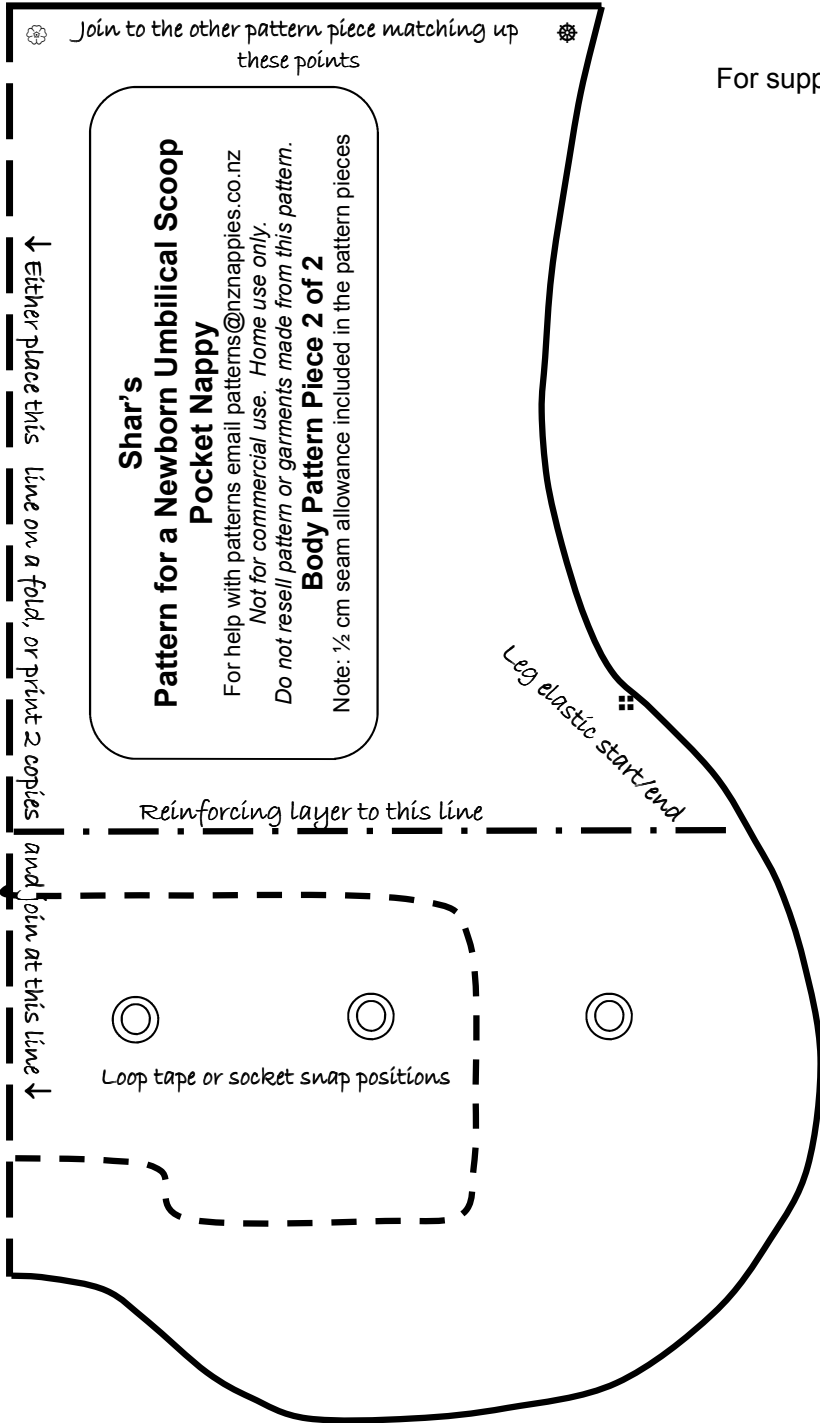
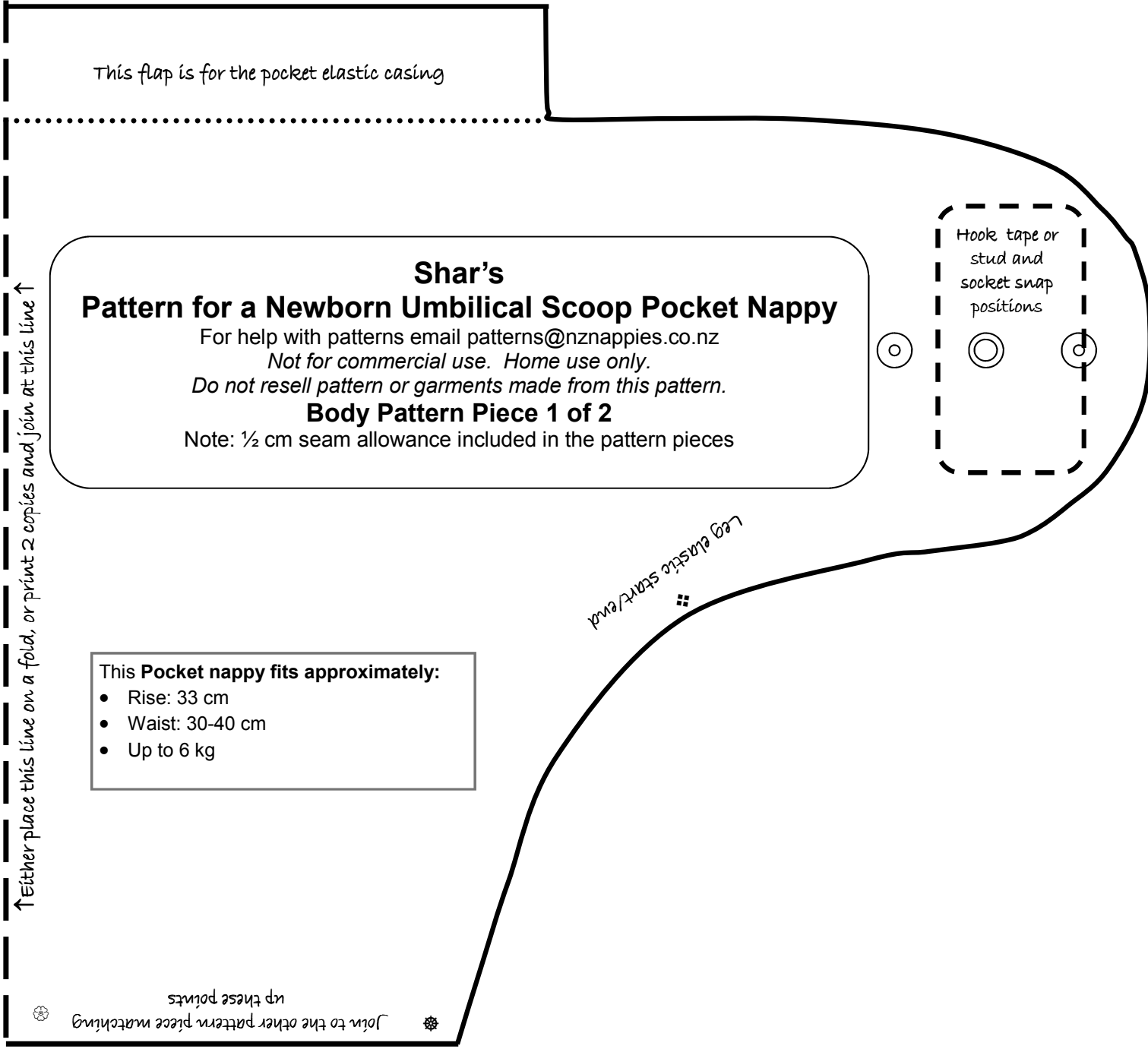
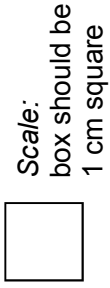


