

## WEE WEKA

# INSTRUCTIONS FOR SEWING A POCKET NAPPY WITH LEG GUSSETS

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Leg gussets help to guard against mushy whoopsies from escaping through the leg holes. They are also handy if you are running short of pockets/covers and are wanting to use a pocket nappy as a cover with a folded pad placed on top of the stay dry liner, rather than as a stuffed pocket. The same instructions can be used to make a cover with gussets—just skip the steps that describe how to do the pocket opening.

To make a pocket or cover with leg gussets you need to use fold-over elastic (FOE for short). This can be bought at most fabric stores (it is very expensive at Spotlight). Most FOEs have a matt side and a shiny side. If you rub your fingers over each side you are likely to find that the matt side is smoother. I'm quite fussy and prefer to use a smooth brand of FOE. I've found a lovely soft FOE sold as a Trendy Trims product. It is available in cream, white and black and is around \$1.55 per metre. You will need about 1.7 m of FOE to make one pocket nappy.

When sewing on FOE, try to sew as close to the edge (as far from the fold) as possible. I use a 3 step zig-zag, and if I find I've not gone close enough to the edges (which curl back and expose overlocking thread) I will go slowly around the nappy again using a straight stitch, sewing as close to the edge as possible. Some commercially made nappies have straight stitch only—I think that would require a lot more skill than using a 3 step zig-zag (followed by a straight stitch if necessary).

In sewing these nappies I have created quite a few needle/pin holes around the leg area. Interestingly, these don't seem to create leaks. As with standard nappy making, it is best to use a polyester thread to reduce wicking.

I prefer to have elastic encased on the stay dry liner of my pocket nappies. I personally think that it looks tidier, and it helps to keep the stuffing in the pocket (and away from bubs skin). You don't have to have your stay dry liner gathered. If you are using microfleece, it will not fray, so you can even leave it as a cut raw edge. (Whereas some suede cloths tends to fray, so the raw edge needs serging or zig-zagging, folding, then sewing down the hidden edge).

Please note that in these instructions I am making a nappy out of Procure Barrier Fabric. There are 2 different sides to the fabric—a bright blue side (officially the right side) and a woven fabric side (officially the wrong side). I personally prefer to use the softer fabric side as my right side. It is up to you which way you use the fabric if you make a nappy out of Procure.

The free **Wee Weka Pocket with Leg Gussets** pattern is downloadable from [www.thenappynetwork.org.nz/diy.php](http://www.thenappynetwork.org.nz/diy.php). It *just* fits my 13 month old 12 kg daughter. As I have a snap press I add snaps to adjust the rise of the nappy so that it can be worn by a smaller baby (and unsnapped as they grow). The nappy can be fastened around the tummy by hook and loop or snaps. You can still make a great looking nappy without access to a snap press (although, if you do want to add snaps, check out the Snap Service link at [www.greenbeans.co.nz](http://www.greenbeans.co.nz) as there may be someone in your area who has one). Greenbeans is also a great place to start for buying just what you need to make this nappy. You can add gussets to any nappy pattern—I would recommend trimming 1-1.5 cm off each side of the crotch if you prefer a trimmer fit.

Now, cut out your nappy pieces, take the phone off the hook, put on some music and let's get sewing!

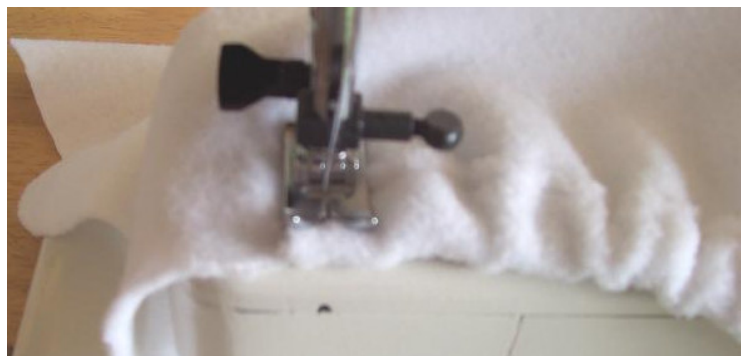


## SEWING POCKET NAPPY ELASTIC IN A CASING

1. Stretch a piece of elastic a couple of times. Stretch it from one end of the pocket casing flap to the other to decide on the length that you require. Make sure that you allow for a bit of excess elastic for securing to the fabric. I would suggest that you measure the amount of elastic that you have decided to work with to make it easier to slightly increase or decrease the amount next time.
2. Secure the elastic to the wrong side of the fabric with a pin. Place it below the flap, and slightly to the left. Once you are happy with the positioning, sew the elastic onto the fabric. Repeat with the other side—secure the elastic below the flap, slightly to the right.



