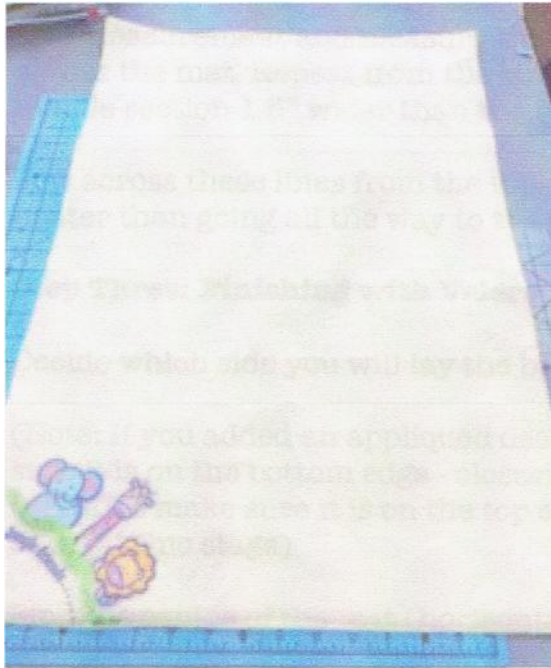


Baby Change Mat



Materials:

Two pieces of co-ordinating fabric the same size, approximately 18" x 24" 46-74 cm
Just about any fabric is suitable for a change mat but something thicker like polar fleece is softer for baby and of course waterproof is great. You can also change the size to use up fabric leftovers or to suit your baby bag etc!)

Co-ordinating cotton thread

Velcro Dots

Fabric Marker pen

Optional - iron on appliqué or double sided fusible webbing

Method:

Note: If you wish to add an appliquéd decoration to either the outside of your change mat (seen when it is folded), or the inside, you should applique it on BEFORE you start. Because it will be washed make sure you sew it down. even if it is an iron on appliqué from the store (these don't usually stand up to repeated washing!). The decoration should be added to a corner, facing the short side edge in order to be up the right way when you are finished.

Step One: Sewing the Mat Together

Lay out your rectangles of fabric RIGHT sides together and pin (polar fleece in particular will move and stretch so use lots of pins!), then stitch around the edges leaving a 2-3" gap on one of the sides (well away from the corners).

Trim the corners, making sure not to cut through your stitches.

Turn your rectangle right way out, pushing out the corners as much as possible.

Press your mat, paying particular attention to the gap you left for turning. This will naturally fold under and just need to be pressed and pinned to reinforce this inclination.

Top stitch close to the edge right around the mat in a co-ordinating thread.

Step Two: Creating Fold Lines

Lay your change mat out with the long sides vertically in front of you.

Measure the length of your rectangle and divide by 3. Take away half an inch from this measurement and measure that distance from the top. Draw a horizontal line across the mat. Repeat from the bottom of the mat (the end result should be a middle section 1.5" wider than the top and bottom sections.)

Sew across these lines from the top stitching line to the top stitching line (looks neater than going all the way to the edge.)

Step Three: Finishing with Velcro Dots

Decide which side you will lay the baby on and have this side face up in front of you.

(Note: If you added an appliquéd decoration you wish to show on the INSIDE make sure it is on the bottom edge - closest to you, if you have a decoration on the OUTSIDE make sure it is on the top edge furthest away from you - it will be upside down at this stage)

Find the centre of the mat (horizontally) and place the velcro dot (both sides of it, soft side facing up) half an inch down from the top (furthest edge away from you), in the centre.



Fold the bottom third up over the middle at your stitch line (this is now your fold line) and the top third down over it along the stitch/fold line.

Press down so that the velcro dot attaches to the right spot. Carefully pull apart so the dot stays stuck to the fabric in the right spot and not to itself and then sew both sides of the dot down as the change mat is likely to be washed so the glue will not necessarily hold up in the long run.

Congratulations you are done!

Extra for Experts: The mat looks really lovely with curved edges. This can be done by using a glass (or other circle to draw curves on all four corners before you start and cutting these out. Before you turn the mat you will then clip these corners rather than trim them so they press out nicely. From there it is just the same as for the sharp corners.