

Instructable - PUL Pocket Nappy

PUL Pocket nappies are a waterproof nappy. The nappy only requires two layers of fabric, as you create the absorbent padding as a separate item, or use folded up cloth squares or hand towels.

You will need the following:

Nappy cut of microfleece, and one of PUL (polyurethane laminate)
FOE (fold over elastic) approx 1-2 metres, depending on size of nappy
Snaps or Velcro (for closures)
Polyester sewing thread
Sewing machine
Glue Stick
MCN pattern I used the WeeWeka (size

Pattern:

Across the back waist of the nappy. The WeeWeka pattern has a flap to create the back waist casing. Since you will be using FOE, this is unnecessary. Fold the flap in on the pattern and cut a notch in the fabric to mark the elastic placement. Remember to cut notches on the leg opening for elastic placement too.



Closures:

Using a scrap of fleece (or other fabric) to reinforce, apply either your Velcro or Snaps to the outer shell of the nappy body. Trim back the reinforcing fabric from the edge of the flannel, as it will make attaching the FOE more difficult.



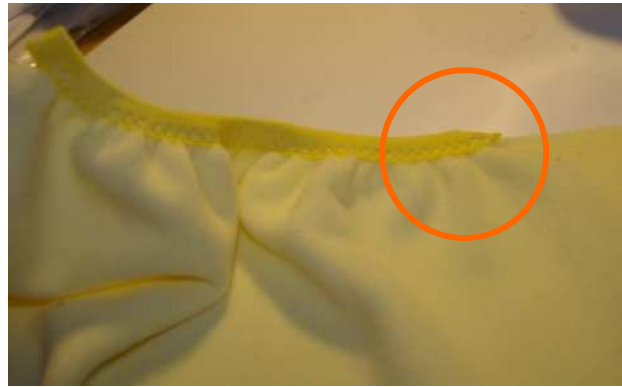
Look closely at the FOE. One side will be shiny and ribbed, the other will be soft and fluffy. The shiny, ribbed side goes against the fabric, so the soft side is against bubby's skin.

Sewing:

Use Serpentine (3 step zig zag) or ZigZag, stitch a smaller piece of FOE to the waist on the inside body (microfleece) panel, starting at one notch finishing at the other. Reverse to anchor your stitching, then stretch the FOE as much as you can, sewing as you go. Be sure to angle the FOE out as you come to the notch. Reverse to finish.



The resulting panel will have a gathered section, across the middle of the back waist. This will create the pocket in your finished nappy. Trim the ends to be in line with the fabric. (see circle)



Glue the microfleece to the wrong side (inside) of the PUL, gluing down all the edges. Work in sections to avoid the glue drying too fast. Do not glue between the notches on the back waist.

This will leave you with a load of extra fabric behind the already gathered piece. Don't worry, it will sort itself out.



Sometimes the fleece will stretch slightly as you are gluing. Trim this back in line with the PUL, otherwise it will spoil your finished product.

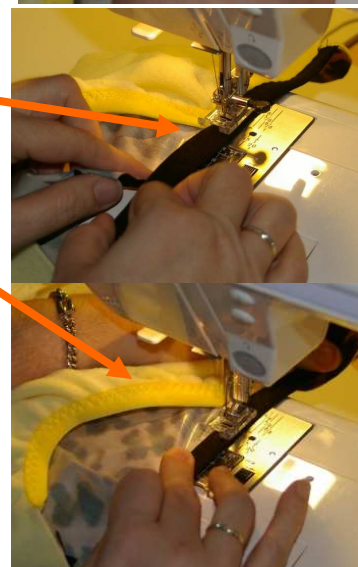
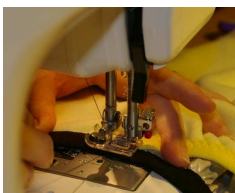
This is where you start being very careful!

Have the PUL on the bottom, and fleece on top, start attaching the FOE on the right back tab. Fold the elastic in half, and slip both layers of fabric inside the fold. Reverse to anchor, then continue along the tab, stretching only slightly. Do not rush! Do a small section at a time, stopping often to reposition the fabric.



At the point where the pocket starts (elastic placement notch on the PUL) reverse to reinforce the opening, then lift the presser foot, and move the microfleece out of the way. Lower the presser foot then continue stitching along with just the PUL, again pulling to stretch the FOE (not the PUL).

Do not rush! ... Stop and reposition hands to maintain an even tension on the FOE. Reverse again at the point where the microfleece connects to the PUL again. When you continue sewing, make sure both microfleece and PUL are inside the FOE.



Tabs and Corners:

Holding the FOE tight, but not stretched, ease the fabric around, pulling the fabric around and to the left as you sew. While it will look scrappy while you are doing in, it will sit fine once its done. This is a step that only practice will help you perfect.



Continue stitching around the nappy, holding the elastic firm but not too stretched. When you come to the first elastic placement notches on the leg openings, start stretching the FOE as much as it will go (not the fabric, just the FOE), Stitch a cm or two, stop, reposition your hands, and stitch a small section again.

Taking your time at this point is the only way to achieve an even, consistent tension on the elastic.

Continue all the way around the nappy, stretching again at the other leg opening and curving at the tabs.

If you want along the tummy area, you can stretch the FOE at about 50%. This adds a small amount of gather to the front of the nappy, which can help with holding the nappy on the baby.



Finishing:

Continue back to the point you started attaching the FOE, slipping the elastic over the starting point.

Stop sewing ... lift the presser foot.



Pull the entire strip of elastic over to lay flat on top of the fleece.
(this is why you sew on the inside of the nappy)

Make sure the elastic is pulled firm, then stitch forwards and back to secure the elastic.



Attach snaps or Velcro on the wings And

WOOHOO !!!!

You have finished your nappy!

