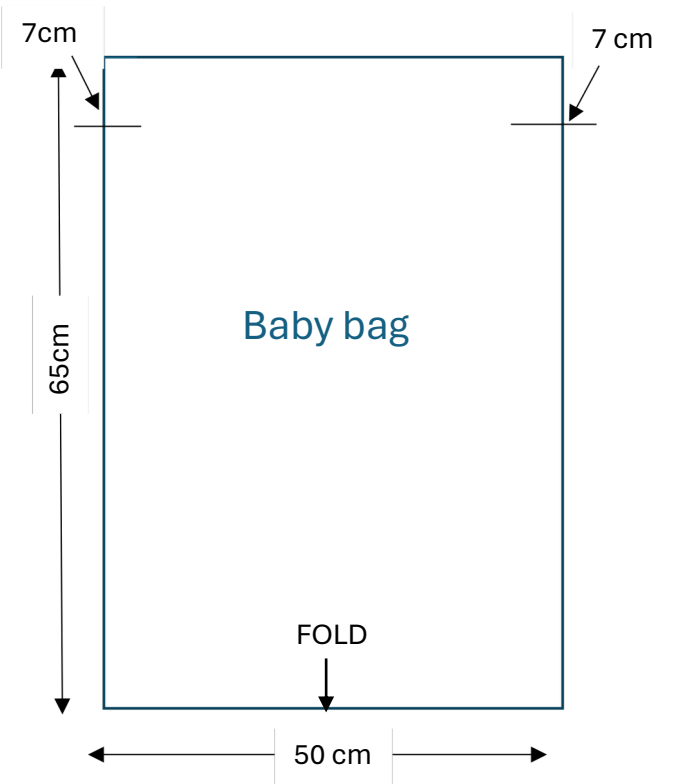


Baby backpack sewing instructions.

Includes baby bag, inside pocket and retrofitting hooks & rings.

We have delivered more than 22,000 My Essentials Packs to babies, children and youth in need of care and protection since 2014. The carers of babies going into foster care, kinship care, emergency or secure accommodation are provided with a large bag containing the basics needs appropriate to the age and gender of the baby going into their care. If you would like to help us by making some of these baby backpacks, please follow the instructions below. Thank you for your support.

Designed by B4VK volunteer Dianne Cutler 2023. 5th Revision 10/25



Finished backpacks – retro fitted with hooks and rings.



Lanyard hooks

Baby bag

You will need:

- Sturdy cotton/poly cotton or light to medium weight upholstery fabric.
- 130cm x 50cm fabric folded in half as shown in the diagram.
- Does not need to be baby/ children's print as for the carer to use.
- 2 x 1.5 metre cords for the ties.

Inside pocket

You will need:

- 20cm x 33cm rectangle – baby bag fabric or a contrast fabric

To retro fit for a baby backpack

You will need:

- 2 x lanyard or Carabiner hooks.
- 2 x 2½ cm rings 2 x 11½cm
- cotton or nylon tape/cord

Carabiner hooks →



Baby Bag

1. Base Seam. Fold material RS together as shown in diagram.

Machine 1.25 cm (4/8") seam from the folded base. Press seam allowance to one side.

Top stitch to reinforce the base seam: Turn fabric over to RS, with pressed seam allowance to the left, line up the right edge of the foot with the fold and top stitch along the base seam. Press flat.



2. Side Seams. Mark the 7cm line with a dressmaker's pencil either side.

Overlock or zig zag 10cm from top edge at both sides of the 7 cm opening (casing) Overlock or zig zag along the top edges of both sides of the top edge. Pin and machine 1.25 cm (4/8") along both side seams from 7 cm mark to the base. Overlock or zig zag side seam allowances together.

