

The Busy Hands Fidget Apron

Fishsticks Designs



A SEWING PATTERN FROM FISHSTICKS DESIGNS

WWW.FISHSTICKSDESIGNS.COM

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Supplies

Fabrics & Notions:

1 ½ yards of cotton woven fabric (quilting fabric or lightweight twill)

7" or longer zipper and scrap fabrics (or ¼" yd.) for the zippered pocket

Ribbon, trim, key rings, buttons, beads, etc. for attachments

For ideas on finding fidgets to attach, be sure to read this blog post:

<http://www.fishsticksdesigns.com/blog/the-busy-hands-fidget-apron-pattern>.

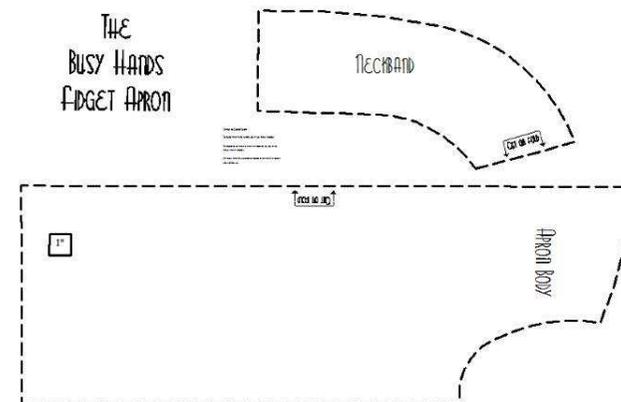
Preparation

Prepare your pdf pattern. Before printing the pattern pieces, check your printing options to be sure that "rotate and center" is selected and sizing options such as "fit to page" are **not** selected.

Each page is marked with a row number and a column number to help with lining up the pages. All pages will overlap 1" on each side. . For picture instructions on assembling Fishsticks Designs pdf patterns, visit here:

<http://fishsticksdesigns.com/blog/how-to-use-a-pdf-pattern/>.

When properly pieced, your completed pattern should look like this graphic:



Sewing Instructions

Gather your fidget items and trims.



Cut out your pattern pieces. (If you're sewing with a directional fabric, you may want to cut it out upside down so that the person using the apron can look down and see the pictures from the correct angle.)



Place the neck pieces right sides together. Pin. Stitch all the way around at $\frac{1}{2}$ ", leaving a 3" opening for turning on one of the straight portions of the shorter side.



Trim the corners, clip the curves and turn. Push the corners out neatly and press. Topstitch the short side $\frac{1}{4}$ " from the edge, closing the opening.



Fold each short end of both strap pieces to the wrong side ½" and press.



Press each strap in half the long way with wrong sides facing and raw edges even.



Unfold and fold the edges back to the middle. Press.



Fold in the center again and press well. Be sure that the raw edges are all tucked inside neatly.



Topstitch ¼" from the edges along the open long edge and both short edges.

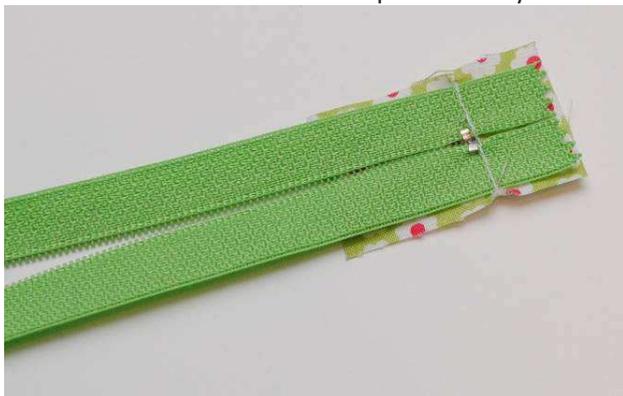


Set the straps and neck band aside for now.

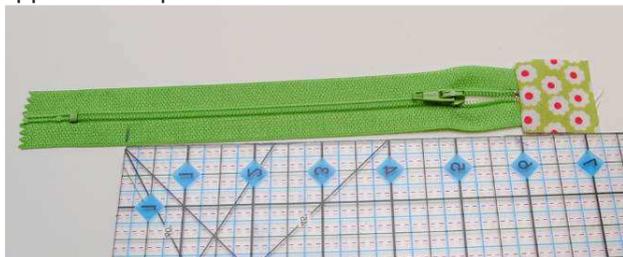
To make the zippered pocket. Cut one each of these pieces: 6"x8", 2"x8", 5"x8" and two pieces 2"x 1 1/4".



