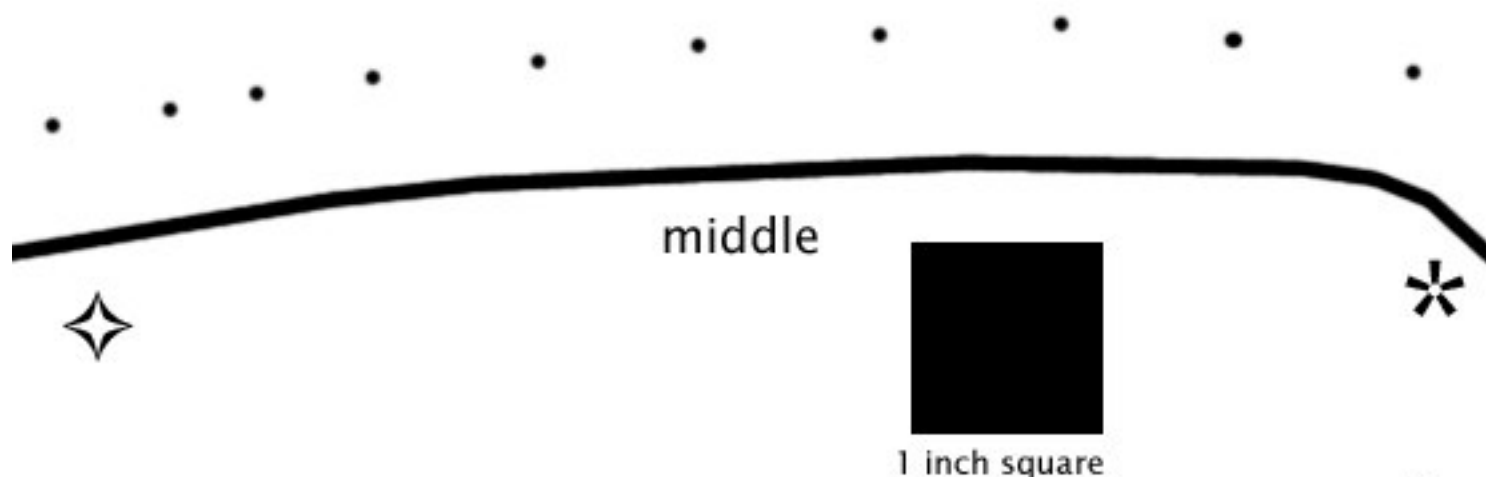


Rita's Rump Pocket

a free* one size fits most
fitted diaper pattern
for woven fabrics

* free to make, give, and sell from this pattern
Please do not sell the pattern itself. Enjoy!

