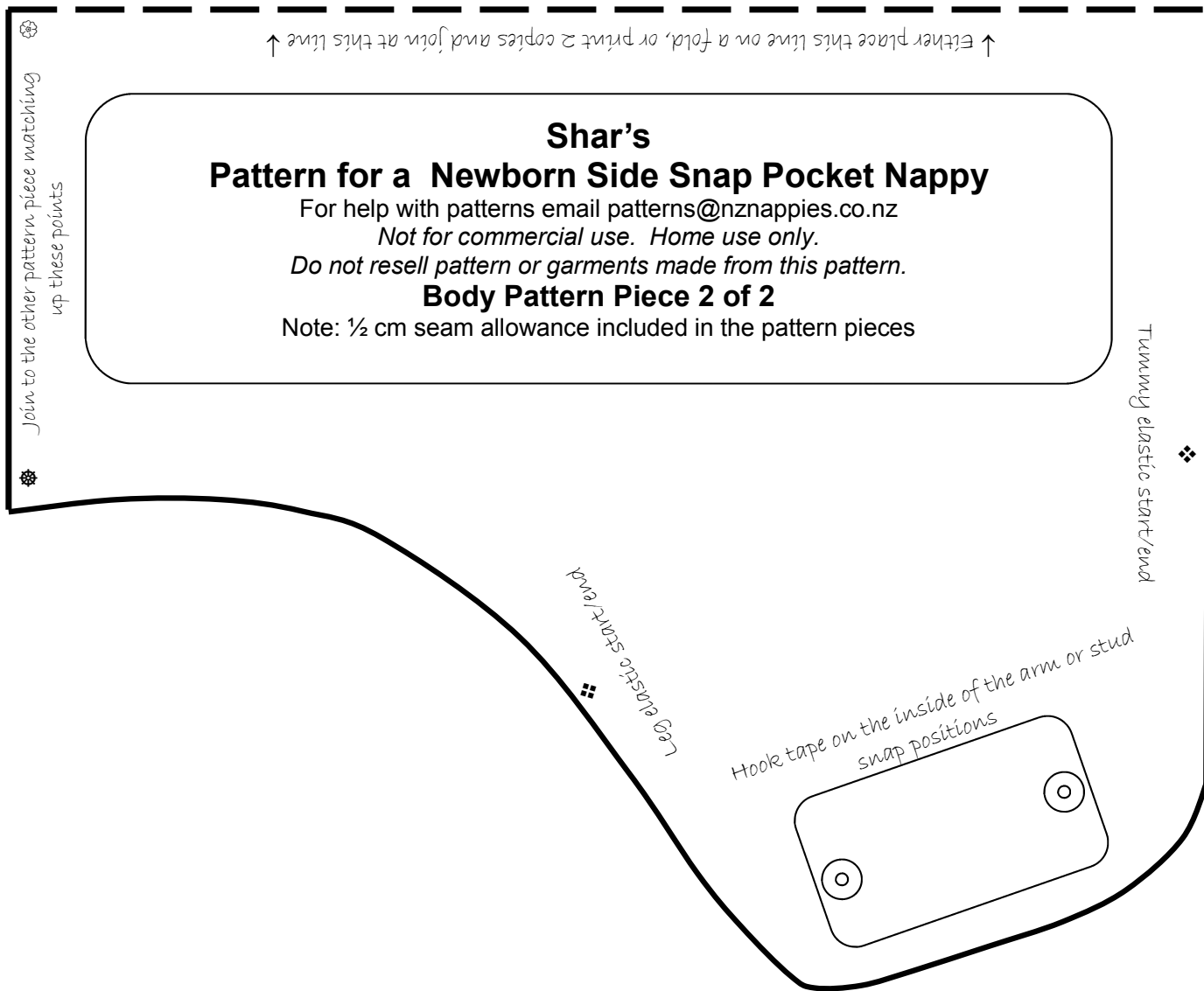


Scale:
box should be
1 cm square

For support in using or sewing modern cloth nappies, visit:
www.thenappynetwork.org.nz



Shar's Pattern for a Newborn Side Snap Pocket Nappy

For help with patterns email patterns@nznappies.co.nz

Not for commercial use. Home use only.

Do not resell pattern or garments made from this pattern.

Body Pattern Piece 2 of 2

Note: 1/2 cm seam allowance included in the pattern pieces

Join to the other pattern piece matching
up these points

Turnmy elastic start/end

Leg elastic start/end

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

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

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



Fabric & Notions Required:

- 33 cm x 38 cm microfleece or suedecloth fabric for the stay-dry liner (note, not all suedecloth wicks well enough)
- 33 cm x 38 cm waterproof fabric such as PUL (Polyurethane laminate), Procure Barrier, nylon, taslon and ripstop
- *Optional:* 33 cm x 38cm 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 8 cm x 9 cm to reinforce the waterproof fabric when you sew the loop tape or add socket snaps to the sides (back piece)
- 12 cm of 1.5" wide loop tape or 12 socket snaps (size 20 or size 16)
- 9 cm of 1" wide hook tape or 4 stud snaps (size 20 or size 16)
- Approx 40 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 8 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!