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Nursing Cover Instructions

Supplies Needed:

- 1 yard of fabric.
- D rings. They are the rings that you can adjust your strap with. They are in the shape of a D, hence the name, and come in silver or gold. I use the 1 $\frac{1}{2}$ inch size, but you could go a little bigger or smaller.
- Corset Boning. 12-14" will do. I purchased the $\frac{3}{4}$ " and heat sealed the edges to prevent it from poking through the fabric. (to heat seal just met the ends with a lighter or match.)
- Of course you need thread.

*** The whole project cost me about \$5.00 to make, I bought \$2 yard fabric.*

1) Start with washed/ironed fabric. Cut fabric to make a rectangle 28x39 (a real hooter hider is 24 inches long and 36 inches wide when finished this one will be a little bigger). Next, cut the strips for the neck straps. The longer one I cut 31 inches long (this seems just a little long to me as I have a lot of excess when I make it the right length for breastfeeding) by ~3 inches wide. The shorter strip which will hold the D rings I cut 10 inches long by 3 inches wide

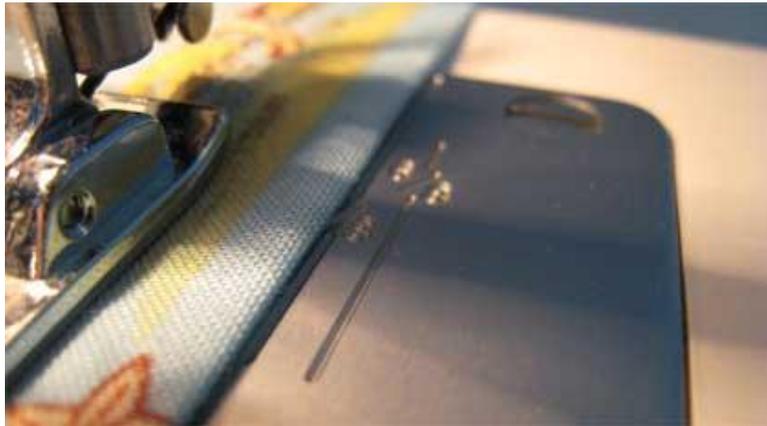
2) Hem the short sides of the rectangle. You can fold and hem as you go or fold/iron/pin then sew. I double fold/iron/ then sew.



3) Next hem the bottom. Be sure to note if your fabric has a 'top' and a 'bottom' with regards to pattern, because you don't want to finish and realize your pattern is upside down.



4) When you are ready to hem the top, fold it over just once about an inch (iron), then check to see if your boning will slip inside the hem you are making. Measure about 10" from one end and put your boning in, pinning it in place. Continue to iron the top hem and sew.



5) If you are using the boning I sent you, if you sew your top hem catching the bottom liner of the boning, it will bow out perfectly and stay in place well.



6). Now sew the straps. Fold in half and sew ends. I sewed the long strap to a point by just folding the corners down and stitching over. I sewed the short strap the same way and just put the D rings on the end and sewed the fabric over.

7) tuck in the unattended to ends, like this, and iron. Or you can taper the ends and sew., like in second set of photos. (just before number #12, the brown floral fabric)



8) The long strap goes on the left side of the cover. The outer edge of the strap and the outer edge of the boning should be flush. (the strap has to sew onto the boning to cause it to jut out when worn.) line up your needle with the stitching already in place along the top hem of the cover. Just the prongs of the foot should be overlapping the strap. Run off the other end of the strap, keeping in line with the existent stitching. Back stitch back onto the strap. With the needle down, lift up the foot, and rotate the fabric 90 degrees to sew the other edge.



9) Sew just up to the top of the cover (don't go over). Leave the needle down, lift up the foot, and rotate again. There is no need to back stitch.



10) Sew just to the bottom row of stitching (try not to go over), then back stitch.





11) Put the d-rings on the other piece of the strap sew them on the end, like so, and repeat steps 8-10.



Long Strap:



Short Strap:



12) You are finished and ready to go on a feeding frenzy!

13) **OPTIONAL:** You can add a little pocket to the bottom corner on the backside. What works really well is to take a baby washcloth or a piece of flannel fabric and sew it on 3 sides in the bottom corners. It can be used for breast pad storage while feeding or to wipe up dribbles after feeds.



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