Pin the top end of the zipper to one of the smallest pieces of fabric with right sides facing, as shown, and stitch across just to the outside of the zipper stop. Be careful not to hit the metal pieces with your needle.



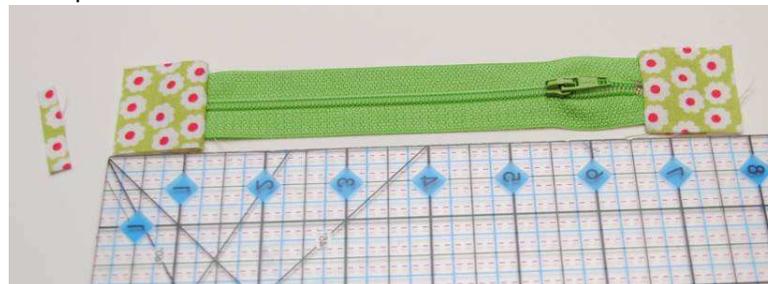
Fold the fabric out. Measure from the raw edge of the fabric to 7 1/4" and mark your zipper at that point.



Trim the zipper at this point.



Use the same process to attach the remaining small piece of fabric to the other end of the zipper. Pin the fabric with right sides facing to the raw end of the zipper with raw edges aligned. Stitch across 1/2" from the raw edges. Fold the fabric out. Trim this full zipper section to 8", evening up the two fabric end pieces.



Center your zipper on top of the 2"x8" piece with the right sides together and raw edges lined up. Pin in place, as shown.



Use your zipper foot to sew this side of the zipper. Position your needle so that it falls 3/8" from the raw edge. Sew to just before the zipper pull (removing the pins as you go), backstitch, remove the fabric from the machine, and pull the zipper pull past where you've already sewn. Start stitching again just before where you left off and stitch all the way to the end.



Repeat this process to attach the 5"x8" piece to the opposite side of the zipper.



Press the fabric away from the zipper. (Be careful to keep the iron away from the zipper teeth. They will melt!) Topstitch each side of the zipper. Sew to the zipper pull, put your needle down, lift your sewing machine foot, pull the zipper pull past the foot, put the foot back down and continue sewing.



Place the 6"x8" pocket piece on top of the completed zippered pocket front and trim the pieces to the same size.



Place the zippered pocket front on top of the pocket back with the right side of the back facing the wrong side of the front, as shown. Baste the raw edges together at about $\frac{1}{4}$ ". Fold the raw edges to the back $\frac{1}{2}$ " all the way around and press well.



Place the pocket where you'd like it on the apron and pin it in place.



Don't sew this down yet. It's best to pin all the pieces to the apron front and make sure that you like the arrangement before sewing them in place.

Now we're going to arrange the rest of the fidget pieces using ribbons to cover the raw edges. Remember to wait until you're happy with the arrangement before sewing them in place. I started by using this wide black and white ribbon to cover the raw edges of the fluffy white trim. (Burnish the edges of your ribbons with a lighter to keep them from unraveling, then tuck them under about $\frac{1}{2}$ ".)



Next, I pulled cording through large buttons and arranged them so that the raw edges were tucked up under a ribbon piece. (Try to position your cording so that it is well up under the ribbon. This will help keep it secure once it's sewn down.)



To make the braid, I cut three pieces of stretch jersey 18"x 1 1/2" with the stretch across the short measurement.



Fold each piece in half the long way and overlap them at the top.



Cover these ends with ribbon and pin in place. (When you pull on these pieces of fabric slightly, they'll roll, making them easier to braid.)



Ribbons with key rings attached allow for fidget items that can't be washed and dried to be removed for washing and swapped out as needed. I tucked the ends of these two ribbons up under the ribbon holding down the fluffy white trim. Sewing across the tops and bottoms of these when the large ribbon is sewn down will secure them nicely. (See page 11 for the method that I used to attach the key rings to the ribbons.)



This ribbon and key ring is tucked up under a piece of the loop side of hook and loop tape. Adding pieces of fabric and trim with different textures gives the apron more interest for the wearer.



Finally, I added these needle craft stitch markers pulled over a ribbon. They make a slight clicking sound and can be moved back and forth. (Beads would work well here, too.)



Once I was happy with the arrangement, I stitched everything in place except for the buttons. (Those I opted to leave off until I had the apron completed.) Be sure to use a tight stitch and secure everything very well.



To finish the apron, start with hemming the arm curves. Fold $\frac{1}{4}$ " to the back and then $\frac{1}{4}$ " again. Press well. This curve will not want to lay flat until it's stitched down.



