

# Diaper Changing Pad

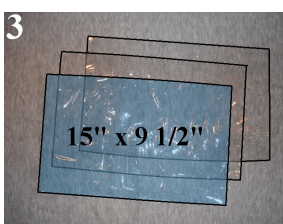
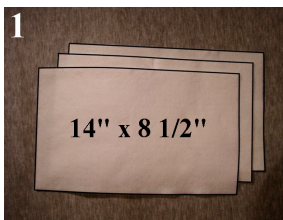
Carol A. Brown

When you are away from home with baby, it's nice to have a clean surface for diaper changes. Take this pad with you and you'll always be prepared. The changing pad is 15 1/4" wide x 30 1/2" long when open; when folded into thirds it is 9" x 15 1/4" x 3/4" thick. It also has a flap with a Velcro® closure. (See the additional instructions for an alternate way to finish the flap, including adding embroidery.)

For best results, wipe the vinyl surface clean or, if you prefer, wash the changing pad by hand and air dry. Do not wring the vinyl.

## Materials:

1. Thick fusible fleece for pad: three pieces, each 14" x 8 1/2". (Fig. 1)
2. Brightly colored calico print for pad: three pieces, each 15" x 9 1/2". The pieces need not all be the same fabric. You can use three different ones, or one striped fabric, with a middle piece turned sideways for fun. (Polyurethane coated fabric will allow you to omit the vinyl.) (Fig. 2)
3. Mid-weight clear or frosted vinyl for pad: three pieces, each 15" x 9 1/2". (Fig. 3)
4. Denim or sturdy fabric for shell: 36" x 17". (The denim I used was overdyed with stripes on the wrong side. The stripes will not show on the finished pad but help show right and wrong sides of the fabric in my pictures.) (Fig. 4)
5. Embroidery design up to 240 mm wide and 150 mm high. The design shown here was arranged with Fancy Jumbles Stripes Vertical alphabet. It is 210 mm wide x 120 mm high. (Fig. 5)
6. Embroidery thread, bobbin thread, cutaway stabilizer.
7. Regular thread for needle and bobbin, for construction.
8. Denim needle for embroidery and construction.
9. Temporary basting spray.
10. Snag-Free Velcro® Brand: two pieces, each 13" long.
11. Removable marker or chalk for right side of fabric, and powdered chalk or marker for wrong side.
12. Teflon soled presser foot for sewing vinyl.



## Assemble the Pad:

1. Place one piece of calico right side down on your ironing board. Center a piece of fusible fleece on it, fusible side down. Steam briefly to shrink fleece, then fuse, according to instructions provided with the fleece. Repeat for the other two pieces of calico and fleece. (Fig. 6)
2. Turn calico piece right side up. Place a piece of vinyl on top and pin together very close to the edges. Stitch



with narrow open zigzag along the edges. A Teflon foot will let you glide over the vinyl without sticking. Repeat for the other two pieces of calico and vinyl. (Fig. 7)

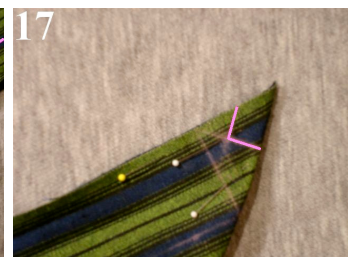
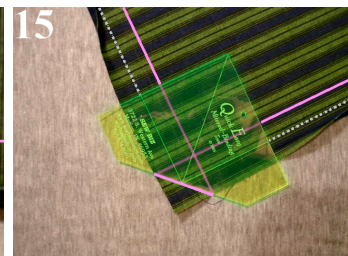
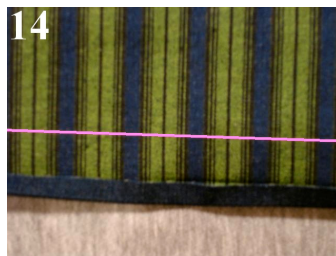
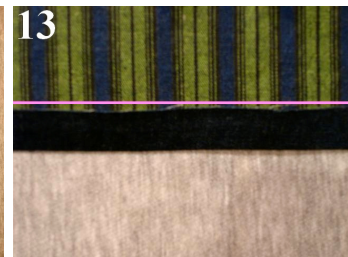
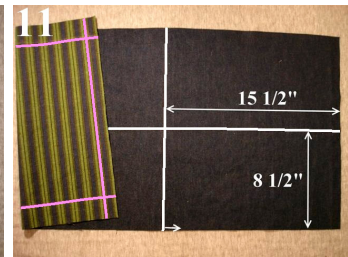
- Place two calico pieces right sides together. (If you have two pieces the same and one different, choose one of each kind). Pin together along one long edge, very close to the edge. Stitch a  $\frac{3}{8}$ " seam, with stitch length 3.0 mm. (Fig. 8)



