

Scale:
box should be
1 cm square

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Join to the other pattern piece
matching up these points

Shar's

Pattern for a Newborn Fitted Nappy

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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 ↓

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Body Pattern Piece 2 of 2

Loop tape or socket snap positions

Leg elastic start/end

Back elastic start/end

Hook tape on the inside of the arm, loop tape on the outside if crossover sizing wanted

Stud snaps on inside of arm, socket snap on the outside if crossover sizing wanted

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

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matching up these points

Fitted Nappy

This fitted nappy can be made with any absorbing fabric (any fabric with a cotton content of 80% or more would be a good fabric to use). It is secured to the baby with hook and loop tape or snaps. Customise absorbency as required by adding a hidden soaker pad and/or a fold out soaker pad.



Fabric & Notions Required:

- 36 cm x 40 cm absorbing fabric for *each* layer of the nappy body (2 or more needed)
- *Optional:* absorbing fabric for the internal soaker pad, 12 cm x 25 cm per layer (or size to suit)
- *Optional:* absorbing fabric for external fold-out soaker pad, 12 cm x 50 cm per layer (or size to suit)
- *Optional:* 36 cm x 40 cm microfleece or suedecloth as a stay-dry layer
- 11 cm of 1" wide loop tape for the tummy
- *Optional:* 6 cm of 1" wide loop tape for the cross-over arms
- 10cm of 1" wide hook tape (5 cm on each side of the arms)
- Approx 35 cm of elastic—6 mm swimsuit elastic or Lastin™ is recommended

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

Optional Step 1: (To add a sewn in soaker pad) Sew or overlock as many hidden layers as you want to form a pad. Pin the soaker pad to the wrong side of the nappy body piece that will go against bub's skin (or, if you are sewing 3 layers of nappy body together, sew it on the middle layer so that your stitching is hidden). Machine sew on using either straight or zig-zag stitch. If you are using snaps and want to hide the back of the socket snaps, add them to the tummy fabric now (you may like to add a piece of fabric to reinforce the area)

Step 2: Pin right sides of the nappy body together. Stitch with a sewing machine or overlocker around the nappy body leaving a gap about 8 cm wide along the tummy. If you straight stitched you may like to snip the corners with cuts perpendicular to the stitches at the corners to help with turning.

Step 3: Referring to the pattern pieces, mark the start and finish points for the elastic on your fabric with pins. Using the pin at the start, attach the elastic to the fabric. Use a few forward and reverse stitches to secure the elastic to the nappy (a 3-step zig-zag stitch is preferable). Now, continue to sew the elastic on, stretching the elastic as you go. When you reach "end" pin, do some reverse stitches. Then, cut off the rest of the elastic.

Step 4: Turn the nappy right-side out, carefully turning at the corners. Fold over the fabric at the gap and pin closed. Straight stitch over sew around the whole of the nappy.

Optional Step 5: (if you want a fold out soaker pad) Make up a soaker pad with as many layers of absorbing fabric as you like. A layer of microfleece or suedecloth can be the top layer that goes against bub's skin to give a stay-dry feel. Serging edges with an overlocker are preferable. If you don't have access to an overlocker, use a zig-zag stitch and trim the edges with scissors after a wash.

Step 6: Add snaps to the arms if you are using snaps. If you are using hook and loop tape, cut it to the required lengths. Round the corners with a pair of scissors, pin on, then sew when you're happy with the positioning of the pieces.

It's finished! Well Done!