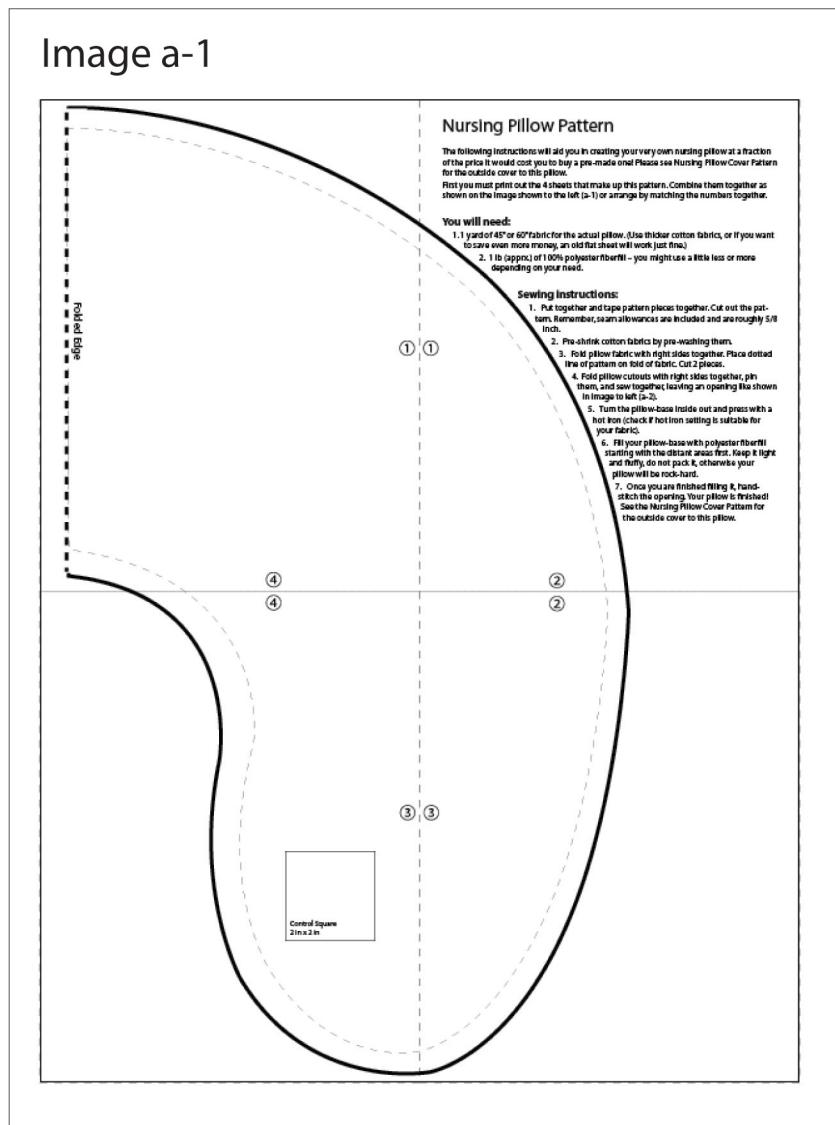


1/2 inch seam allowance

Folded Edge

Image a-1



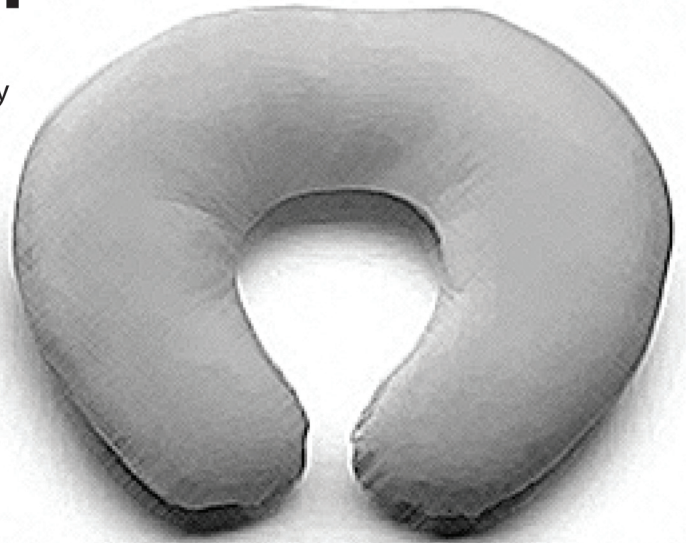
4

Nursing Pillow Pattern

The following instructions will aid you in creating your very own nursing pillow at a fraction of the price it would cost you to buy a pre-made one! Please see Nursing Pillow Cover Pattern for the outside cover to this pillow.

First you must print out the 4 sheets that make up this pattern. Combine them together as shown on the image shown to the left (a-1) or arrange by matching the numbers together.

Final size is approximately: 20 x 24 inches



You will need:

1. 1 yard of 45" or 60" fabric (Use thicker cotton fabrics, or if you want to save even more money, an old flat sheet will work just fine.)
2. 1 lb (apprx.) of 100% polyester fiberfill – you might use a little less or more depending on your need.

