



Nap Mat Tutorial by jenny garland

Nap Mat Features

Highlights:

This nap mat is great for preschoolers and kindergartners. Below you will find a tutorial to make a nap mat that measures approximately 20° wide by 50° long. The nap mat has velcro on one length to allow for easy removal of the foam pad to wash. It also has a shoulder strap and button tabs. All seam allowances are 1 inch unless noted otherwise.

Step One: Gather Materials

What you will need:

- 1 2/3 yards of fabric for the front and back of the mat (I used the floral print).
- 2 yards of minky (or something cuddly) fabric for the attached blanket.
- 25" of one inch elastic for the shoulder strap.
- Two buttons (about 1" in diameter).
- 8 ounces of fiberfill to stuff pillow.

- All purpose thread.

- A piece of 1" thick foam cut to 20" width by 40" length. (The foam is usually green and can be found by the batting at a store like Joann's).

- 40" sew-on velcro.

Step Two: Get Stuff Ready

For the attached blanket:

-Cut two 36" squares from the minky fabric. Sew right sides together (leaving a opening to turn!). Turn right side out. Top stitch around the blanket.

For the front and back of the nap mat:

-Cut two 22" x 52" rectangles from your other fabric for the front and back of the mat.

-Cut four 4"x 6" rectangles from the same fabric for the button tabs.

For the strap:

-Make a tube for your elastic by sewing two pieces of fabric right sides together. Turn. Insert elastic.

Step Three: Placement of Shoulder Strap

Attach it already

- Lay one 22" x 52" rectangle right side up.

- Measure up 10" from the bottom left and right corners and mark. Sew the ends of the fabric-covered elastic with a 1/2" seam allowance on each mark.

Step Four: Make Button Tabs

Get your 4" x 6" rectangles out

- Stitch two of the 4" x 6" rectangles right sides together along both long sides and one short side, using a 1/4" seam allowance. Clip corners. Turn right side out. Press. Topstitch around the three edges you just stitched.

- Repeat with the other set of rectangles.

- Use your sewing machine to stitch a vertical buttonhole in each rectangle.

-Pin the open side of the button tabs on the bottom of the right side of the 22" x 52" rectangle you already sewed the elastic on. PLEASE make sure you point the button tabs upward (toward the top of the mat!). Stitch the tabs in place with a 1/4" seam allowance.

Step Five: Attach the blanket.

Get your other 22" x 52" rectangle out (the one you haven't sewn anything to)

-Right sides together, line up an edge of the square blanket along the length of the 22" x 52" rectangle, leaving a 4" gap on the lower edge of the 22" x 52" rectangle.

-Pin. Stitch blanket edge to rectangle with 1/2" seam allowance. Fold excess blanket toward the center of the mat.

Step Six: Let's Connect the Top and Bottom.

It's "Go Time!"

- Leave the 22" x 52" rectangle you just stitched the blanket to, right side up.

- On top of this, place the other large rectangle right side down.

- Pin the two pieces together. Stitch the top, bottom, and ONLY the length with the blanket attached together. Leave the other length open.

Turn mat to the right side.

- Measure 10" down from the top of the mat. Stitch a line across the width of the mat. This stitch line will be the bottom of your pillow.

- Now you have one opening on the side to stuff the fiberfill in. Stuff it. Then edge stitch closed.

Step Eight: Velcro is our Friend We're putting velcro on this baby to make washing easy.

-You have one open length on each rectangle below the pillow. Sew your velcro to it. (Make it pretty though and press 1/2" of the unfinished fabric edge inside before you sew the velcro).

Step Nine: Insert Foam.

That's it.

- Seriously, that's it. Put your foam in. Velcro closed.

Step Ten: Sew on Buttons

Fold up your nap mat, rolling the pillow down first.

- Once you roll up your nap mat and see where your button tabs hit, make a mark where you need to sew each button.

- Remove the foam. Sew the buttons on. Put the foam back in. Celebrate!!! :)

If you have any questions about this tutorial, feel free to let me know and I will do my best to clarify. Thanks!

Jenny

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Step Seven: Add a Pillow

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