DIY

# baby BOW HEADBAND

SEAM ALLOWANCE IS 3/8 INCH UNLESS DIRECTED OTHERWISE.

STITCH TYPE: Use a lightning bolt stitch, a small narrow zigzag stitch, or you can use a 3-4 thread serger. (This is so the seams won't pop and break when the fabric is stretched.

| Headband Size | *Average* Head Circumference |
|---|---|
| Newborn | 13-15 inches |
| 3-6 mo | 14-15 inches |
| 6-12 mo | 15-16 inches |
| Toddler | 16-17 inches |
| 3-10 years | 17-18 inches |
| Teen | 18-19 inches |
| Adult | 20-23 inches |

## Materials and Items Needed

- Sewing machine/Serger (optional)
- Scissors/Rotary Cutter-Mat
- Knit Fabric or UPCYCLED KNIT CLOTHING
- Pins/Fabric clips (optional)
- Measuring tape
- Turning stick

## 1 HEAD MEASUREMENT

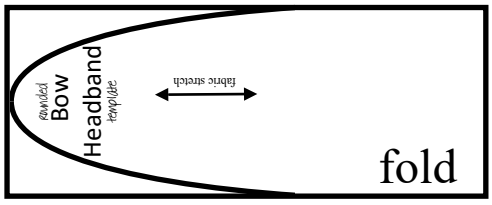
The best way to get a correct size is to measure the head you are making the headband for. If that's not possible, refer to the **Average Head Circumference Chart** above. *Knit fabric will stretch to fit a wide variety of heads sizes in that range so don't be too stressed about it.*

Using a measuring tape, measure the widest part of head. Write that measurement down.

## 2 CUTTING OUT

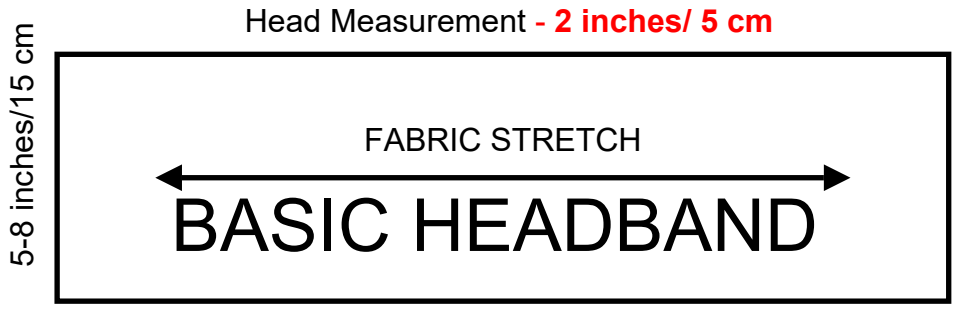
The bow on this headband can have square or rounded ends.

**For the rounded ends**: use the bow template as a cutting guide.

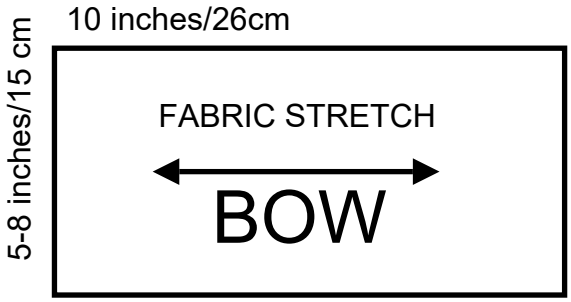


*Feel free to alter the thickness of the headband. You may want a thicker, bulkier, or even a thinner headband. It's all your preference and you can cut them out accordingly.*

Cut out ONE HEADBAND 6 inches/15 cm x HEAD MEASUREMENT - 2 inches/5cm




Cut out ONE BOW 6 inches/15.5 cm x 10 inches/ 26 cm ( I recommend 5 ½ inches for a small heads)




Make sure you cut out the strips with the stretchiness of the fabric for the widest part.

## 3 SEWING HEADBAND

Fold HEADBAND FABRIC strip in half lengthwise. Sew along the unfinished edge. Backstitch at the beginning and end of seam.

Turn right side facing out using a turning stick or the eraser end of a pencil.

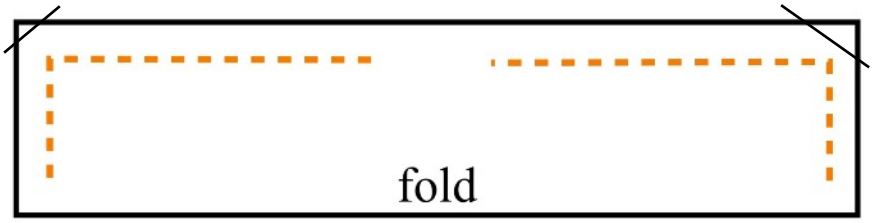
Align the seam so it is in the center of the headband.