3. Fold the flap over the elastic. Sew down the left side (you will be sewing over the nappy piece, elastic end and flap), raise the foot and turn the fabric 90°. Lower the foot and sew down the length of the flap, ensuring that you are sewing under the elastic (you don't want the elastic caught in the stitches). As you sew give the elastic a bit of a tug to check that it isn't being sewn into the casing and allow the fabric to gather behind the foot. Once you reach the end, raise the foot, turn 90° and lower the foot to sew up over the elastic (and flap and nappy body). Casing is complete!





## TUMMY FASTENINGS

1. Place the reinforcement scrap of fabric onto the wrong side of the PUL nappy piece. Secure with pins or bull dog clips or spring clothes pegs.
2. Sew loop tape onto the tummy if you are using hook and loop to secure the nappy to the baby (I use straight stitch or a 3 step zig-zag). Snap on socket snaps if you are using snaps. You may also like to snap on stud and socket snaps for the rise adjustment.
3. Trim the corners of the loop tape (if used).



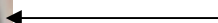
## PUTTING THE PUL LAYER AND STAY DRY LAYER TOGETHER (& HOOK TAPE)

1. Place the PUL layer and stay dry layer pieces on top of each other, with wrong sides together. Secure with pins or bull dog clips or spring clothes pegs (care with excess holes from the pins).
2. Starting at the pocket opening (I started where there is a black bull dog clip), straight sew around the entire nappy, finishing at the other side of the pocket opening (bright pink peg). My seam allowance is about one machine foot width. My machine sews better with the PUL side down.
3. Serge the edges with an overlocker if you wish (not necessary, but does neaten it up—you may like to do trimming with scissors if there are uneven bits).
4. *If you are using hook and loop tape, sew the hook tape onto the stay dry layer on the arms now.*



