

This flap is for the pocket elastic casing

❖
Back elastic start/end if
not a pocket nappy

Loop tape or socket snap positions

❖
Leg elastic start/end

Wee Weka
Pattern for a S-M Side Snap Nappy
weeweka@xtra.co.nz
For home use only please.
Body Pattern Piece 1 of 2
Note: ½ cm seam allowance included in the pattern pieces

↓ Either place this line on a fold, or print 2 copies and join at this line ↓

❖
Join to the other pattern piece matching
up these points



Scale:
box should be
1 cm square



Join to the other pattern piece watching
up these points

Leg elastic start/end

Hook tape on the inside of the arm or stud
snap positions

Depending on how you use this
pattern, it's general size range is:

- Rise: 39 cm
- Waist: 34-44 cm
- Thigh: 24-32 cm

Arm/torso start/end

Wee Weka Pattern for a S-M Side Snap Nappy

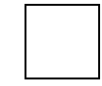
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Body Pattern Piece 2 of 2

Note: ½ cm seam allowance included in the pattern pieces

↓ Either place this line on a fold, or print 2 copies and join at this line ↓



Scale:
box should be
1 cm square

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Soaker Pattern Piece 1 of 1

Pocket Nappy (stitch'n'turn)

This pocket nappy is made up of a layer of thin microfleece fabric as a liner to keep bub's bot dry, and a waterproof outer layer. Absorbent fabric is folded and stuffed in between these layers. Water resistant/proof fabrics such as PUL, nylon, taslon and ripstop can be hidden by a layer of polyester fabric such as polarfleece (cotton fabrics should be avoided as it increases risk of dampness wicking onto clothes). For help in adding a gusset to the pocket nappy visit www.thenappynetwork.org.nz/diy.php



Stitch 'n' turn style on a 12 month old weighing approximately 12 kg. The snaps are on the middle setting. The pocket is stuffed with a medium sized prefold folded into 4.



Fabric & Notions Required:

- 40 cm x 44 cm microfleece or suedecloth fabric for the stay-dry liner (note, not all suedecloth wicks well enough)
- 40 cm x 44 cm waterproof fabric such as PUL (Polyurethane laminate), Procure Barrier, nylon, taslon and ripstop
- *Optional:* 40 cm x 44 cm polyester fabric for the outside layer (recommended to cover nylon, taslon or ripstop). Printed polar fleece is a good option.
- If you are not "hiding" the waterproof layer, you will need a 2 scrap pieces of microfleece or waterproofing fabric approximately 12 cm x 12 cm to reinforce the waterproof fabric when you sew the loop tape or add socket snaps to the sides (back piece)
- 15 cm of 2" wide loop tape or 12 socket snaps (size 20)
- 11 cm of 1" wide hook tape or 4 stud snaps (size 20)
- 65 cm of elastic—6 mm wide swimsuit elastic or Lastin™ recommended

Instructions: (once you've cut out the fabric pieces)

Step 1: If you are not "hiding" the waterproof layer with another fabric, a reinforcing layer where you are stitching on the loop tape or (fastening the socket snaps) is required on the side flaps at the back of the nappy (I don't like snaps directly against the skin, so I hide them between layers). Secure the two layers of fabric (waterproof and reinforcing scrap or waterproof and outside print) with pins or bulldog clips/pegs around the edges. Press on the socket snaps if using snaps. Alternatively, cut the tummy loop tape to size and round the corners with scissors. Pin on the loop tape and sew on when you're happy with the positioning.

Step 2: Cut 2 pieces of elastic 15 cm long (or your preferred length). If you are hiding the waterproof layer with another fabric, treat these 2 fabrics as one layer. Using one piece of elastic for the liner, and one piece for the waterproof layer, sew the elastic onto each piece. To do this, attach each end of the elastic to either side and just below the casing flap (ensuring the elastic is not twisted). Fold the casing flap over the elastic and sew down (sewing over the elastic), turn to sew across the casing (sewing below the elastic – make sure that you don't trap the elastic in the stitches), then turn and sew back up (sewing over the elastic).