- Pin and stitch the third calico piece in place. Remember to center the different piece, if you planned that, and to turn striped fabric the way you want the stripes to fall. Press seams to one side with a wooden pressing tool. Do not use an iron on vinyl. (Fig. 9)

### Embroider and Assemble the Diaper Changing Pad with Mitered Flap:

- Turn the shell wrong side up. On both long sides and one short end, mark lines  $1\frac{3}{4}$ " from and parallel to the raw edges. On the second short end, mark a line 1" from the raw edge. (Fig. 10)
- Using chalk or a disappearing marker, mark a horizontal centering line for embroidery  $15\frac{1}{2}$ " from the short end that has the wrong side mark  $1\frac{3}{4}$ " from the edge. Mark a vertical centering line halfway across the fabric, that is,  $8\frac{1}{2}$ " from one long side. Near the raw edge, mark an arrow pointing toward the closer end. The arrow points to where the top of the design will go. (Fig. 11)
- Embroider your design centered on the lines as shown. Trim excess stabilizer. (Fig. 12)
- Turn the shell wrong side up. Press the raw edges up to meet the marked lines. (Fig. 13)
- On the three sides with the greater hem, unfold, and then press the raw edges up to meet the folds. Avoid pressing out the first folds. (Fig. 14)
- Using a powdered chalk marker, draw a diagonal line in each corner where two  $1\frac{3}{4}$ " lines come together. The midpoint of the diagonal meets the inner fold lines, as shown by the dotted line in Fig. 15.
- Fold along each outer fold line and rub fabric with a wooden pressing tool or your finger. You will see a reflection of the diagonal line on each side. (Fig. 16)
- Fold the corner diagonally. Match the lines and the raw edges. Pin together so that you will be able to begin stitching from the raw edge. (Fig. 17)



9. Reduce stitch length to 1.0 mm for this step only. Stitch the seam, pivoting at the corner and then stitching off the fabric at the fold. Trim the seams as shown and clip almost to the stitching at the corner. (Fig. 18)

10. Press seams open.

11. Fold the hem as shown in Fig. 19. Hold a point turner tool on the outside of the corner with your thumb inside the corner. Turn the corner right side out over the point turner.



12. Straighten the corners and press the hems at this end of the shell. (Fig. 20)



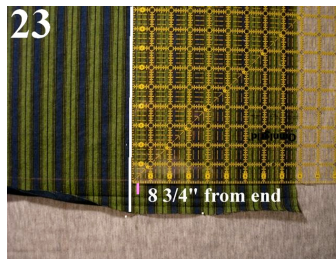
13. Tuck the pad into the finished corners of the shell, centering it under the hems. (Fig. 21)



14. Mark the wrong side of the shell at the edge of the pad. (Fig. 22)



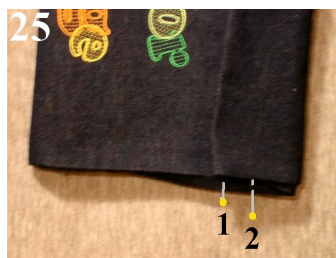
15. Remove the pad from the shell. Draw a line parallel to the open raw edge, 3/8" farther away than the mark showing the edge of the pad. (This turned out to be 8 3/4" for me, but if your hems or pad seams differ, this measurement will vary.) (Fig. 23)



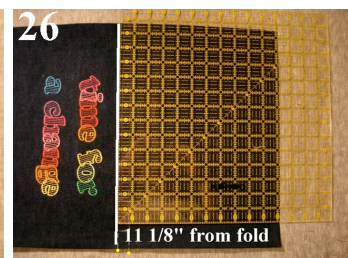
16. Press the fold of the hem up to meet this line. Pin and press a crease for the flap. (Fig. 24)