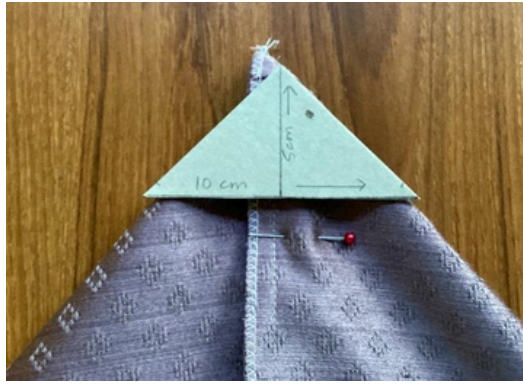


3. Box Corners. With bag inside out, match side seams to base seam to form a triangle. Make sure the base seam is inwards and the side seam is outwards to keep seam flat. Reverse for the other side.

Mark a 10 cm stitching line 5 cm down from the corner point of the bag and machine using a long stitch i.e. Elna length 4, straight across the bag. (It will be reinforced later when adding the hooks)

Tip: draw & cut out a triangle template from cardboard, 5 cm down and 10 cm across.

Place template onto fabric and draw stitching line with a dressmaking pencil.



4. Casing.

Tip: Make 4 marks with dressmakers' pencil 7 cm from top edge to make it easier to line up the folded edge for casing.

Folding down casing. Fold down 7 cm triangle on each side of bag and pin/turn bag over and match up on the other side & press. Turn down top edge level 7 cm level with the folded triangle on the side, pin into place. Turn over and repeat on the other side. Press both sides flat. Fold top of each side seam flat in line with the direction of the seam at the boxed base.



Machining casing.

Tip: Place the edge of the machine foot on the overlapped edge of the casing. Start 2 cm before one side seam then machine around the entire bag keeping the edge of the foot on the overlapped edge of the casing. Reverse at the beginning and end to secure stitching. To reinforce the casing, stitch close to the top folded edge on one side of the bag (app 2/8"), reverse at the beginning and end to secure stitching. Repeat on other side of the bag.



Inside Pocket

Assembling the inside pocket.

Overlock or zigzag all 4 sides of the inner pocket (20 cm x 33 cm) Fold under 1.5cm on the top edge with WS facing along the shorter (top) edge. Stitch along the top edge to make a hem. Fold RS together so that the hemmed edge is 3 cm down from the unhemmed edge. Sew the side seams of the pocket with a straight seam. Turn pocket inside out and press side seams and fold at the top of the pocket. Fold under 1.5 cm from the folded hem, pin and press flat.



Attaching the inside pocket.

Fold the bag in half and pin the centre. Fold the inside pocket in half and pin the centre.

Measure and place 3 pins, 10cm down from the top of the casing.

Place the pocket on to the bag matching the centre pins of the bag and the inside pocket then pin the pocket to the bag using the 10cm pins as a guide.



10cm

Tip: Use matching bobbin thread to fabric as stitching is visible on right side of baby bag.

Sew the top edge of the pocket with the edge of the foot on the fold of the fabric.

Then sew the left side, rotate then needle then sew across the pocket 1 cm down from the folded edge then rotate and sew the right side. Trim threads.



Attaching inside pocket stitching is visible on the bag.

Finishing off the baby bag.

Trim threads. Turn bag RS out. Reinforce the casing edge by sewing along the stitching line and back 2cm either side of one side seam. Repeat with the other side seam.

Press bag flat, press bagged base up flat.

Thread 1.5m cord/tape through casing from left all around to left casing then tie off. Repeat by inserting the other 1.5m cord/tape from the right and all around to right casing then tie off.



Retro fitting hooks and rings to make baby backpacks.

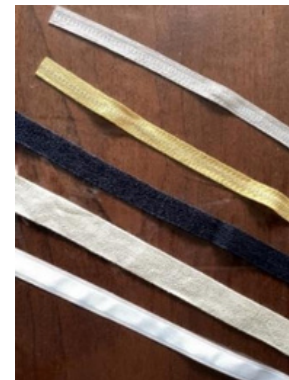
Samples of cord and tape used to make ties on baby bags.

Cotton & nylon
cord : thick & thin

1 ½ cm cotton
tape - machined in
half



Cotton tape:
1½ & 2cm wide
Nylon tape:
2cm wide



Attaching hooks to base of bag.

Lanyard hooks with a ring attached

1. Cut 2 pieces of tape (cotton or nylon) 11.5 cm long.
2. Put tape through ring of hook, pin tape together 2 cm from the cut edge of tape.