Hem both arm curves. It's easiest to stitch this from the back and let your bobbin thread show on the front of the apron. Once the curve is stitched, press it down neatly.



Fold the top edge of the apron over $\frac{1}{4}$ " and press.



Fold over again $\frac{1}{2}$ " and press well.



Unfold the $\frac{1}{2}$ " fold, but not the $\frac{1}{4}$ " fold. Place the neckband on top of the apron body. Pin the ends of the neckband even with the $\frac{1}{4}$ " fold. Stitch across each end at $\frac{1}{2}$ ".



Flip the neckband away from the body and pin the ½" fold and the ends of the neckband to the back.



Use the same process to sew on the straps. Fold each side over ¼", press, then fold ½" and press. Unfold the ½" fold. Place each strap across the body with one end lined up even with the bottom of arm curve. Pin in place, stitch across at ½". Flip the straps away from the body, pin the 1/2" fold and the strap ends in place on the back of the apron body. Stitch all the way down the sides.



Stitch in place.



To finish the apron, fold the bottom edge up ¼", then ¼" again and press. Be sure that the raw edges are neatly hidden on both ends. Stitch in place.



To hang the removable fidgets from the apron, you'll need to attach ribbons to the apron and key ring, and to the fidget and the key ring. Before attaching the key ring and ribbon to the apron, loop a ribbon through a key ring, burnish the ends of the ribbon, overlap and stitch them together. Press the sides of the ribbon together about 1/2" from the key ring and stitch across. See the fidget pictures below for guidance.

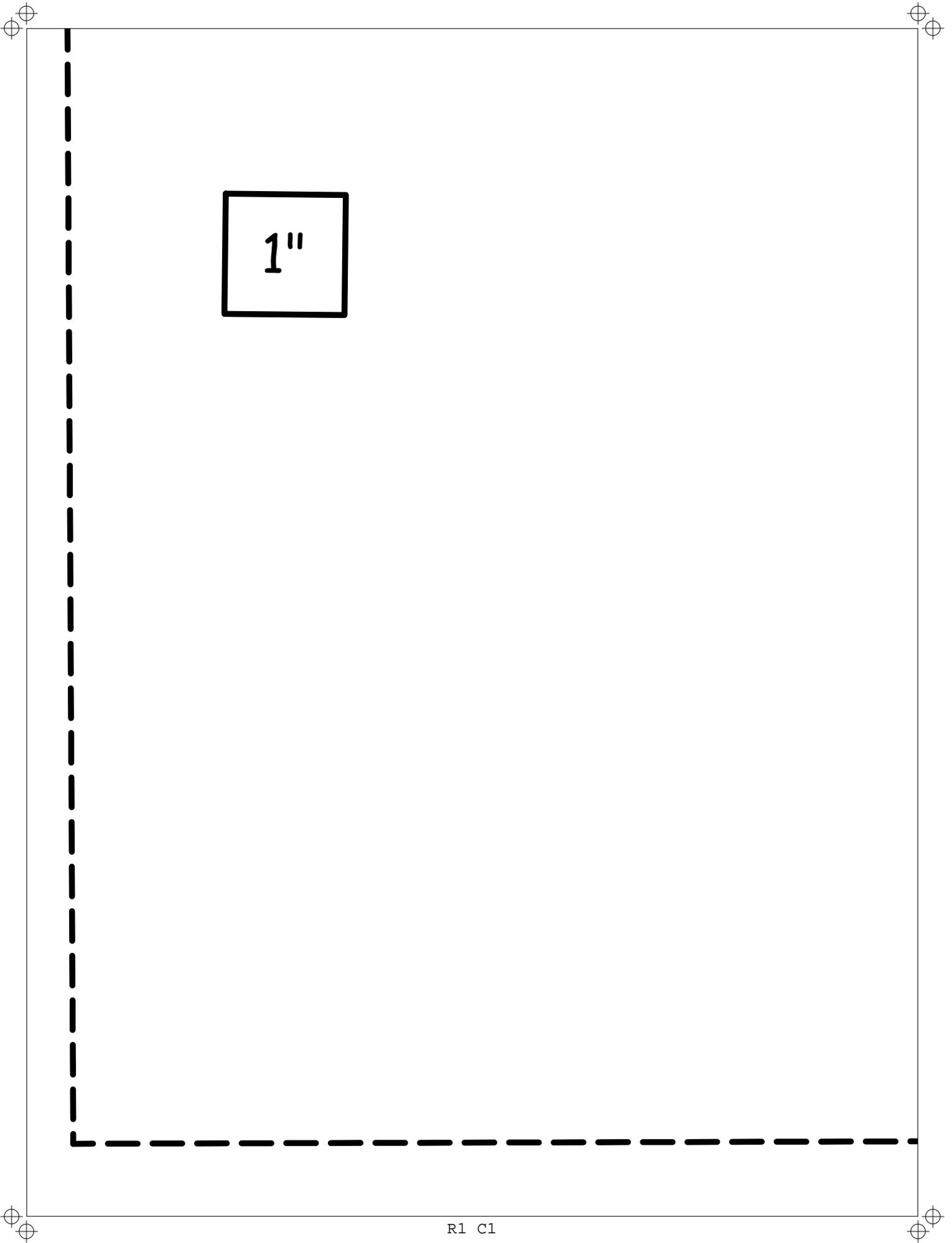
Use this same method to prepare fidgets for attaching. Loop the ribbon through the item, burnish the ends of the ribbon, overlap and stitch them together.



