

# Swaddle Pouch Pattern

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Many newborns love to be swaddled, but the swaddling procedure can be a bit confusing for sleep-deprived new parents. This swaddle pouch takes the guesswork out of swaddling and is easy for a beginning seamstress to make. It will fit newborns to three-month-olds.



## Things You'll Need

- Half a yard of jersey knit fabric in desired color or print
- Half a yard of coordinating jersey knit fabric
- One package of matching double-folded seam binding
- Sewing machine with thread to match fabric
- Pins and scissors

## What to Do

1. Print the swaddle pouch pattern and cut out the pieces of fabric. Cut one of each fabric.
2. Taking both pieces for one of the fabrics, pin the front of the swaddle pouch to the back, right sides together. Sew around the curved bottom to create a pouch, leaving a quarter-inch seam allowance.
3. Repeat with the pieces of the other fabric. You should now have two pouches, one in each color. Turn one pouch right side out.
4. Nest the pouches with the wrong sides together. Adjust so that the side seams match up and the outer edges of the fabric are even.
5. Pin the seam binding around the edge of the swaddle pouch, covering all raw fabric edges and securing the two layers together. Top stitch to sew in place.
6. To use the swaddle pouch, slip the infant into the pouch portion and securely tie the two wings in front.