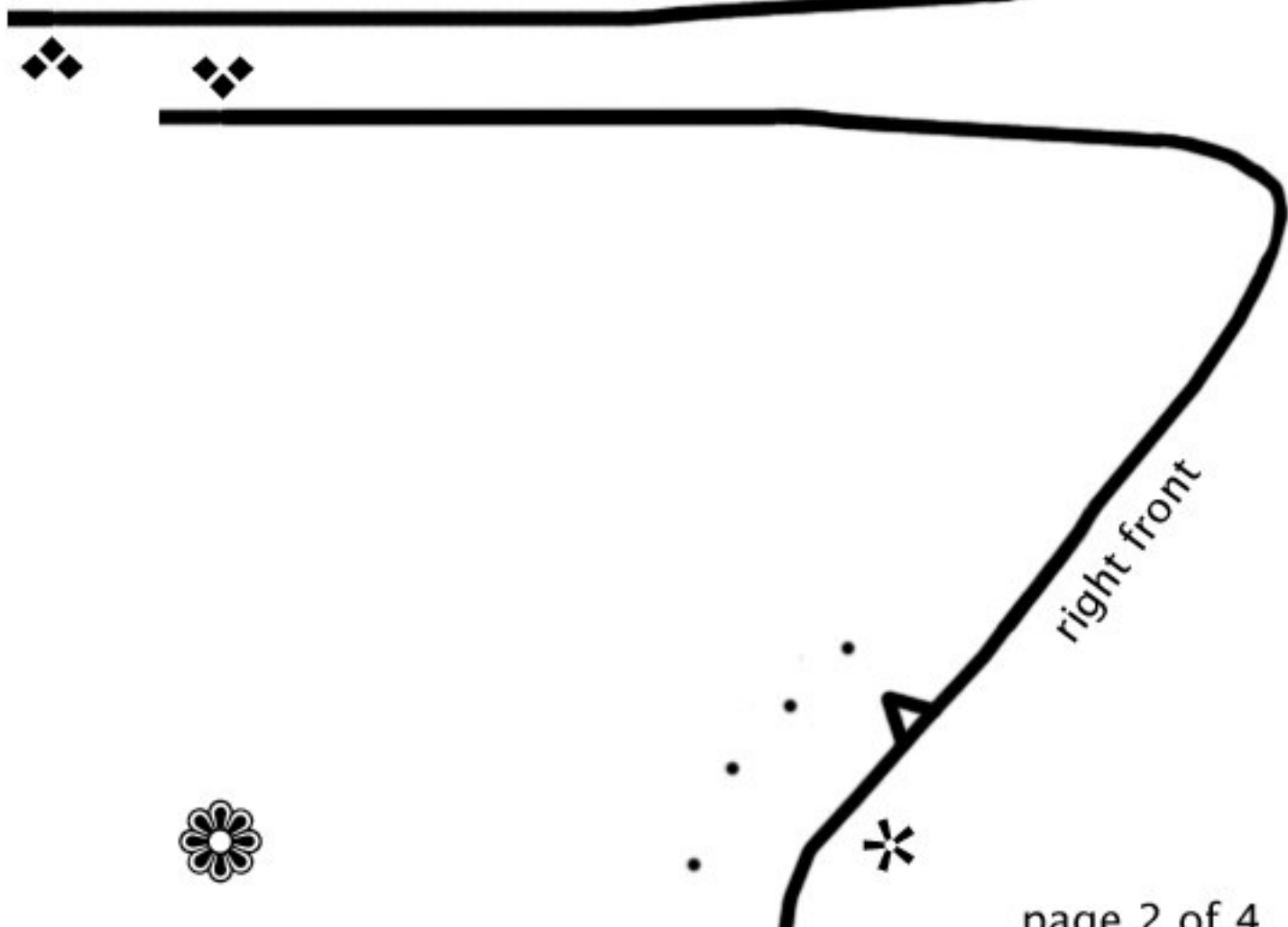


1 inch square

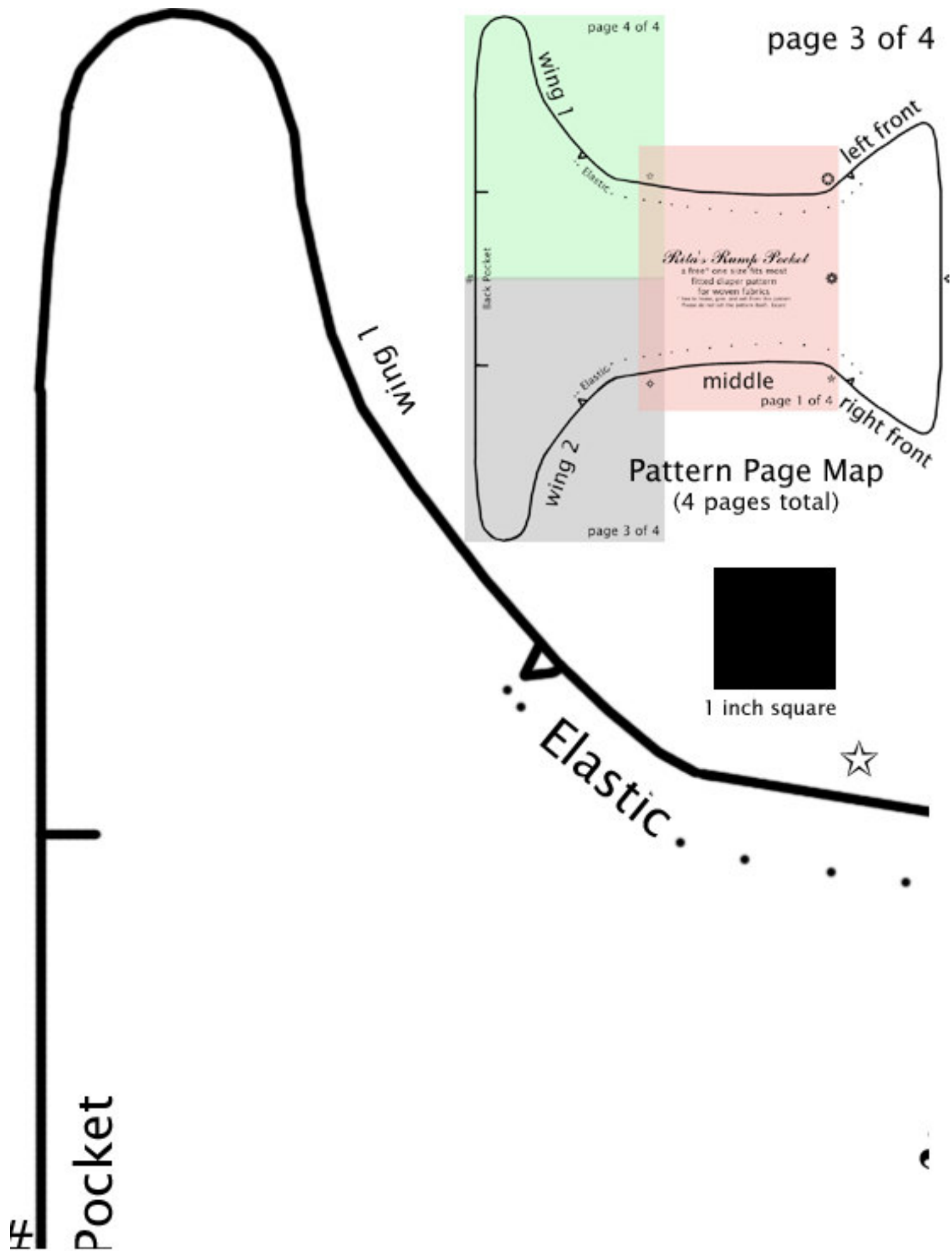


1 inch square

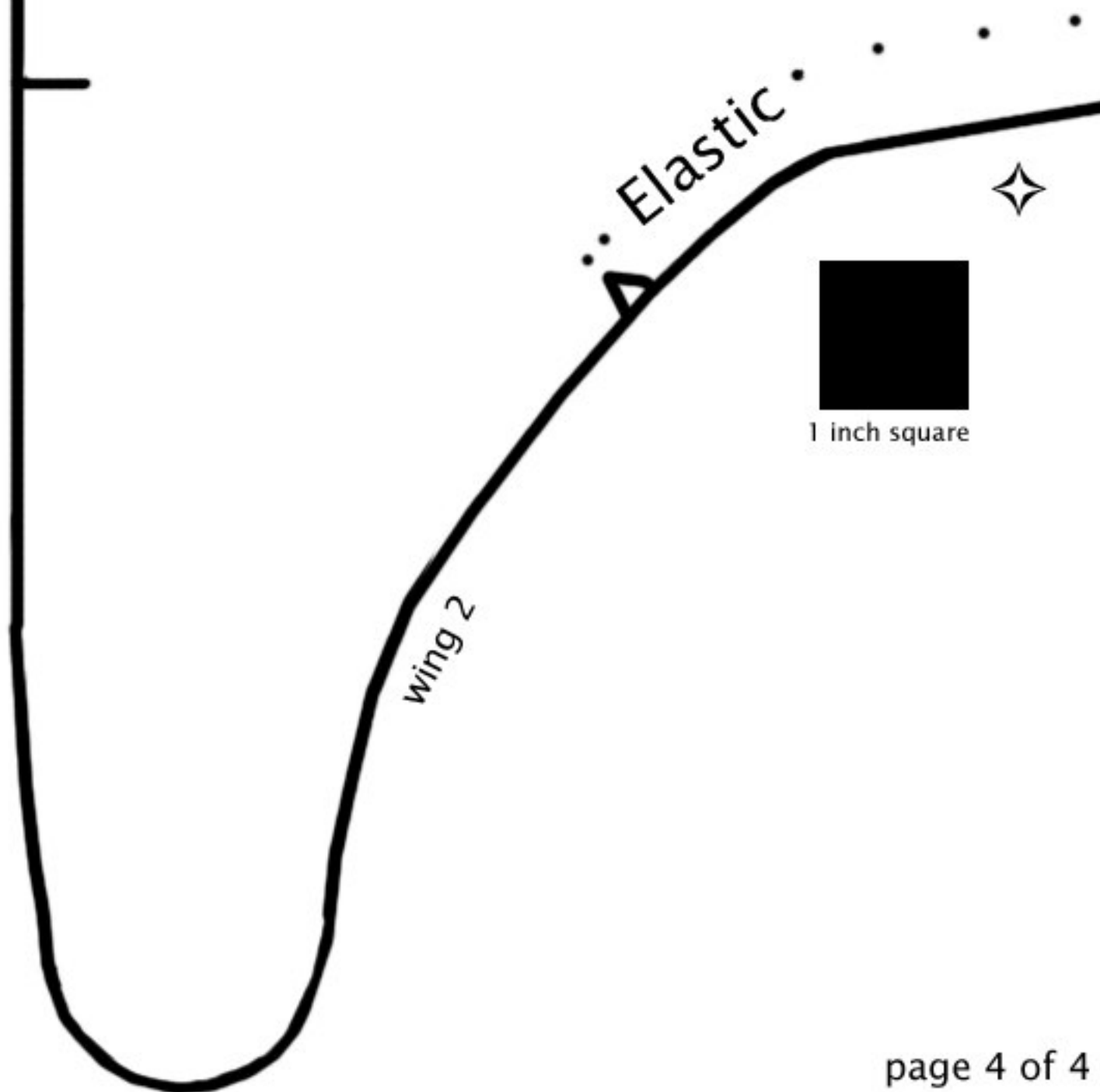
left front



right front



Back P



Rita's Rump Pocket

One-size flannel fitted pocket

(Special thanks to Jaye Jaye (yellowhibiscus) from Diaper Sewing Divas for designing the PDF pattern.)

This pattern is for a 2 layer flannel fitted pocket diaper that fits small infants (just fold down the back) to large toddlers. These diapers have leg elastic but no waist elastic, are turned and topstitched, and are held closed by one pin (to provide ultimate adjustability). The diapers take approximately 30 minutes to make from cutting to stuffing. They are made with locally obtainable