

ICEA

International Childbirth Education Association

Instructions for Knitting a Model Uterus and Vagina – ICEA Teaching Ideas Sheet #5

You will need:

4 - #5 and 4 - #6 double pointed needles – 10”
Warm pink yarn (A)
Light pink yarn (B)
6 plastic snaps

Cervix: Gauge 6 sts = 1”, 7 rows = 1”. Using #5 needles and yarn (B), cast on loosely 48 sts. Divide evenly on three needles, JOIN. Working in ribbing, K2, P2, for 2 1/2”, JOIN (A).

BODY OF UTERUS: Gauge: 9 sts = 2”. SWITCH to #6 needles, and with (A), knitting all sts, increase as follows:

Inc 1 st every 6th st for 1 row.
K evenly for 3 rows (56 sts).

Inc 1 st every 7th st for 1 row.
K evenly for 3 rows (64 sts).

Inc 1 st every 8th st for 1 row.
K evenly for 3 rows. (72 sts).

Inc 1 st every 9th st for 1 row.
K evenly for 3 rows. (80 sts).

Inc 1 st every 10th st for 1 row.
K evenly for 3 rows. (88 sts).

Inc 1 st every 11th st for 1 row.
K evenly for 3 rows. (96 sts).

Inc 1 st every 12th st for 1 row.
(104 sts)

Continue to K evenly so that the entire BODY OF UTERUS measures 7”.

FUNDUS: Join (B). K evenly for 2”, then decrease as follows:

*K11 sts, sl 1, K pssso,
Repeat from * for entire row

*K10 sts, sl 1, K pssso,
Repeat from * for entire row

*K9 sts, sl 1, K pssso,
Repeat from * for entire row

*K8 sts, sl 1, K pssso,
Repeat from * for entire row

*K7 sts, sl 1, K pssso,
Repeat from * for entire row

*K6 sts, sl 1, K pssso,

Repeat from * for entire row

*K5 sts, sl 1, K pssso,
Repeat from * for entire row

*K4 sts, sl 1, K pssso,
Repeat from * for entire row

*K3 sts, sl 1, K pssso,
Repeat from * for entire row

*K2 sts, sl 1, K pssso,
Repeat from * for entire row

*K1 sts, sl 1, K pssso,
Repeat from * for entire row

*Slip, K, pssso,
Repeat from * for entire row.

TO FINISH: Draw yarn through remaining 8 sts and fasten securely.

VAGINA: With #6 needles and (B), cast on loosely 48 sts. Divide evenly on three needles. JOIN. Work in ribbing, K2, P2, 6”. Cast off LOOSELY to allow for stretch with use.

SNAPS: Sew one part of each snap to every other rib of CERVIX on the OUTSIDE, 1” up from edge. Sew other part of snap to every other rib of VAGINA, right next to bottom edge – on the INSIDE of vagina, when snapped. The cervix will hang inside the vagina, when snapped.



*Note: Illustration is inverted to
match knitting sequence.*