3. With bag right side out, use small sharp scissors to carefully unpick the bagged base seam app 2 cm either side of the side seam. Repeat on the other side.



4. With left hand inside the bag and base seam side up, hold the triangle and slide the tape into the gap until the pin is level with the fold and it is centred on the side seam. Squeeze tape with left hand remove pin at fold line and secure the tape on side seam with the pin closer to the hook. Repeat on the other side.



5. Pinch the inside triangle and turn the bag inside out. Lay the corner flat. Restitch along the original bagged base stitching line (doublecheck the seam allowances are facing the correct way before stitching). Reinforce the seam by sewing 2cm either side of the side seam (4 cm) Then reinforce once more by placing the edge of the machine foot along the seam line to stitch 2cm either side of side seam (4 cm) Repeat on the other corner of the bag.



6. Turn the bag right side out and remove the pin from each tape.



The lanyard hooks attached to the base of the bags.

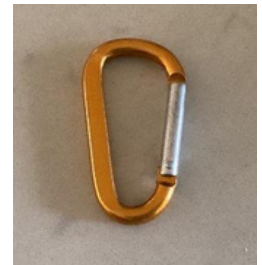
Carabiner “D” clips, no ring

Follow directions for attaching lanyard hooks with an attached ring steps 1-6. Only change, attach the tape to the bag before attaching the carabiner ring.

Attach the carabiner ring to the tape with the wide edge next to the fold of the tape.

Using a zipper foot pushed to the left, sew as close as possible to the edge of the ring in the tape to form a narrow casing then reverse and sew backward, sew forward and backward once more to secure. Trim threads.

Rotate the carabiner rings so the narrower edge is within the narrow casing.



Caution: The carabiner rings are not as secure as the lanyard hooks with ring attached but by rotating to the narrower edge of the carabiner ring once sewn, you are reducing the risk of the carabiner ring falling off when it is opened to clip into the ring attached to the tie of the baby bag to form a backpack.

Securing the ties and the rings.

*Use a wide Zig Zag and small stitch length for securing ties and rings.
(i.e. Elna width 4 Length 2)



For cords – cotton and nylon.

Securing the ties.

Place the ring through one of the cords.

Measure 6 cm along each end of the cords and pin. Lay the cords together and secure through the centre with a pin.



Remove first pin and zig zag back and forth across the cord. Rotate on needle and zig zag along the centre to the end of the cord join, squeezing the edges of the cord together as you sew.

Rotate and zig zag back and forth along the end.

Rotate and centre foot then zig zag back along the centre.

Trim threads and cut off frayed cord at the end of the machining.



Final stitching to secure join.

- With thick cotton or nylon cord: if you can, roll the flattened cord together in your fingers and slide it under the machine foot then zig zag along the top to make into a “roll” shape. Repeat on the other cord.
- If it cannot be flattened and rolled, re- zig zag along the centre, rotate and zig zag back.



Securing the rings

Fold cord so the ring is 3.5 cm from the end of the join.

Zigzag across the end near the ring, rotate and zig zag along the folded cord, rotate and zig zag back. Trim threads.

With thick cotton or nylon cord: if you can, roll the flattened cord together in your fingers and slide it under the machine foot then zig zag along the top to make into a “roll” shape.

Repeat the steps above for securing the ties, the join & the rings on the other side of the bag.





For cotton tape. (1.5 cm tape folded in half lengthways & machined together on the edge.)

Securing the ties.

Place the ring through one of ties.

Measure 6 cm along each end of the tape, then lay one flat on top of the other with a pin in the centre.

Zig zag along the left-hand edge of the tape, rotate and zig zag back along the other edge of the tape. Rotate and zig zag down the centre of the tape. Trim threads.



Securing the rings.

Fold the tape so the ring is 3.5 cm from the end of the join.

Zig zag along the left-hand edge of the tape, rotate and zig zag back along the other edge of the tape. Rotate and zig zag down the centre of the tape. Trim threads.

Repeat the steps above for securing the ties & the rings on the other side of the bag.

