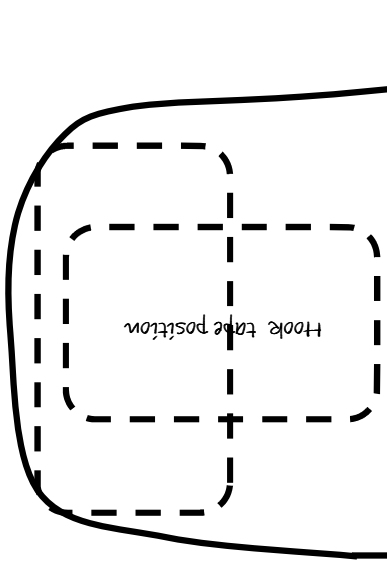


Scale:
box should be
1 cm square

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



Leg elastic start/end

This is the optional flap for the elastic casing for the microfleece layer

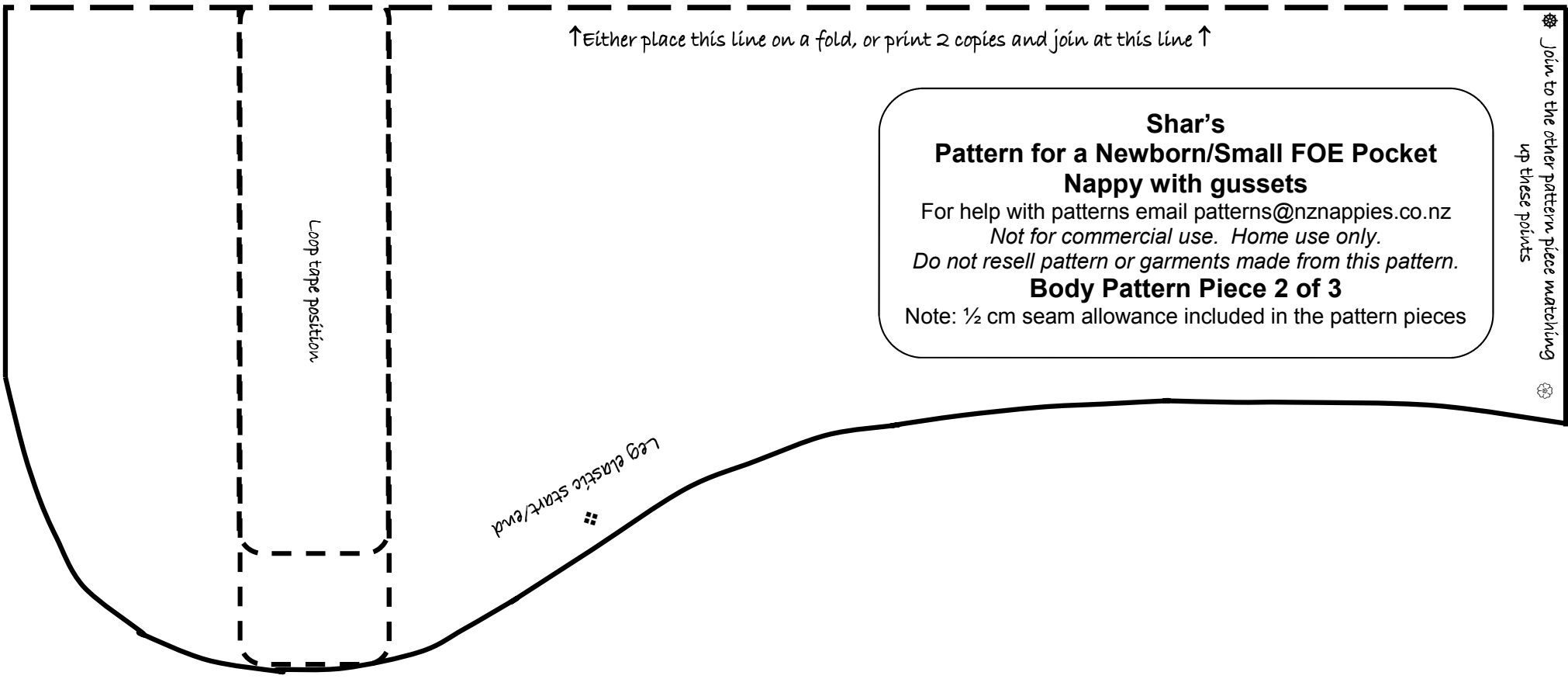


Join to the other pattern piece
matching up these points



Shar's
Pattern for a Newborn/Small FOE Pocket
Nappy with gussets
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 1 of 3
Note: 1/2 cm seam allowance included in the pattern pieces

