

MCN—Fleece Cover Instructable

The following instructions are for creating a stitch and turn, two layer polar fleece MCN cover. This is the most economical way to waterproof a nappy, as you can make it from locally sourced fabrics, and with a basic machine. Because the fabric isn't laminated, you don't need to worry about pin holes allowing leaks.

You will need: 2 nappy cuts of polar or micro fleece, nappy or cover pattern, polyester thread, lastin or narrow elastic, Velcro or snaps.

1. Cutting out



Cut two body panels from the fleece (this can be from the same colour or coordinating fabrics .. Your choice)

NB: Allow seam allowances as needed—1cm is sufficient.

NB: Notice I have added some width to the crotch by not placing the pattern right against the fold. This is to make sure that the fleece cover totally covers the cloth MCN or folded square when on the baby.

Make sure you cut points to mark the start and finish of your leg and back elastic placement points. (see circles)

This type of cover is very forgiving. Because its not going directly against bubby's skin, you can have seams. I have used some scrap fleece for the inside body, but it wasn't wide enough for the complete body. I just cut two halves, with a small seam allowance up the centre.



2. Sewing

Place the two body layers right sides together, and pin around the outside edges, all the way around. At the front of the nappy (ie: the panel that sits across bubby's tummy) Be sure to mark a section that you will leave open. That will be the gap where you turn the nappy in the right way.

Start at your first pin, and then stitch all the way around the nappy, using a 1cm seam allowance. Be sure to back stitch to anchor your seams.

When you come back around to the front panel of the nappy, remember to stop your stitching, and leave the gap. Ideally, the gap should be wide enough for you to fit your hand in.





3. Trimming

Trim back the seam allowance around the front and back tabs. This helps the seam sit flat when the cover is turned right side out. (pinking shears are helpful, but not essential) Do not cut through the seam.

NB Do not trim the seam allowance where the elastic will be attached. (ie: between placement points)

4. Elastic

Starting at one elastic placement point (triangle cut in fabric), anchor elastic using a couple of forwards and backwards stitches.

Using a narrow zigzag stitch, stretch the elastic as you sew, stitch the elastic to the back waist/leg in the seam allowance, going as close to the seam as possible.

Backstitch to anchor the elastic at the finishing point.



This is how the stitched elastic will look. Fleece doesn't gather as tightly as other fabrics, but it will still do the job.

Repeat for the other elastic points Both legs and back waist.



5. Turning

Using the gap in the tummy panel section, pull all four wings through, turning the entire nappy in the right way.



Pull the nappy the right way out all around, smoothing and pushing out seams in the tabs.

NB ... At this point, you could use the cover as is, with a couple of nappy pins if you wanted.

Lets not though 😊

Tuck in the seam allowance on the turning gap and pin.



6. Top stitching

Starting at the front leg elastic point, stitch around the front tab, across the tummy panel (catching the opening, and therefore stitching closed the gap) and continue around the other front tab, finishing at the other front leg elastic point.

NB: Do not stitch along the seam where the leg and waist elastic is attached, as I feel the effectiveness of the elastic is compromised when you stitch around it.



Do the same for the back tabs, starting at the point where the elastic starts on the back waist, and finishing at the point where the back leg elastic starts.

Stitching is finished !!!

Again, at this point you could just use nappy pins to hold the cover.



7. Snaps/Velcro

Snaps: Mark your placement points for inserting your snaps, spacing them evenly. There is no need to reinforce the fabric, as two layers of fleece is plenty. And, there is no need to hide the backs, as the cover goes over another nappy, so nothing will be resting against bubby's skin. Use two studs on the back wings, as this avoids the wings twisting, causing wing sag.

Velcro (not pictured) Stitch a row of the loop (soft) side along the tummy panel (front). Stitch smaller rectangles of the hook (scratchy) side to the inside of the back tabs.

NB: You can stitch another rectangle of loop just beside the hook, on the back tabs, to cover the hook tabs when washing. Its your choice.



Hey Presto

Your nappy cover is finished!

