

How to make a NICU Isolette Cover

Size 32 x 38

Use only double brushed flannel for both the top and the back. Wash before cutting to size as flannel will shrink when first washed. You can use the same or different fabric patterns for the front and back.

As the mother of a preemie, I like to use bright and colorful fabric patterns as I remember how depressing it could be in the NICU.

1. Cut front fabric piece 32 inches wide by 38 inches long
2. Cut the backing fabric 34 inches wide by 40 inches long
3. Press both pieces to remove all wrinkles
4. Lay the front on top of the back, WRONG sides together. You should have one inch of the back of the fabric extending all the way around the front piece
5. Use wash-out quilt basting spray to secure the front to the back, RIGHT sides together (I recommend Odif 505 spray)
6. Using tailors chalk, mark the top layer with straight cross-hatch lines 6 inches apart from edge to edge. (Tip: test your chalk on a corner of the fabric when you pre-wash it to be sure it will wash out.)
7. Set machine stitch length to a slightly longer stitch (I use 4).
8. Sewing through both layers, stitch straight cross-hatch lines 6 inches apart from edge to edge
9. Bind the edges quilt style, while cutting off the excess inch around the top layer. (Tip: I use Wrights quilt binding.)
10. You can hand sew the binding to the back if you like, but the quickest method is to stitch in the ditch at the binding edge on the front, catching the back side in the stitching.. Be sure to reset your stitch length to normal.
11. Wash the cover when finished to wash out all the chalk lines.

Note: If you are not a quilter, I've attached instructions on attaching binding.

Flannel blankets are made in the exact same manner, just remember to cut to the size you want.