Step 3: Placing right sides together, lay the liner and waterproof pieces on top of each other. Use pegs or bulldog clips to secure the 2 layers together. Starting at the pocket opening, sew straight stitch around the nappy. You can choose to serge the edges with an overlocker if you wish.

Step 4: Lay your pattern on the nappy and use pins to mark the start and finish of the leg elastic on both sides (I fold in half so that the legs are even - it doesn't really matter if the elastic starts or finishes a bit high or low, but I do think it looks better if it starts/ends in the same place on both legs). Sewing the elastic on the microfleece side tends to cause the soft microfleece to roll outwards (softer on the leg than harder waterproof fabric). Use the pin to attach the elastic to the pocket at the start point. Using a 3 step zig-zag (forward and reverse) secure the elastic at the start pin. Then, while stretching the elastic as you sew, sew down the leg until you reach the end pin. Secure with forward and reverse sewing. Cut the elastic and threads. Do the other side of the leg. Secure the elastic to the tummy part of the nappy too.

Step 5: Add stud snaps or sew hook tape on to the arms (don't forget to round the edges of the hook tape with scissors first). Reinforce the pocket opening by sewing (perpendicular to the elastic) over the microfleece and PUL layer together.

It is finished! Well Done!

Training Pants (with FOE finish)

These training pants have an outer layer of waterproof fabric, and a hidden layer of absorbing fabric. The layer that goes against the baby's skin can either be a stay-dry fabric (like suedecloth or microfleece). Or, to assist in developing awareness of "wetting" you may choose to use an absorbing cotton-based fabric like sherpa cotton. You may like to use this design to make a pair of swimmers—use fabrics that don't hold a lot of water such as swimwear lycra.



These fold over elastic finish training pants are being worn by a 12 month old weighing approximately 12 kg. The snaps are on the middle setting.



Fabric & Notions Required:

- 40 cm x 44 cm fabric to go against the baby's skin (can either be absorbing cotton-based or stay-dry synthetic based)
- 40 cm x 44 cm waterproof fabric such as PUL (Polyurethane laminate), Procure Barrier, nylon, taslon and ripstop
- *Optional:* 40 cm x 44 cm polyester fabric for the outside layer (recommended to cover nylon, taslon or ripstop). Printed polar fleece is a good option.
- 10 x 40 cm absorbing fabric for *each* layer of the hidden soaker pad (I like to use microfibre as it absorbs a lot without adding a heap of bulk)
- If you are not "hiding" the waterproof layer, you will need a 2 scrap pieces fabric approximately 12 cm x 12 cm to reinforce the waterproof fabric when you sew the loop tape or add socket snaps to the sides (back piece)
- 15 cm of 2" wide loop tape or 12 socket snaps (size 20)
- 11 cm of 1" wide hook tape or 4 stud snaps (size 20)
- 1.5 m of 1" wide fold over elastic

Instructions: (once you've cut out the fabric pieces)

Please note: a nappy finished with FOE will be slightly larger than a stitch'n'turn nappy made from the same pattern.

Step 1: If you are not "hiding" the waterproof layer with another fabric, a reinforcing layer where you are stitching on the loop tape or (fastening the socket snaps) is required on the side flaps at the back of the nappy (I don't like snaps directly against the skin, so I hide them between layers). Secure the two layers of fabric (waterproof and reinforcing scrap or waterproof and outside print) with pins or bulldog clips/pegs around the edges. Press on the socket snaps if using snaps. Alternatively, cut the tummy loop tape to size and round the corners with scissors. Pin on the loop tape and sew on when you're happy with the positioning.

Step 2: Prepare the hidden soaker pad by sewing the required number of layers together (either straight stitch or serge with an overlocker. Pin to the wrong side of the fabric that will go against baby's skin. When you are happy with the positioning, sew on using a straight stitch or zig-zag.

Step 3: Placing wrong sides together, lay the fabric that will go against baby's skin and waterproof pieces on top of each other. Use pegs or bulldog clips to secure the 2 layers together. Sew straight stitch around the entire nappy. You can choose to serge the edges with an overlocker if you wish. If you are using hook & loop tape to secure to your baby, sew the hook tape on the arms now (in the next step the FOE will cover the edges to reduce risk of rubbing on baby's skin).