materials that you can get at any Walmart, Joann's, Hancocks, etc. Most flannel does initially fade somewhat and get a bit pilly (especially noticeable in darker prints), but after several washes it once again becomes soft. These are quick dry and sunning them easily removes stains. Did I mention they are CHEAP to make!

Pattern Variations: You can also play around with this pattern and make other fun things. If you want a fancy RRP then use hand-dyed flannel outers (dye with a Rainbow Rock Tie-dye kit from local stores) and cotton velour inner. As long as one layer is a woven fabric like flannel the pattern should work as it is drawn. If you decide to make a RRP with 2 layers of stretchy knit fabric you will want to decrease the back wing length, and possibly put some elastic in the back pocket (to keep the diaper from slipping down and giving your baby plumber's bum). Use any thicker poly fleece (Alpine, Anti-Pill, MM, Blizzard, Joann's faux Minkee, etc.) for the outer fabric and you have an AIO pocket. You can also make a fleece or wool wrap cover. Just use 2 layers of fleece (even 2 layers of microfleece works for a trim cover) or wool (fabric or recycled sweaters) and poly thread. Turn this diaper into a fitted diaper by sewing up external or internal soakers and sewing up the back pocket. Add a fleece outer and you have an AIO. You can also add snaps or aplix, but it will make the diaper less adjustable. Use crossover snaps/aplix for the small babies.

