentrating the fullness near the rounded paw.

Keep the upper section flatter so it can be attached neatly to the shirt. Close each turning opening securely by hand.

Step 8: Sew the Legs

Pair the four leg pieces to create two matching legs.

Place each pair right sides together and pin around the edges.

Leave a small opening along the upper edge or inner side of each leg.

Sew around each leg using a 1 cm seam allowance. Clip the curves after sewing.

Turn the legs right side out and shape the rounded feet.

Stuff each leg evenly. Keep the top slightly flatter than the foot, then close the openings with hand stitches.

Step 9: Add Paw Details

The diagram shows contrasting tan paw pads on the bottoms of the feet.

Cut two small oval shapes from tan fabric, felt, or short-pile plush. The ovals should fit inside the rounded lower section of each leg.

Position one oval on each foot. Pin or temporarily secure it with washable fabric glue.

Sew around each oval with a narrow zigzag stitch, blanket stitch, or small hand appliqué stitches.

Optional toe lines may be embroidered above the paw pads.

Repeat the same process on the arms when you want visible paw details on the hands.

Step 10: Prepare the Shirt Front

Place the shirt front right side up.

Fold the center-front seam allowances toward the wrong side and press. The two folded edges should meet neatly at the center.

Topstitch close to both folded edges to create the appearance of a button placket.

Mark the positions for the buttons. Space them evenly from the neckline to the lower edge.

Sew the buttons securely by hand. The tutorial uses approximately five small buttons.

For a child-safe version, replace the buttons with embroidered circles or decorative machine stitching.

Step 11: Make the Collar

Place the collar pieces right sides together. Pin around the outer curved edges and pointed ends.

Sew around the collar using a narrow seam allowance. Leave the neckline edge open for turning.

Trim the pointed corners and clip the curves.

Turn the collar right side out. Use a blunt tool to shape the points carefully.

Press the collar flat using a suitable temperature for the fabric.

Optional topstitching may be added approximately 2 to 3 mm from the finished edge.

Step 12: Attach the Collar to the Shirt

Find the center of the shirt neckline and mark it.

Position the two collar points so they meet at the center front.

Place the collar on the right side of the shirt with the raw neckline edges aligned.

Baste the collar in place using a seam allowance smaller than 1 cm.

Check that both collar sections are symmetrical.

Adjust the points before permanently assembling the shirt.

Step 13: Assemble the Shirt

Place the shirt front and shirt back right sides together.

Align the shoulder seams and side seams.

Pin the pieces carefully, making sure the collar remains inside and away from the stitching line.

Sew the shoulder seams and side seams using a 1 cm seam allowance.

Clip any curved areas and press the seams toward the back.

Turn the shirt right side out and press gently. The finished shape should resemble a short gingham top with a white pointed collar.

Step 14: Attach the Head to the Shirt

Position the stuffed head at the top center of the shirt.

The lower part of the head should overlap the neckline slightly so the raw neckline seam is concealed.

Pin or hand-baste the head in place. Check that the face is straight and centered.

Sew the lower edge of the head to the shirt using strong hand stitches.

Pass the needle through the shirt and the lower seam area of the head several times.

Keep the stitches small and hidden beneath the plush pile and collar.

Step 15: Attach the Arms

Position one arm on each side of the shirt.

Angle the arms slightly downward to match the relaxed appearance shown in the tutorial.

Check that both arms sit at the same height.

Pin or hand-baste them in position.

Sew each arm securely to the shirt with small whipstitches or ladder stitches.

Reinforce the attachment by sewing through the shirt fabric and the upper section of each arm several times.

Step 16: Attach the Legs

Place the legs near the lower edge of the shirt.

Angle the feet slightly outward for a natural seated appearance.

Make sure the legs are evenly spaced from the center.

Pin or baste each leg in position.

Sew the upper section of each leg securely to the shirt.

Check the full bear assembly from the front and adjust the limbs before attaching it to the pillow.

Step 17: Position the Bear on the Pillow Front

Lay the pillow front right side up on a flat surface.

Find and mark the vertical and horizontal center lines.

Place the completed character in the center of the pillow front.

The head should sit in the upper half, while the legs should remain above the lower ruffle seam allowance.

Pin the character in place. Use several pins around the shirt, head, arms, and legs to prevent shifting.

Step back and check the alignment before sewing.

Step 18: Sew the Character to the Pillow Front

Begin by sewing around the outer edge of the shirt.

Use a small straight stitch close to the shirt edge, or attach it by hand with invisible appliqué stitches.

Secure the head with hidden hand stitches along its lower and back edges.

Sew the arms and legs to the pillow front where they touch the background. Leave some portions slightly raised if you want a three-dimensional effect.

Reinforce all weight-bearing attachment points.

Remove visible basting stitches after the character is secure.

Step 19: Attach the Ruffle to the Pillow Front

Place the gathered ruffle on the right side of the pillow front.

The raw edge of the ruffle should align with the raw edge of the pillow front. The folded edge should point toward the center.

Match the quarter marks and pin them together.

Distribute the gathers evenly between the marks. Add pins every few centimeters.

At the corners, arrange the gathers carefully so the ruffle follows the rounded shape without folding sharply.

Baste the ruffle to the pillow front using a seam allowance of approximately 5 to 7 mm.

Step 20: Prepare the Pillow Back

Place the pillow back right side up and check that it matches the shape of the pillow front.

Transfer the opening marks to the lower edge. Leave an opening approximately 10 cm, or about 4 inches, wide.