Step 4: Lay your pattern on the nappy and mark the start and finish of the leg, back and tummy (I attach safety pins about 2 cm from the edge. I also fold the nappy in half so that the start/end points are even - it doesn't really matter if the elastic starts or finishes a bit high or low, but I do think it looks better if it starts/ends in the same place). Sew the FOE onto the nappy, sewing near the edge of the FOE (as far from the fold as you can), and stretching/relaxing the FOE as you as marked on the nappy. I use a 3-step zig-zag stitch because I find it more forgiving than using a straight stitch.

Step 5: Add stud snaps to the front arms if you are securing with snaps.

It is finished! Well Done!

Fitted Nappy

(with pocket and fold-out hidden soaker pad)

I made this side-fastening fitted nappy to test the placing of hook and loop tape. It made them with a pocket at the back, so that the hidden attached soaker can be pulled out to speed up drying. The pocket area also allows for more stuffing when required. Care needs to be taken with the velcro to ensure that it won't rub against bub's skin. I would recommend finishing the edges with a soft binding (such as fold-over elastic) to hide the corners and reduce rubbing risk.



This pocket style fitted nappy is on the tightest setting when worn by a 12 month old weighing approximately 12 kg.



Fabric & Notions Required:

- 40 cm x 44 cm absorbing fabric for each layer of the nappy body
- 10 x 40 cm absorbing fabric for *each* layer of the hidden soaker pad (I like to use microfibre as it absorbs a lot without adding a heap of bulk)
- Fabric scraps to reinforce at the socket positions if using snaps
- 15 cm of 2" wide loop tape or 12 socket snaps (size 20)
- 11 cm of 1" wide hook tape or 4 stud snaps (size 20)
- 80 cm of elastic—6 mm wide swimsuit elastic or Lastin™ recommended
- *Optional* 1.5 m of 1" wide fold over elastic or soft binding

Instructions: (once you've cut out the fabric pieces)

Step 1: Cut 2 pieces of elastic 15 cm long (or your preferred length). Using one piece of elastic for the outer layer of the nappy body, and one piece for the inner layer, sew the elastic onto each piece. To do this, attach each end of the elastic to either side and just below the casing flap (ensuring the elastic is not twisted). Fold the casing flap over the elastic and sew down (sewing over the elastic), turn to sew across the casing (sewing below the elastic – make sure that you don't trap the elastic in the stitches), then turn and sew back up (sewing over the elastic).

Optional: If you are using snaps, add the socket snaps to the nappy (reinforce this area with a scrap of fabric so that you have at least 2 layers that you are snapping together)

Step 2: Prepare the hidden soaker pad by sewing the required number of layers together (either straight stitch or serge with an overlocker. Pin to the wrong side of the fabric that will go against baby's skin (secure at the top only if you would like to have the soaker hang outside of the nappy body to speed up drying time). When you are happy with the positioning, sew on using a straight stitch or zig-zag.

Step 3: Placing right sides together, lay the outer and inner pieces on top of each other. Use pins to secure the 2 layers together. Starting at the pocket opening, sew straight stitch around the nappy. You can choose to serge the edges with an overlocker if you wish.

Step 4: Lay your pattern on the nappy and use pins to mark the start and finish of the leg elastic on both sides (I fold in half so that the legs are even - it doesn't really matter if the elastic starts or finishes a bit high or low, but I do think it looks better if it starts/ends in the same place on both legs). Sew on the leg and tummy elastic using a 3 step zig-zag stretching the elastic as you sew.

Step 5: Add stud snaps or sew hook tape on to the arms (don't forget to round the edges of the hook tape with scissors first). Reinforce the pocket opening by sewing (perpendicular to the elastic) over the nappy body layers. You may like to sew on a soft binding around the edges if you're using hook and loop tape to secure the nappy to the baby. If you choose to use fold over elastic, you can use the training pants method (page 5).

It is finished! Well Done!