17. Tuck the pad into the shell again. Fold the finished end at each joint in the pad. Fold the flap loosely over the folded pad. Place a pin on the fabric above the embroidery, about 1/4" under the overlap. Place another pin a Velcro width away from the first. (Fig. 25)



18. Remove the pad. Place pad right side up on table. Measure the distance from the fold at the edge of the shell to the mark closer to the embroidery. Using a removable marker, mark a line parallel to the fold at this distance (11 1/8" for me). (Fig. 26)



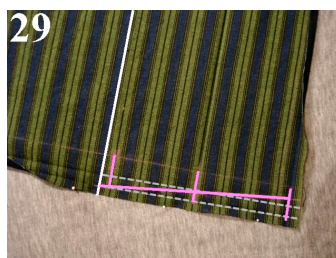
19. Mark a parallel line at the second pin. Mark between these lines so that you have 13" centered between the sides of the shell. Pin one piece of Velcro within this rectangle. (Fig. 27)



20. Stitch with a narrow zigzag stitching, zigging into the Velcro and zagging onto the fabric. (Fig. 28)



21. Remove the pad from the shell. Open up the flap. Using a ruler, mark a diagonal line. This line begins at the outer fold of the double hem, crosses the top of the flap at the inner fold of the double hem, and ends the same hem width away at the 1/2" hem. The dotted lines show the location of the hem



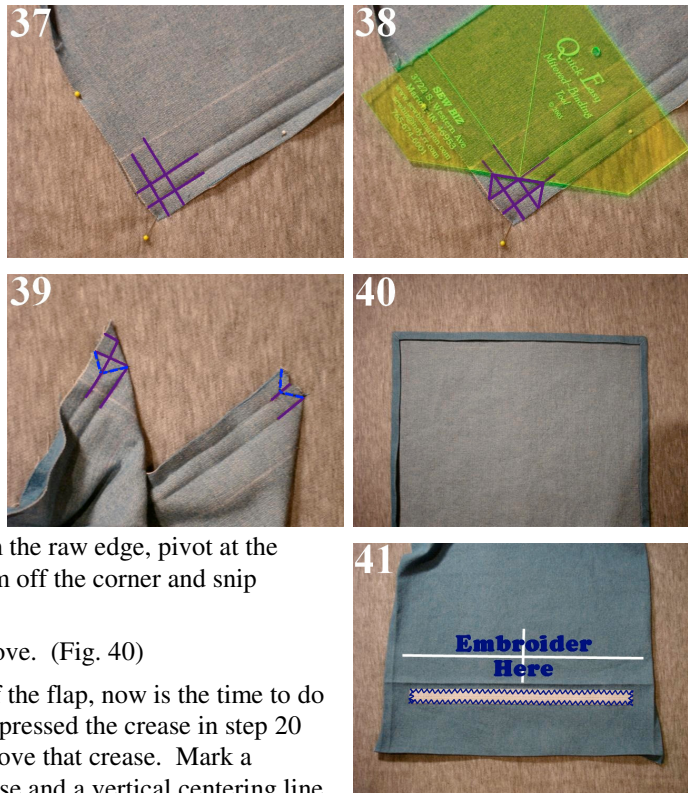
folds in relation to this diagonal line. Mark the second corner the same way. (Fig. 29)

22. Fold the flap wrong side out. Match the lines on both layers. Pin. (Fig. 30)
23. Stitch from the 1/2" hem fold to the top of the flap. Backstitch back onto the fabric. (Fig. 31)
24. Trim seam allowance to 1/4". Clip corner. Press seam allowance open. (Fig. 32)
25. Turn shell right side out, using point turner in corners as before. Press flat. (Fig. 33)
26. Tuck pad into the shell, making sure that it sits evenly between the bottom and side hems and the flap. Pin in place. (Fig. 34)
27. Top stitch on all sides of the pad, just outside the folds of the hems. Use a 3.0 mm stitch length and your Teflon foot. (Fig. 35)
28. Mark placement for second piece of Velcro on the pad side of the flap, 1/4" from the outer edge. Stitch as before. (Fig. 36)
29. Fold diaper changing pad in thirds and close Velcro.