For support in using or sewing modern cloth nappies, visit:
www.thenappynetwork.org.nz



Scale:
box should be
1 cm square



AIO Pocket Nappy

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 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:

- 40 cm x 38 cm each of:
 - Either: Polar fleece, nylon and microfleece
 - Or: PUL and microfleece
- If you are using PUL, you will need a scrap piece of microfleece or waterproofing fabric approximately 20 cm x 8 cm to reinforce the PUL where you sew the loop tape onto the tummy
- 13 cm of 2" (5 cm) wide loop tape
- 4 cm of 2" (5 cm) wide or 8 cm of 1" (2.5cm) wide hook tape
- Approximately 50 cm of elastic—6 mm swimsuit elastic is recommended for the pocket casing, Lastin is a good option for the legs as it isn't as bulky as braided elastic.

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

Step 1: If you are using Polar fleece and nylon, treat these 2 layers as 1 waterproof layer. Secure the two layers of fabric (PUL and reinforcing scrap or nylon and polarfleece) with pins or bulldog clips/pegs around the edges. Cut the tummy loop tape to size, round the corners with scissors and add a dent in the middle to allow for the umbilical scoop. Pin on the loop tape and sew on when you're happy with the positioning.

Step 2: Cut 2 pieces of elastic 10 cm long (or your preferred length). Using one piece of elastic for the microfleece 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.

Step 5: 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!