

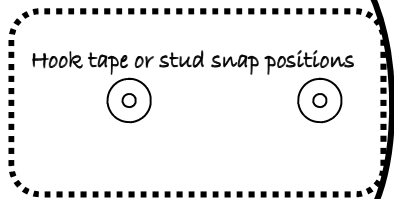
Scale:
box should be
1 cm square

This flap is for the pocket elastic casing for the microfleece layer only
(optional to use casing)

Cut the PUL layer at the dotted line if you intend on
using FOE to gather the back

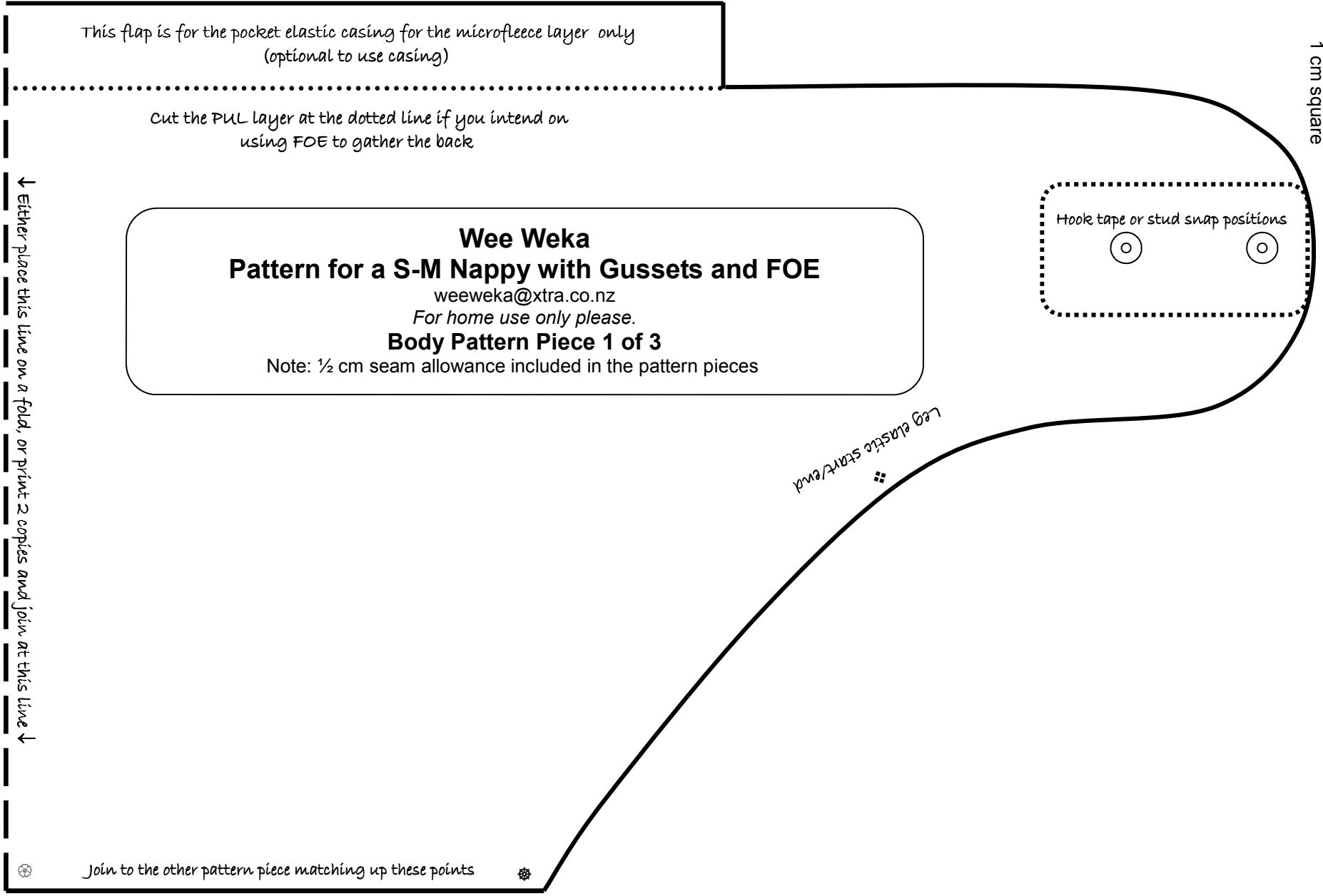
Either place this line on a fold, or print 2 copies and join at this line