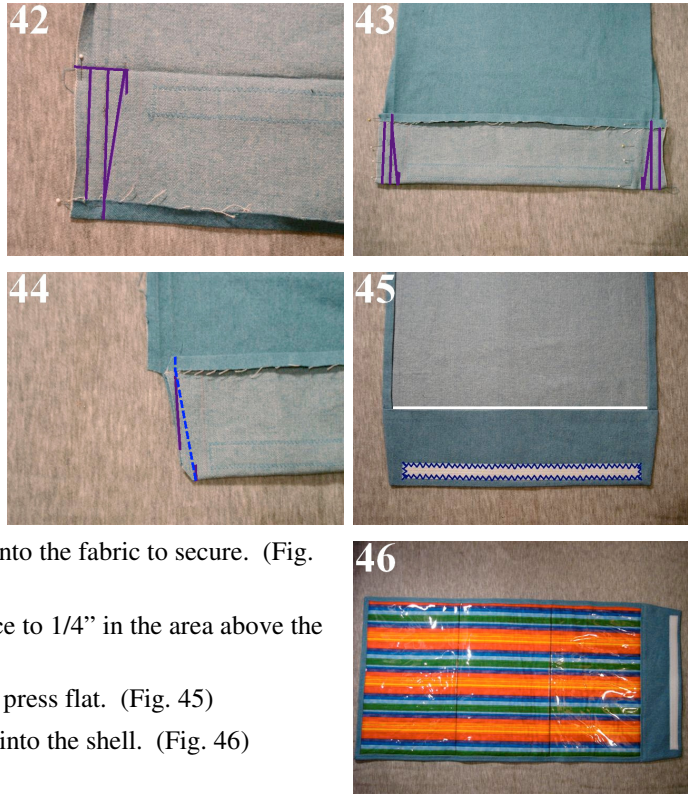
### Embroider and Assemble the Diaper Changing Pad with Tapered Flap:

1. Proceed through Step 20 above. These steps will take you through mitering the bottom corners and pressing the fold that creates the flap.
2. Figures 37 through 40 show the bottom corners again. The fabric I used for the second pad is much lighter, so it is easier to see the folds and marked lines. In Figure 37, I used a marker to show the fold lines along the edges.
3. If chalk is not suitable for your fabric, mark the diagonal from outer fold to outer fold rather than from edge to edge. Draw lines perpendicular to the diagonal, from the outer fold to the raw edge. (Fig. 38)
4. Fold the corners on the diagonal. Reduce stitch length to 1.0 for this step, and stitch from the raw edge, pivot at the angle, and continue, stitching off the fold. Trim off the corner and snip almost to the stitching at the angle. (Fig. 39)
5. Turn corners right side out and press flat as above. (Fig. 40)
6. If you want to add embroidery to the outside of the flap, now is the time to do so for either flap construction. After you have pressed the crease in step 20 above, you can embroider on the 2 3/4" just above that crease. Mark a horizontal centering line 1 3/8" above that crease and a vertical centering line halfway across the shell. You can add a design off-center, if you prefer. You will want a little bit of blank space



above and below the embroidery, so the maximum height of the design should be about 2" (50 mm). The bottom of the design will be nearest the crease. The maximum width is 13" (325 mm). (Fig. 41)

7. Center the second piece of Velcro 1/4" below the crease. Stitch in place as above. (Fig. 41)
8. On the 1/2" hem, mark a line on the inner fold line (7/8" from the side raw edge). At the crease that forms the flap, mark a line 1/2" in from the inner fold line (1 3/8" in from the side raw edge). Draw a straight line between the raw edge of the hem and the crease line. Repeat at the other side of the flap. (Fig. 42)
9. Fold the flap on the crease line, wrong sides out. Fold the hem up and align the side raw edges. Pin layers together. (Fig. 43)
10. Starting at the fold of the hem, stitch straight along the hem and then follow the diagonal line off the edge of the fold. Backstitch back onto the fabric to secure. (Fig. 44)
11. Trim corner diagonally and trim seam allowance to 1/4" in the area above the hem allowance. (Fig. 44)
12. Press seams open. Turn flap right side out and press flat. (Fig. 45)
13. Follow steps 26 and 27 above to stitch the pad into the shell. (Fig. 46)



Substitute heavy cotton batting for the fleece and silicon cloth for the calico and vinyl for a handy fold-up ironing mat to take to sewing classes and clubs! Cut the pad pieces 15 1/2" by 27" rather than stitching three smaller pieces together, if you prefer. Serge or zigzag the raw edges together before fitting into the shell.

