

Free Nursing Cover Pattern

Time: 30-45 minutes, depending on how fast/confident a sewist you are.

Supplies:

- 3/4 yard for main fabric
- 1/3 yard for pocket and straps
- 2- 3/4" D rings
- 16" boning {You can find this in the notions section at the fabric store. The boning I like is 1/2" covered polyester boning.}
- fabric marker



1. Cut Main Fabric: 26" x 44", Pocket: 8" x 10", D-ring strap: 4" x 8", Neck Strap: 4" x 26"
2. Cut boning to 16". {if you bought more than 16" of boning}



3. Fold over and iron 1/4" on one side of the Main Fabric. Then fold over and iron another 1/4". Repeat on the remaining 3 sides of the Main Fabric.
4. Top stitch around the entire Main Fabric. This finishes the edges very nicely, as you can see in the picture above.



5. On the wrong side of the fabric, measure and mark the center of the long side of the Main Fabric with a fabric marker. Which will be approx. 21.5" in from the edge.



6. Line up the center of the boning with the mark and place the boning so that it curves up towards you, as shown above.

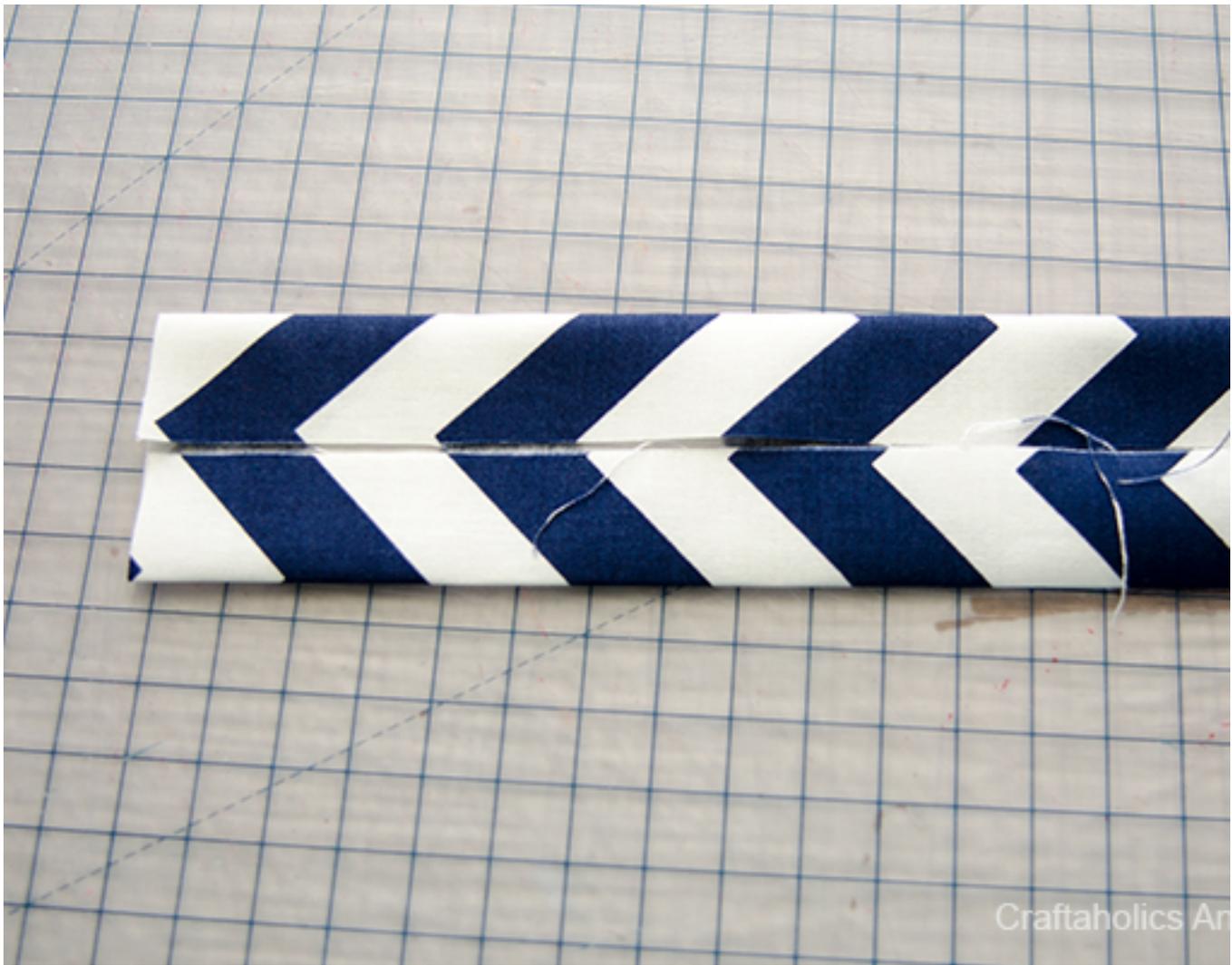
7. Lengthen the stitch length on your sewing machine and sew the boning to the back of the Main Fabric with a wide zig zag stitch. **Tip:** I find it works best to sew the boning one half at a time. Start sewing in the center of the boning and sew outwards towards one side of the boning. When you get to the end of the boning, back stitch and snip threads. Then go back to the center of the boning and sew the other half of the boning.



8. Sew the Pocket: Fold the pocket piece so that it is 8" x 5" and iron in half. Then sew around the open sides, leaving a 3" hole. Trim the corners as shown, being careful not to cut the threads. Turn right side out using the 3" hole and iron the pocket piece flat.



9. Sew the pocket to the front {or back if you prefer} of the nursing cover by topstitching along the 3 sides you sewed in Step 8. {this will close the 3" hole you left open to turn it right side out.}



10. Take both the Neck Strap piece and D-ring strap and iron in half the long way {so they measure 2" wide}. Then fold over both sides so that they meet in the crease {middle}, shown above, and iron. Then fold in half again so that the raw edges are enclosed and the piece measures approx 1" wide. {not shown above}



11. Top stitch around both the Neck Strap and D-ring strap piece to finish. Finish one side of the Neck Strap by tucking in the raw ends before top stitching. {we'll finish the other ends when we attach the straps the the main piece}

12. For the D-ring strap, sew 2 D-rings in the center of the strap. {shown above} **Tip:** sew as close to the D-rings as possible. This will make it so when the nursing cover is in use, the straps don't slide through the D-rings easily.



13. Tuck under the unfinished end of the Neck Strap and sew on one side of the boning, as shown above.

14. Tuck under both sides of the D-ring strap and sew to the other side of the boning.



And you're done! Wasn't that easy?