Materials for 1 diaper:

Two 22 x 20 inch flannel cuts
3/8 inch Stretchrite knit elastic
thread (cotton or poly)

NOTE: THIS PATTERN DOES NOT INCLUDE SEAM ALLOWANCE. WHEN CUTTING YOUR FABRIC, BE SURE TO LEAVE APPROX. 1/2 INCH SEAM. THE BLACK BOX ON THE PATTERN SHOULD PRINT 1 INCH SQUARE.

1. Trace the pattern on the wrong side of your outer fabric. Mark pocket opening and leg elastic markings.
2. Trace the pattern on the right side of the inner fabric. Mark pocket opening.
3. Cut out fabric pieces, leaving approx. 1/2 inch seam allowance. You will sew on the tracing line (thus making perfectly shaped wings).
4. Create pockets. Along the back wings, cut down seam allowance evenly to approx. 1/4 - 3/8 inch. Fold the seam allowance fabric down along your tracing line to the wrong side between the pocket opening lines and use a medium zigzag stitch to sew it down. This will keep the edges from fraying.
5. Pin outer and inner fabric right sides together, with the outer on top. Start stitching to the right of the pocket opening on your tracing lines, and straight stitch all around the diaper, stopping at the left side of the pocket opening. Be sure to stitch up to the edge of the diaper at the opening marks to make it look finished when you turn it.
6. Cut off excess fabric in the seam allowance (leave about 1/8 inch from the straight stitch), but leave approx. 3/8 inch or so between the leg elastic points where you can sew in elastic.

7. Elastic

There are two ways I like to do my elastic. I either sew it in the seam allowance with a casing, or sew it blind leaving a ruffled edge. I have provided directions for both.



Seam allowance elastic: Tack down the end of the elastic with a zigzag stitch at one of the leg markings. Pulling the elastic as tight as you humanly can (from both the front and back), sew the elastic down with a 3 step zigzag stitch. At the end of your leg elastic placement tack the elastic down with a zigzag stitch. Do this on both sides of the legs.

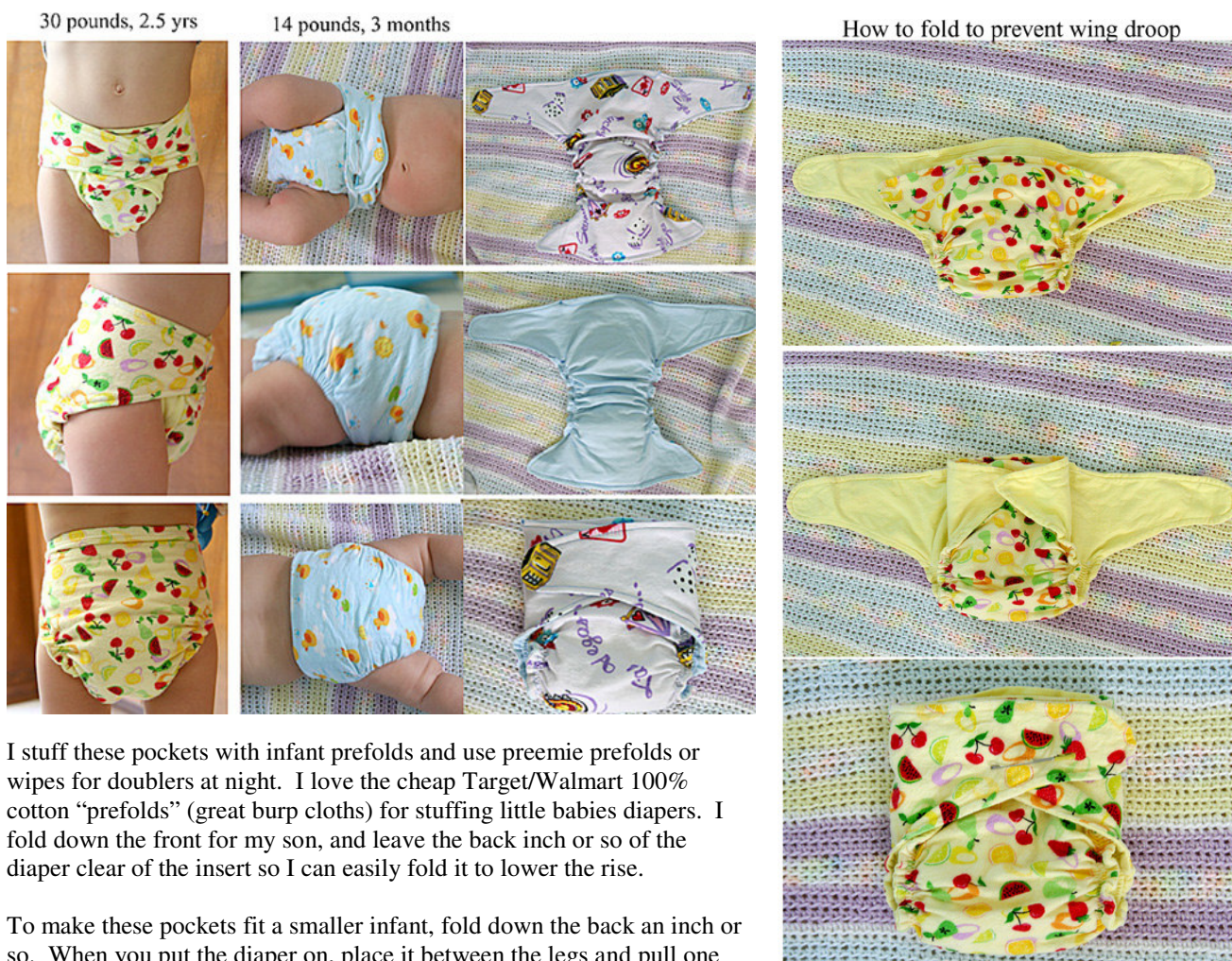
-- If you decide to do the ruffled blind elastic you will add it later.

