

Nursing Covers

A nursing cover is an apron-like garment women use for privacy when nursing their infants. I received a request for nursing covers for our local hospital's neonatal intensive care unit (NICU). The NICU is a very busy and noisy place – so having these covers provides some privacy for the mother and infant. I scouted out nursing covers, changed the details a bit, and made several of them. My nursing cover features a strap that ties around the neck to one side and a firm strip of stabilizer that holds the cover away from the chest a little between where the straps are attached. This allows mom to keep an eye on her baby (see oval in the photo).



Materials

3/4 yard fabric

3" by width of fabric (40-42") for strap

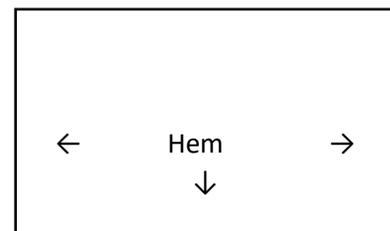
1" X 12" piece of firm sew-in stabilizer (Peltex or similar)

Instructions

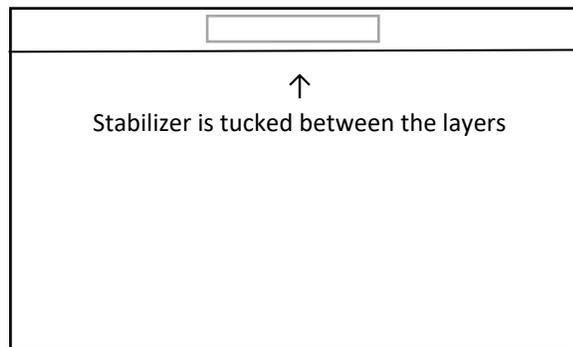
1. Prepare Strap. With the wrong side of the fabric facing up, fold two sides of the strip to the center. Fold the folded strip in half lengthwise. Press. See photos. Sew approximately 1/4" from each side to finish the strap.



2. Hem Cover. Using the large piece of fabric, make a narrow hem around three sides as shown. I double fold the edges and sew about 1/4" from the edge.



3. Prepare Top. Fold top edge about $\frac{1}{4}$ " , then fold over about $1\frac{1}{2}$ " and press (see photo). Now tuck the 1" X 12" piece of sew-in stabilizer under the fold at the center of the top edge (see diagram). Pin and sew all across the top edge about $\frac{1}{4}$ " from the edge. Sew through the stabilizer to hold it in place. Sew all across the bottom edge about $\frac{1}{4}$ " from the bottom of the fold.



4. Add straps. Fold one end of the strap under about 1" to hide the raw edges. Sew to the wrong side of the apron just outside the stabilizer strip. Fold the other end and sew to the other side just outside the stabilizer strip. Cut the strap about 12" from one side as shown by the arrow. The two ends can now be tied in a bow at the shoulder.

