



Nap Mat Tutorial

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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.

Step Seven: Add a Pillow

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