8. Turn the diaper. Topstitch the entire diaper (I usually like to do this at least ¼ inch in), leaving the pocket opening untouched. If you already added elastic then make sure to do the elastic casing. When the topstitching hits the beginning of your elastic, move your needle over to the inner diaper side of the elastic, making sure to stretch the elastic and trying not to catch it in your stitches. At the end of the elastic sew back over to the edge of the diaper. If you do catch the elastic you won't have as good stretch recovery.

If you have not sewn in the elastic yet (and want to do the ruffled blind elastic), just topstitch the entire diaper approximately ¼ inch in, leaving the pocket opening untouched.

9. If you did seam allowance elastic your diaper is finished! Stuff it and enjoy. Otherwise add elastic.

Blind ruffled elastic: This is difficult the first time so practice on your ugly flannel. Reach inside the pocket and place the end of your elastic at the back leg elastic marking, putting it against the topstitching. Zigzag it down from the outside. Then pull the elastic as hard as you can making sure it is against the topstitching, and 3-step zigzag it, with the zag hitting the top stitching and the zig catching the middle of the elastic. When you get to the end of the elastic, sew it down with a zigzag stitch. Even though you can not see the elastic you can feel it, and if you pull it where it rests against the topstitching you know where it is. Pull tightly!!! This should make a lovely ruffled edge. Alternately, you can sew your elastic with a 3 step zigzag as seen in seam allowance elastic directions on just the outer wrong side fabric (before sewing it to the inner), approx. ¾ inch in from the edge of your traced pattern line. Then pin your diaper and sew it together like above, turn and topstitch (pulling the elastic taut and not stitching over it, but on the outer side). The elastic is then stitched on the outer rather than the inner fabric of the legs and is softer on baby's tender skin.



I stuff these pockets with infant prefolds and use preemie prefolds or wipes for doublers at night. I love the cheap Target/Walmart 100% cotton "prefolds" (great burp cloths) for stuffing little babies diapers. I fold down the front for my son, and leave the back inch or so of the diaper clear of the insert so I can easily fold it to lower the rise.

To make these pockets fit a smaller infant, fold down the back an inch or so. When you put the diaper on, place it between the legs and pull one back wing around, catching the front wing and making it fold down toward the middle of the diaper. Pull the other back wing around catching and folding down the other side of the front wing toward the middle. Then pin with one pin through both back wings. Catching the front folded wings in the pin really helps prevent wing droop in active toddlers. In small babies it is not so important.