Wee Weka
Pattern for a S-M Nappy with Gussets and FOE
weeweka@xtra.co.nz
For home use only please.
Body Pattern Piece 1 of 3
Note: 1/2 cm seam allowance included in the pattern pieces

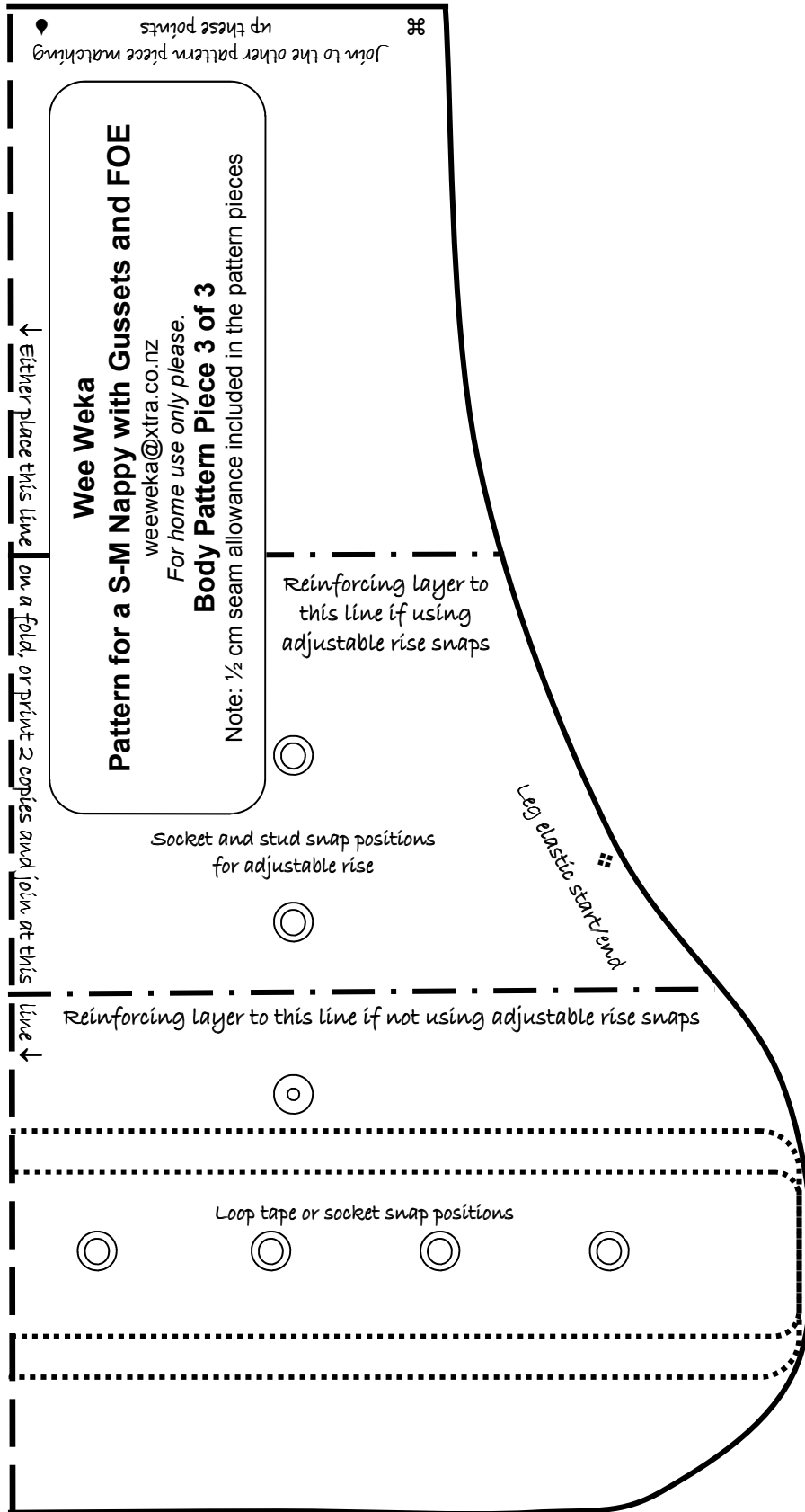


Leg elastic start/end

Join to the other pattern piece matching up these points