The opening must be large enough to turn the assembled pillow right side out and insert the fiberfill.

Reinforce both ends of the opening with backstitching during the final seam.

Make sure the character's arms, legs, and ruffle are folded toward the center before placing the pillow back on top.

Pin loose dimensional parts away from the outer seam so they are not accidentally caught.

Step 21: Sew the Pillow Front and Back Together

Place the pillow front and pillow back right sides together.

The character and ruffle will be enclosed between the two pillow layers.

Align the edges and rounded corners.

Pin around the entire pillow. Use additional pins around bulky ruffled sections.

Sew around the pillow with a 1 cm seam allowance, leaving the marked 10 cm opening unstitched.

Backstitch securely at both ends of the opening.

Step 22: Trim and Clip the Seams

Inspect the entire seam before turning the pillow.

Trim any uneven areas of seam allowance.

Clip small notches around the rounded corners. These notches allow the fabric to spread smoothly when turned.

Avoid cutting through the seam or gathering stitches.

Grade bulky seam allowances by trimming one layer slightly narrower than the other.

Remove as much trapped loose plush fiber as possible from the seam area.

Step 23: Turn the Pillow Right Side Out

Reach through the opening and gently pull the pillow right side out.

Work slowly so the ruffle, buttons, and plush parts are not damaged.

Use a blunt turning tool to shape each rounded corner.

Pull the ruffle outward around all four sides.

Check that none of the character's limbs have become caught in the pillow seam.

Smooth the pillow front and back with your hands.

Step 24: Stuff the Pillow

Begin filling the corners with small pieces of polyester fiberfill.

Continue adding stuffing in thin layers rather than inserting one large amount.

Distribute the filling evenly across the pillow.

Place extra fiberfill behind the character so the front remains smooth and supportive.

The pillow should feel firm but comfortable. Avoid overstuffing because excessive pressure may distort the seams or make the ruffle curl forward.

Check both sides frequently while stuffing.

Step 25: Close the Opening

Fold the seam allowances at the opening toward the inside by approximately 1 cm.

Pin or clip the folded edges together.

Thread a hand-sewing needle with strong matching thread.

Close the opening with a ladder stitch for an almost invisible finish.

Take small, evenly spaced stitches, alternating from one folded edge to the other.

Pull the thread gently after every few stitches. Secure the thread with a hidden knot when the opening is completely closed.

Step 26: Final Pressing and Shaping

Shape the pillow with your hands and redistribute the fiberfill.

Arrange the ruffle evenly around all four sides.

Straighten the collar and make sure the buttons face forward.

Brush the plush head, arms, and legs gently to release fibers trapped in the seams.

Use an iron only on the cotton areas and keep it away from synthetic plush fabric unless the manufacturer confirms that heat is safe.

Place a pressing cloth over the shirt and ruffle when necessary.

Main Sewing Methods Used

A straight stitch is used for the pillow seams, shirt construction, ruffle attachment, and most structural sewing. A stitch length of approximately 2.5 mm works well for standard cotton fabric.

A gathering stitch is a long straight stitch used to draw the ruffle fabric into soft folds. Do not backstitch when creating gathering rows because the bobbin threads must remain free to pull.

A backstitch is made by sewing backward for a few stitches at the beginning and end of a seam. It prevents the seam from opening.

A whipstitch is a simple hand stitch that wraps over two folded or joined edges. It can be used to attach the plush parts or close small openings.

A ladder stitch, also called an invisible stitch, is ideal for closing the final pillow opening. The stitches are placed alternately inside each folded edge and become nearly invisible when tightened.

Clipping curves means cutting small notches into the seam allowance around rounded or concave areas. This reduces bulk and helps curved seams lie flat after turning.

Helpful Sewing Tips

Use small stitches around the head, ears, arms, and legs. Shorter stitches provide better control on tight curves.

Press cotton seams after each important stage. Proper pressing gives the shirt, collar, pillow, and ruffle a cleaner professional finish.

Keep the plush pile pushed away from the seam line while sewing. After turning, use a blunt needle to release trapped fibers.

Test all marking tools on scrap fabric. Some pens may leave permanent marks on pale cotton or plush.

Make sure all character parts are strongly attached before stuffing the pillow.

Do not overfill the head, limbs, or pillow. Firm stuffing gives shape, but excessive stuffing may place unnecessary pressure on the seams.

Care Instructions

Spot cleaning is the safest option when the pillow contains plush fabric, buttons, and dimensional appliqué pieces.

For a fully washable version, use washable fabric, washable fiberfill, embroidered facial features, and securely machine-sewn attachments.

Place the pillow inside a laundry bag or pillowcase before washing.

Wash it on a gentle cycle with cold water and mild detergent.

Air-dry the pillow flat and reshape it while damp.

Avoid high dryer heat because it may damage synthetic plush fibers, distort the ruffle, or loosen decorative components.

Teddy Bear Pillow Safety Notes

This project is primarily a decorative pillow and should not be placed inside an infant's crib.

Small buttons, plastic eyes, beads, and loosely attached decorations may present a choking risk.

For young children, embroider the eyes, nose, mouth, buttons, and paw details directly onto the fabric.

Double-stitch or hand-reinforce the head, arms, and legs.

Inspect the pillow regularly and repair loose stitching immediately.

With the final opening closed and the ruffle evenly arranged, your Teddy Bear Pillow is complete. The combination of gingham cotton, a soft dimensional character, a classic white collar, and a gathered border creates a cheerful handmade pillow that works beautifully as nursery decoration, a sewing-room accent, or a personalized gift.

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