

Neo Natal Mattresses Instructions

Neo Natal Mattresses should be made with all cotton fabric on 1 side and brushed cotton on the other side. Also either all cotton wadding.

This method results in a finished item without the need for biding the edges.

You must be very accurate in cutting, measuring and sewing. There will be virtually no waste fabric, only the wadding and corners need to be trimmed. It is best to use a walking foot if you have one. You will probably have to increase your stitch size.

Cut your front (brushed cotton) and back (cotton) fabric 27"x 18". All fabric should be ironed to insure it is flat and has no creases.

Cut wadding slightly larger. It does not need to be so precise as it will be trimmed later. This will allow the sewing machine foot to have somewhere to rest whilst sewing.

Place front and back fabrics right sides together on top of wadding. The top fabric should be uppermost. Iron all three layers. Pin layers together.

Leaving a gap of about 5" on one side. Mark the gap clearly so you don't sew over it.

Then draw a line a quarter inch from the edge, the rest of the way round.



Beginning at the gap, sew all the way round to the other mark, on the quarter inch line. Backstitch a little at the start and end of sewing.

To reinforce the corners, sew round each one again.



Find the gap and press the top fabric edge along the seam allowance towards you.

Sew a line of stitching through the backing fabric and the wadding just above this. It will help later when the mat is turned the right way round.





Press the backing over, in the opposite direction, so it is level with the front.



Carefully trim the wadding close to the stitching line. This is to eliminate bulk.



Trim round each corner close to the stitching line. Be careful not to cut into the stitches.

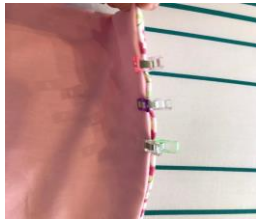


Putting your hand through the gap, carefully pull the mat right sides out. Ease the corners out with the wrong end of a bodkin or similar blunt tool. Be careful not to pierce the fabric.

Open the fabric out and press the seams flat before pressing into the finished shape.



Match the two edges of the gap and press together. Hold with pins or clips.



Sew the two edges together neatly. Press mat again.



Draw a line 2" away from the edge all the way round. Draw another line 6" from the edge all the way round.



Sew all round on these lines, starting with the inner line. Be sure to sew in loose ends when you have finished. I have used a fancy stitch, but a straight line will work just as well. I have shown the back of the mat as the lines do not show up very well on the front. These lines of sewing will hold the mat together when it is washed.



Wash your mat in Non Bio powder/liquid. Press when dry and you are ready to donate it.