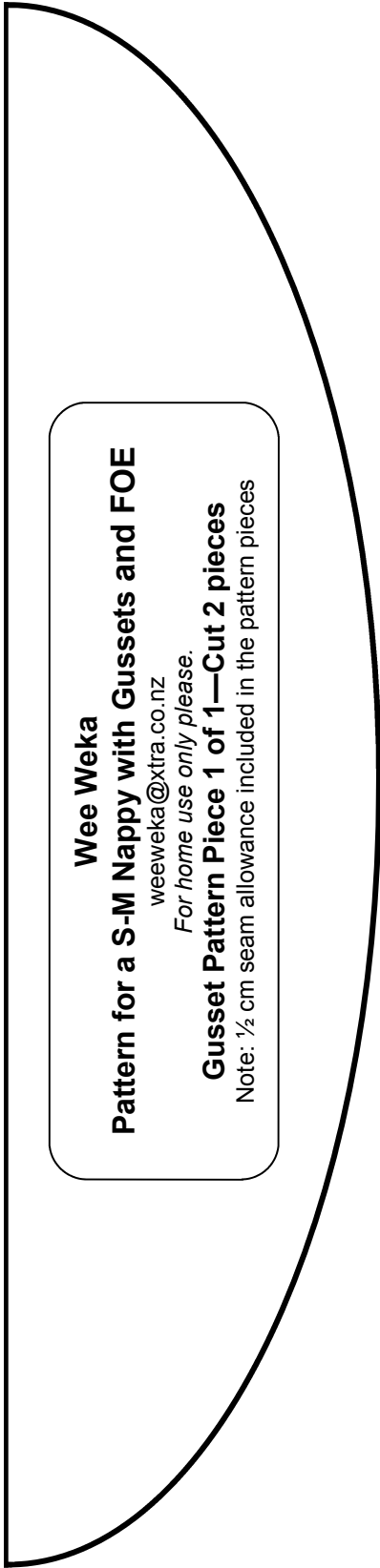


Scale:
box should be
1 cm square

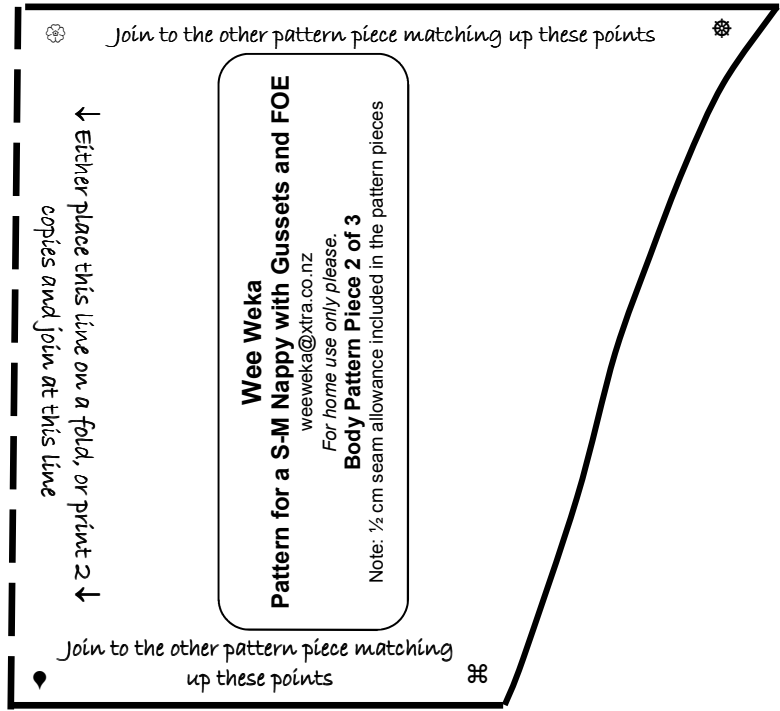




Scale:
box should be
1 cm square



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Gusset Pattern Piece 1 of 1—Cut 2 pieces
Note: 1/2 cm seam allowance included in the pattern pieces