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



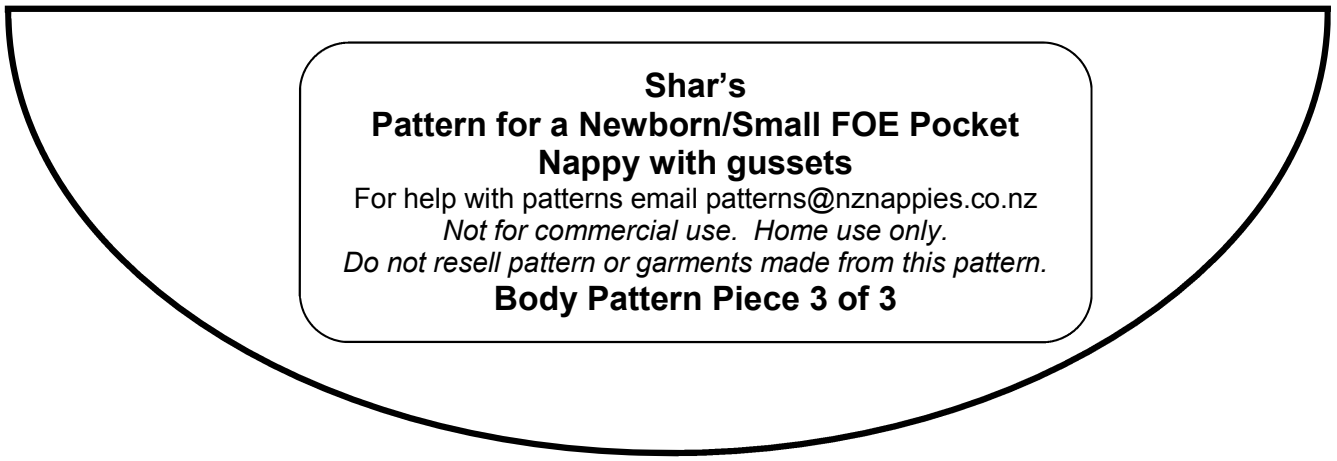
↑ Either place this line on a fold, or print 2 copies and join at this line ↑

**Shar's
Pattern for a Newborn/Small FOE Pocket
Nappy with gussets**
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Body Pattern Piece 2 of 3
Note: ½ cm seam allowance included in the pattern pieces

Join to the other pattern piece watching
up these points

Leg elastic start/end

Loop tape position



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Nappy with gussets**
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Body Pattern Piece 3 of 3

Scale:
box should be
1 cm square



AIO Pocket Nappy (with leg gussets)

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). This version uses fold over elastic and also has leg gussets.



Fabric & Notions Required:

- 47 cm x 44 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
- Scrap pieces of PUL are also needed for the leg gussets
- 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 1.5m of 1" wide fold over elastic
- Optional: Approximately 13 cm of 6mm wide swimsuit elastic (if you wish to have elastic gathering the microfleece layer)

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

Note: You can make the hook and loop tape go to the edges of the nappy if you wish. If you do this the FOE will cover the edges to reduce scratching.

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 and round the corners with scissors. Pin on the loop tape and sew on when you're happy with the positioning.

Step 2: Sew FOE onto the straight edge of each gusset, ensuring that you stretch the FOE as much as you can, and sew as close to the edge of the FOE as possible (as far from the fold). If you wish to have the microfleece layer gathered, cut a piece of elastic approximately 13 cm long (or your preferred length). Using the piece of 6mm wide elastic 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 wrong 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 (1 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). Fold the nappy in half and mark the point between the 2 leg elastic points. Fold each gusset in half and mark the centre of the curve. Join the gusset to the nappy so that these mid-points meet. Using pins, work your way around the gusset to secure it to the leg curve. Sew the gusset onto the nappy.

Step 5: Sew hook tape on to the arms. Sew the FOE onto the nappy, stretching it in the leg and pocket areas. Use a 3 stitch zig-zag and sew as close to the edge of the FOE as possible (as far from the fold as you can).

It is finished! Well Done!