Place the shorts ends Right Sides Together and with the seams lined up. Using a regular straight stitch, sew along the unfinished edge using a 3/8 inch seam allowance. (Basically the edge of your presser foot). Trim seam allowance.

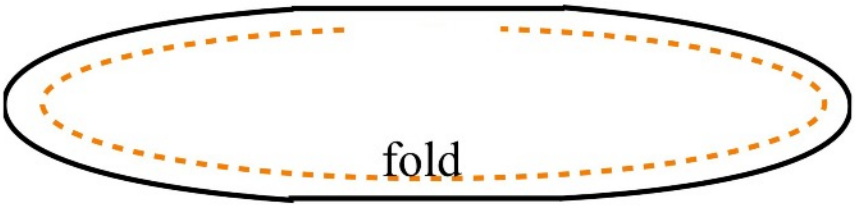
After you have sewn the headband, set that aside while you sew the bow piece.

## 4 SEWING BOW PIECE

**Square Ends:** Fold the bow piece in half, Right Sides Together. Using the straight stitch, sew the short and long sides together leaving a inch gap unsewn. Clip corners. Turn right side out and poke out the corners.

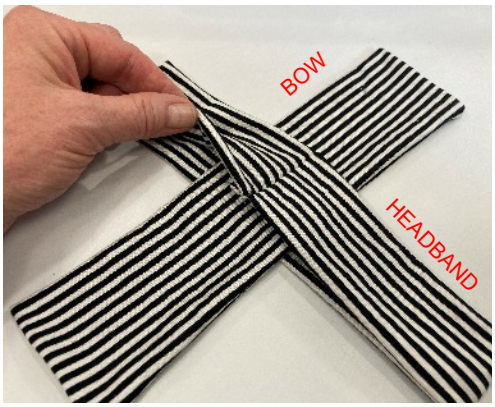



**Rounded Ends: S**ew all the way around leaving a 1.5 inch gap on the unfolded side.
Turn right side out, pushing out the curves.



# 5 APPLYING THE BOW

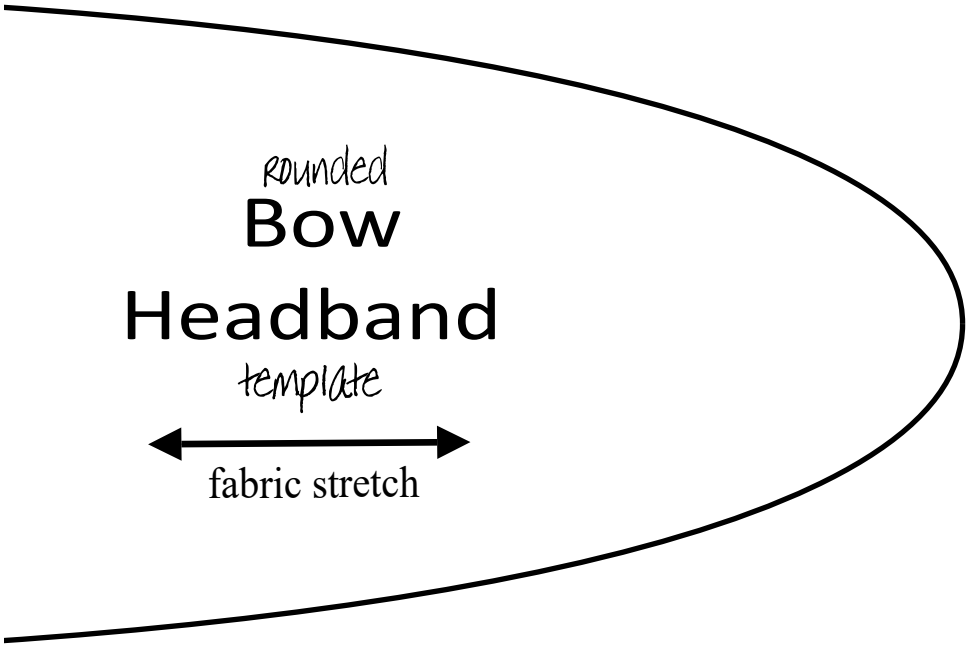
With RIGHT SIDE OF THE HEADBAND FACING OUT and the seam on top, slide the bow piece between the layers of the headband.



Center horizontally and pin in place.
Sew down the center of the bow piece (which is under the headband) and follow the headband seam.
Backstitch at the beginning and end of the seam.

Simply cross the bow ends tuck one underneath and pull the make a knot. Adjust to your liking.

Tadah! Now wasn't that simple!

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# HAVE FUN SEWING!

Let me know if you have any questions or concerns while sewing your headbands.
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