

## Crochet Twiddlemuffs (Sensory Bands)

Your finished muff (or band) can look something like this, or however you wish it to be.



**Size 7mm crochet hook**

**Same quantities of yarn as the knitted version**

**Using 2 strands of DK or 1 strand of Chunky yarn chain 35 sts, ss to 1st ch to join circle.**

**1st row: 3ch, counts as 1st tr, 1 tr into next ch to end, ss to top of 3ch to finish (35 tr's)**

**2nd row: 3ch, counts as 1st tr, 1tr into next tr to end, ss to top of 3ch to finish (35 tr's)**

**3rd to 20th row: As 2nd row**

**These rows complete the lining.**

**You are now crocheting the outside. As with the knitted version I use a strand of DK and one of my fancy yarns. Again, I use the band method of design and 3 rows of treble make one band.**

**21st row: 3ch, 1 tr into same place (this forms an increase to 36 sts in each row), 1tr into each tr to end, ss into top of 3ch to finish (36 tr's)**

**22nd row: 3ch, 1tr into next tr to end, ss into top of 3ch to finish.**

**23rd to 40th row: as 22nd row, changing yarns as necessary.**

**41st row: As 22nd row, ss into top of 3ch and fasten off to finish.**

**You now have a 41 row Twiddlemuff tube.**

**Sew your twiddles to the lining as necessary, and add any extra decoration to the outside.**

**Tuck the lining into the outside and crochet the two ends together to finish.**

**Glo Monro 28 June 2015 e-mail: [glomonro@gmail.com](mailto:glomonro@gmail.com)**