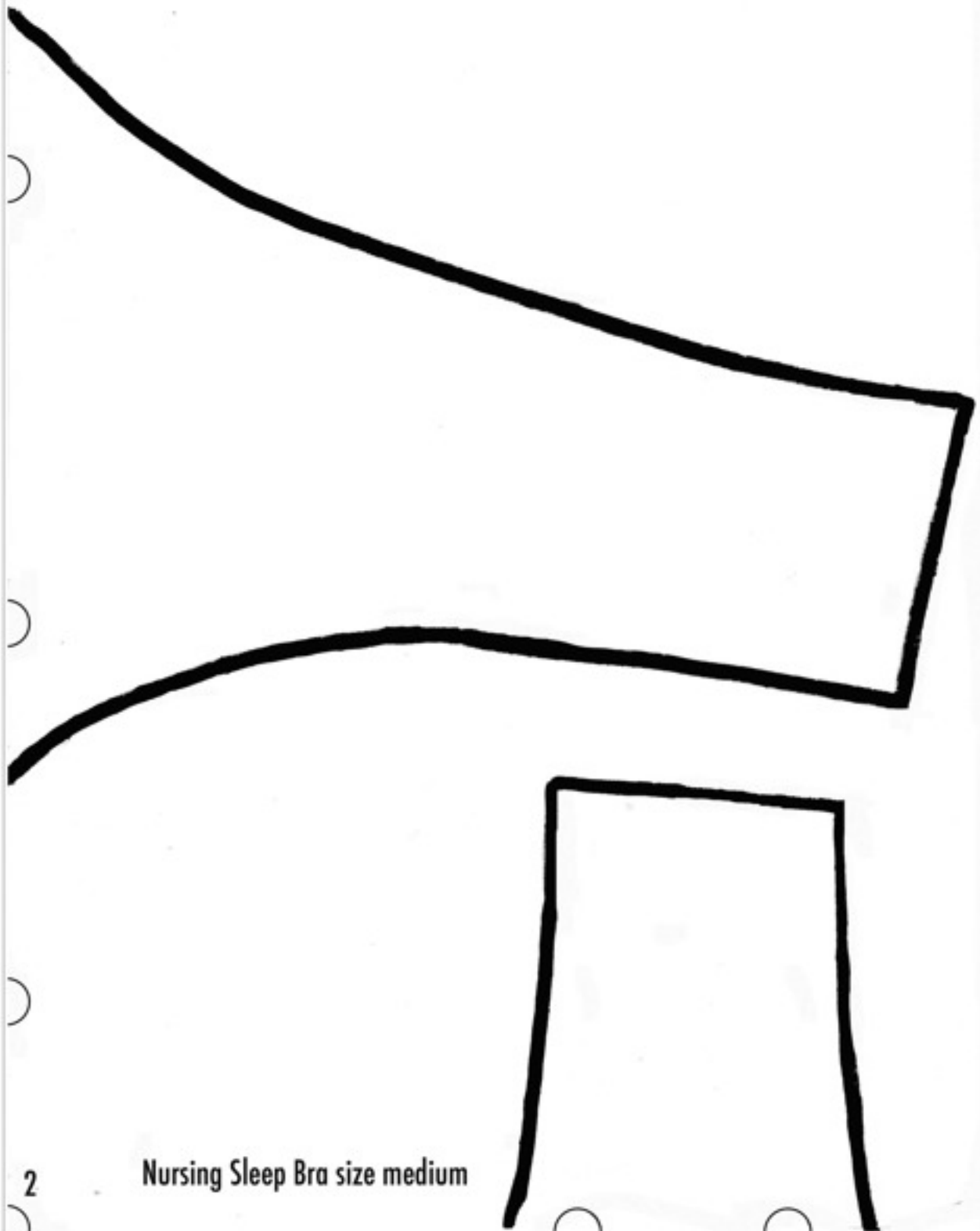


△ Fold △

Nursing Sleep Bra-back
Size Medium
Cut 1 on fold

Nursing Sleep Bra size medium



Nursing Sleep Bra

Size: Medium



Instructions: Print off pattern full size without auto adjustment or scaling. Measure test square on this page to ensure correct printing size.