## THE GUSSETS

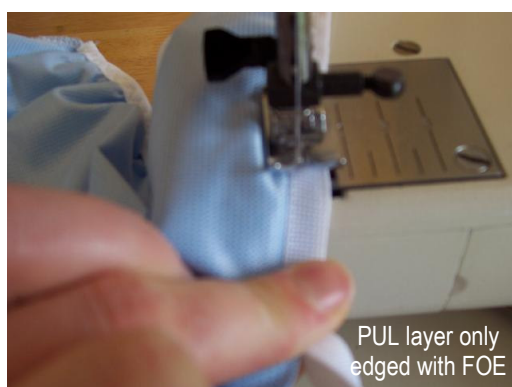
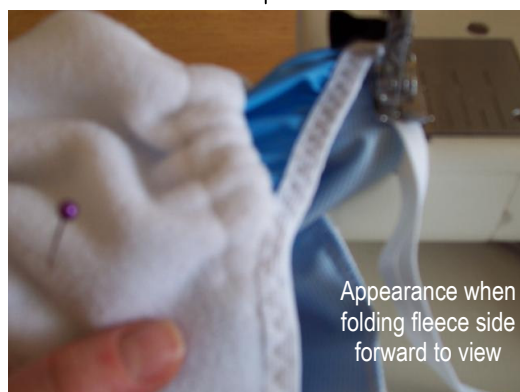
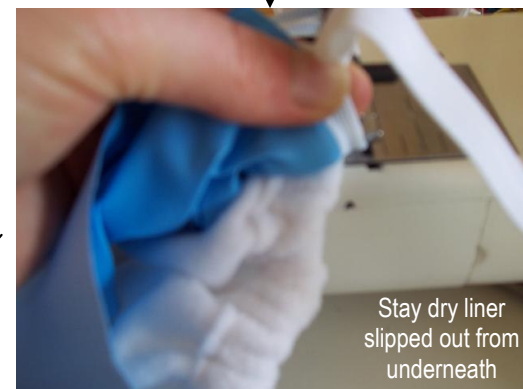
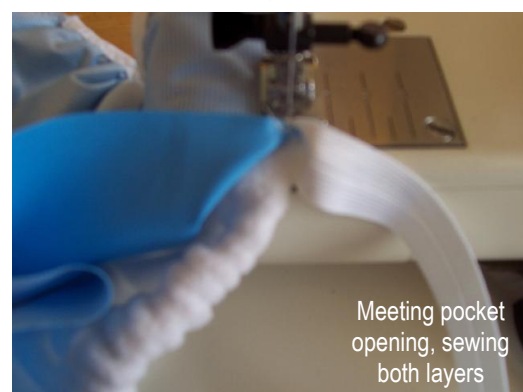
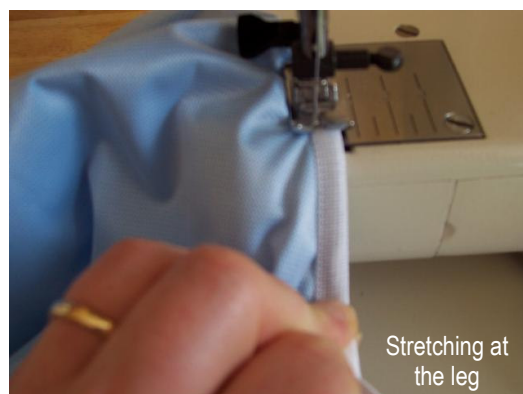
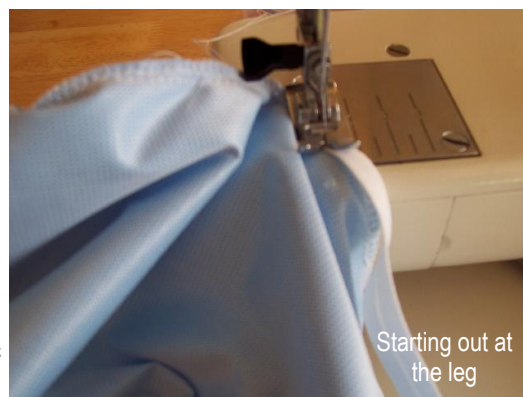
1. Sew stretched FOE onto the straight side of each leg gusset
2. Line up your nappy with the pattern piece. Mark (using pins) the start and end elastic points for the legs. Fold the nappy in half and mark the halfway point (green pin in photo).
3. Fold the gusset in half and find the halfway point along the curved part of the gusset. Mark this with a pin (green pin in photo).
4. Attach the gusset to the nappy by joining the 2 "halfway" marking pins (both green in this case). The gusset is fabric side out, to match the nappy. Work around the gusset, pinning at regular intervals (the liner side of the seam is being covered by the gusset). Make sure you secure the FOE on the gusset to the nappy well (it will twist out given half a chance).
5. Sew (using straight stitch) the gusset to the nappy.
6. Move the pins you've used to mark the start/end elastic point for the legs onto the fleece (so that you know where to start stretching/relaxing, without them getting in the way).





## SEWING ON THE FOE

1. I start at the leg, and sew towards the back. By starting here the bulky start/end will not be rubbing against bubba's skin and it doesn't "stand out". If you are starting in the leg area, once the FOE is secure, start stretching it as much as it will stretch until you reach the end pin. Then, relax the FOE as you sew up to the arms, stretch a wee bit to get rounded arms, then relax again as you move towards the pocket opening.
2. When you reach the pocket opening, you want to move the excess gathered stay dry fabric away from where you're sewing. Use the FOE to sew over the 2 layers for a wee bit, then slip the stay dry fabric out from underneath so that you are sewing the PUL layer and FOE only.
3. When you reach the end of the pocket opening, reintroduce the stay dry layer and continue around the nappy.

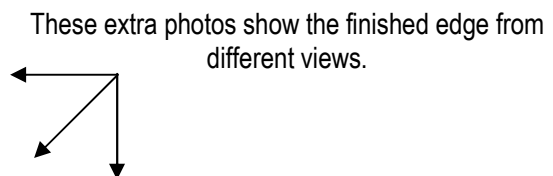


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## FINISHING OFF THE FOE

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1. Continue working your way around the nappy, stretching the FOE between the pins marking the start/end points. You will also need to slightly stretch it as you move around corners. As you approach your start point (remember, you'll be stretching the FOE if it is in the leg area) cut the FOE about 3 cm past the start point.
2. Fold the excess FOE in half, and using pins, secure it to the nappy, getting the fold in as close to the starting fold point as possible, while continuing to stretch the FOE. Sew over the edges, reverse and so on. If you need to neaten the FOE, sew straight stitch around the entire nappy.



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## FINISHING OFF THE NAPPY

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1. If you are using snaps to fasten the nappy to the baby, add the stud snaps to the arms.

**All done! Sit back and admire your work!**