Join to the other pattern piece matching up these points

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

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Body Pattern Piece 2 of 3
Note: 1/2 cm seam allowance included in the pattern pieces

Join to the other pattern piece matching up these points

Pocket Nappy with Leg Gussets and FOE Finish

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. Because of the addition of leg gussets and the use of FOE, my personal recommendation would be a single layer of PUL rather than the bulkier option of a layer of water resistant/proof fabrics such as nylon, taslon and ripstop hidden by a layer of polyester fabric such as polarfleece.



Gusset and FOE style pocket on a 13 month old weighing approximately 12 kg. It just fits. The pocket is stuffed with a medium sized prefold folded into 4.

Fabric & Notions Required:

- 48 cm x 48 cm microfleece or good wicking suedecloth fabric for the stay-dry liner
- 46 cm x 48 cm polyurethane laminated waterproof fabric such as PUL or Procure Barrier Fabric
- A 25 cm x 14 cm scrap piece of microfleece or waterproofing fabric to reinforce the PUL layer where you sew the loop tape or add socket snaps to the tummy
- 24 cm of 1" or 1.5" wide loop tape or 8 socket snaps (size 20) for the tummy
- *Optional* 2 stud and 4 socket snaps for rise adjustment snaps
- 20 cm of 1" or 1.5" wide hook tape or 4 stud snaps (size 20)
- Approximately 1.8m of 1" wide fold over elastic
- *Optional* approximately 15 cm of 6 mm swimsuit elastic if you wish to have elastic on the stay dry layer

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

Step 1: Pin the reinforcing layer to the wrong side of the PUL layer. Cut the tummy loop tape to size, sew on the PUL side and trim the corners with scissors (the FOE will hide the rough corners). If you are using snaps for the tummy or rise adjustment, press them on now.

Step 2: If you are wanting to have the stay-dry layer gathered, add a piece of elastic in a casing using the flap. 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). If you don't wish to have this layer gathered, you can leave the edge raw (microfleece won't fray, but suedecloth will) or serge or fold over and straight sew to neaten the edge.

Step 3: Placing wrong sides together, lay the liner and PUL pieces on top of each other and secure. Starting at the pocket opening, sew straight stitch around the nappy. You can serge/overlock the edges if you wish.

Step 4: Use pins to mark the start and finish of the leg elastic on both sides. Find the point halfway between these points and mark with a pin.

Step 5: Sew fully stretched FOE onto the straight side of each gusset piece. Fold in half to find the midway point on the curved edge. Mark with a pin. Match up the midway pin on the gusset with the midway pin on the nappy. Attach the gusset to the nappy so that the raw edge of the gusset sits on top of the nappy edge (the FOE will hide this area). Work from the midway points to the edges, securing with pins. Once you are happy with the positioning, straight stitch the gusset onto the nappy.

Step 6: If using hook tape, sew that onto the arms now (remember the FOE can hide rough edges). Sew on the FOE—I start at a leg and work up towards the arms and back. Stretch the FOE as much as it can when sewing between the 2 leg points and across the back (I drop the microfleece layer and sew the PUL layer only at the pocket opening—see photo above). I sew the FOE on with a 3 step zig-zag stitch, sewing as close to the FOE edge (as far from the fold) as possible. To finish, cut with excess, fold excess under and secure well.

Step 7: If you are using snaps to secure the nappy to the baby, add stud snaps to the arms.

It is finished! Well Done!

For more detailed instructions download the "Sewing a pocket nappy with gussets PDF" from <http://www.thenappynetwork.org.nz/diy.php>