Sewing instructions:

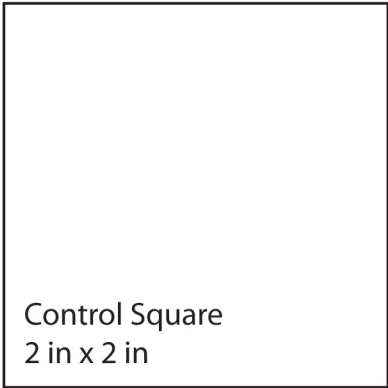
1. Put together and tape pattern pieces together. Cut out the pattern. Remember, seam allowances are included and are roughly 1/2 inch.
2. Pre-shrink cotton fabrics by pre-washing them.
3. Fold pillow fabric with right sides together. Place dotted line of pattern on fold of fabric. Cut 2 pieces with same pattern.
4. Fold pillow cutouts with right sides together, pin them, and sew together, leaving an opening to allow for stuffing. *Note: Opening can be left on inside or outside of pillow. Whichever is easier for you to hand sew.*
5. Turn the pillow-base inside out and press with a hot iron (check if hot iron setting is suitable for your fabric).
6. Fill your pillow-base with polyester fiberfill starting with the distant areas first. Keep it light and fluffy, do not pack it, otherwise your pillow will be rock-hard.
7. Once you are finished filling it, hand-stitch the opening. Your pillow is finished! See the Nursing Pillow Cover Pattern for the outside cover to this pillow.

①

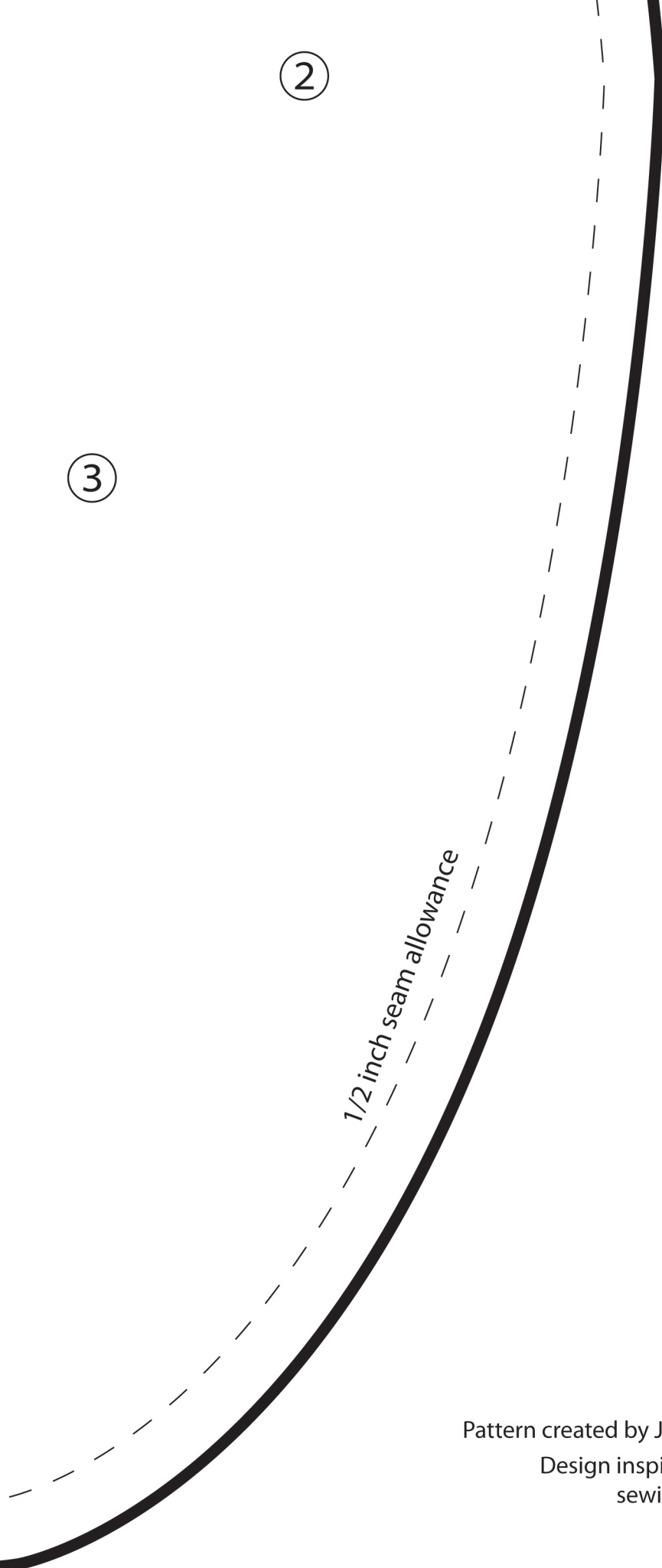
②

④

③



Control Square
2 in x 2 in



2

3

1/2 inch seam allowance

Pattern created by Joanie See (babybookmarks.blogspot.com)
Design inspired by and instructions taken from
sewityourself.googlepages.com