Attach pattern pieces together by trimming around the rectangular area, matching up pattern lines and circles (these may be slightly off, but I tried). You will have two rows of three pages 1,2,3 on top and 4,5,6 below. Use tape to secure pages.

You will only need a remnant size piece of fabric to make this bra (1/2 yd or less). I used a 95/5 Rayon Spandex knit that I picked up at Joann's. It is lightweight and has a good amount of stretch to it.

With fabric folded align the nursing bra back pattern piece along the fold, and the nursing bra front piece anywhere but the fold. You want to end up with two front pieces that face opposite directions. Pin or weight the pattern pieces in place and use scissors or rotary cutter to cut out pattern pieces.

Materials:

- Ball point sewing needles
- Matching Elastic: 1.25 Yards of both 1/2" and 3/4" widths
- Elastic trim: About a yard
- 1/2 Yard Rayon/Spandex Knit fabric
- Coordinating thread
- Sewing Machine and Overcast Serger *

*Serger optional but desired

See my blog for full tutorial and instructions.

Medium Sizing Chart:

34: D and E

36: C and D

38: B



1 inch test square

For different sizes consider adjusting the seam allowances. Add to the existing for a larger size, and using a larger seam allowance (1/2"-3/4") for smaller sizes.



Nursing Sleep Bra size medium

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Nursing Sleep Bra- Front
Cut 2 with fabric folded

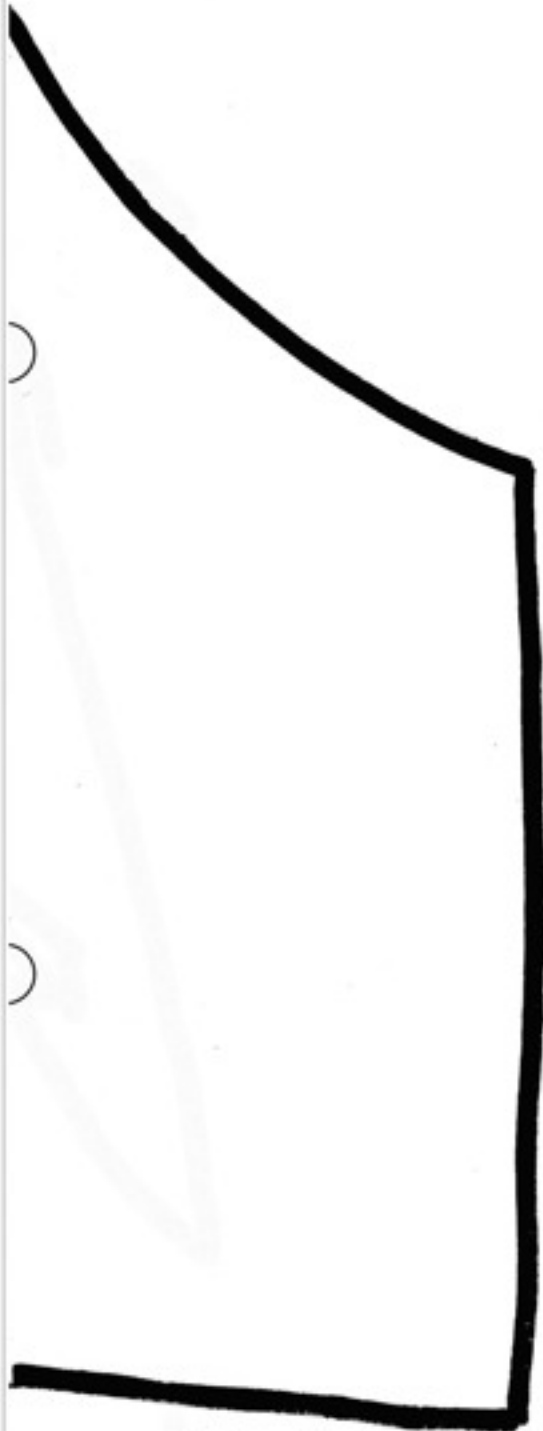
3/8" seam allowance

Size: Medium

Nursing Sleep Bra size medium

6

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Nursing Sleep Bra size medium