Remove the key ring from the ribbon on the apron. Pull the ribbon on the attachment through the key ring, press the ribbon together about 1/2" from the key ring and stitch across.

Finish stitching on the washable items and attaching the removable fidgets, and your apron is all done!

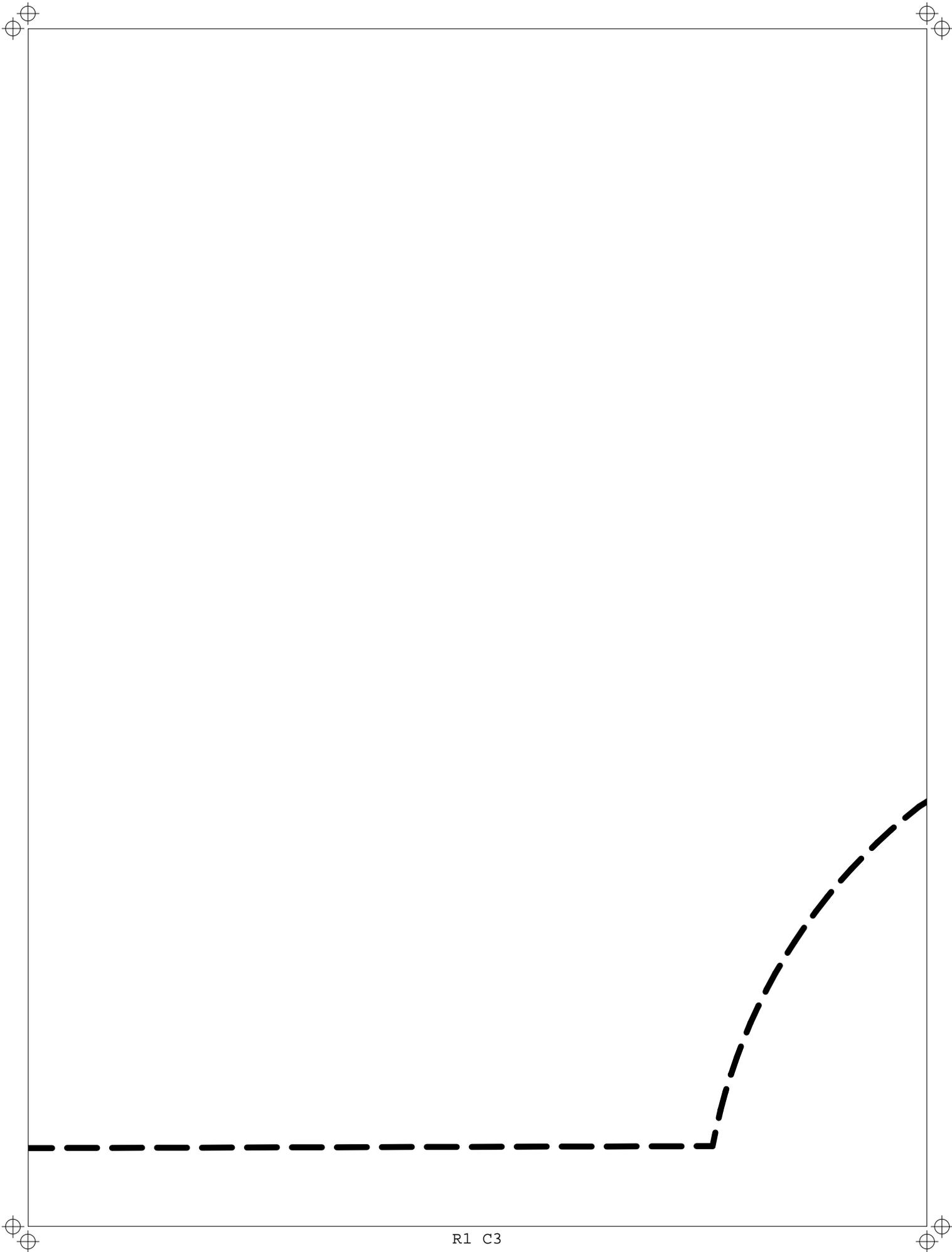




R1 C1

R1 C2

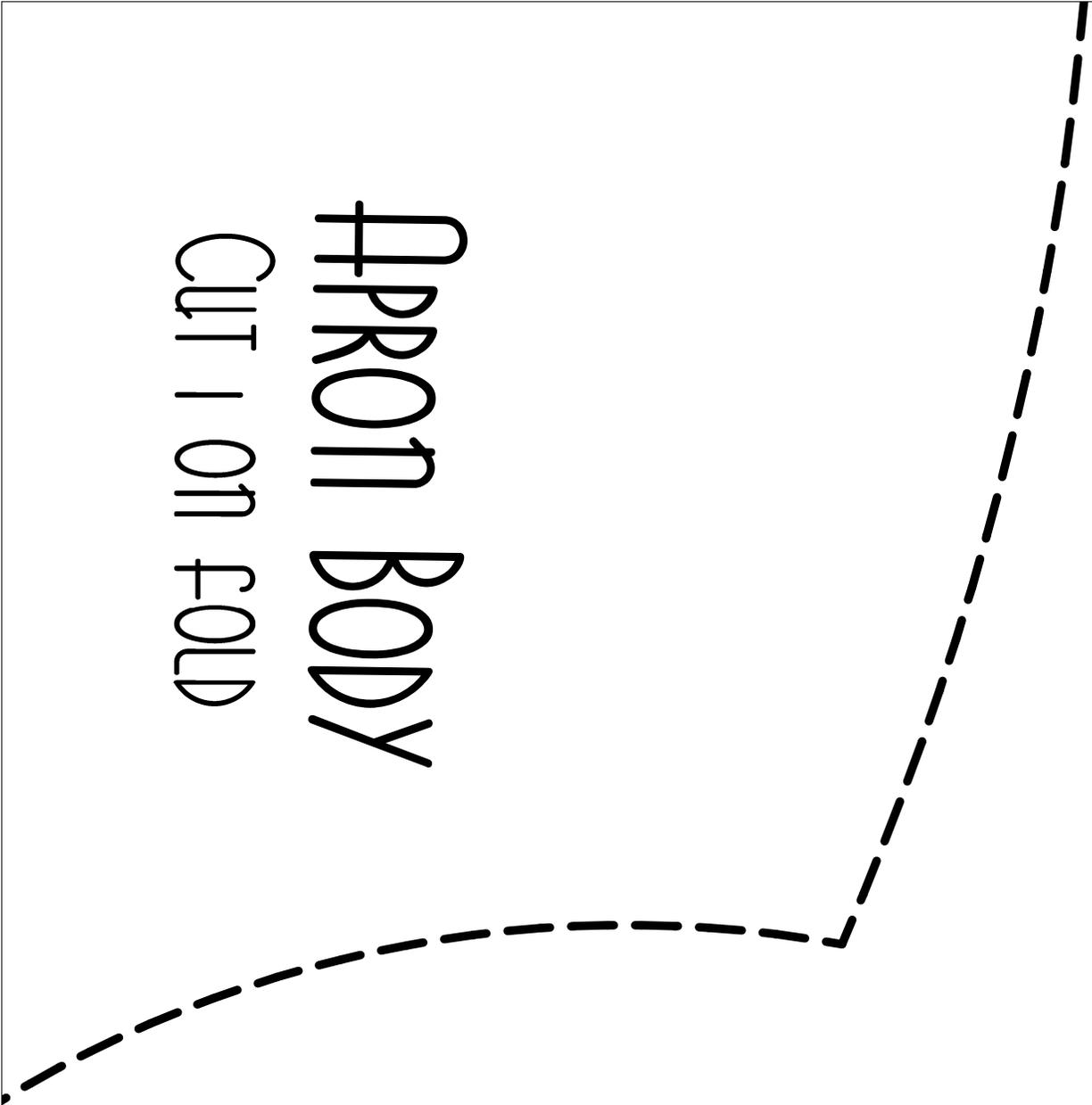




R1 C3

APRON BODY

CUT 1 ON FOLD



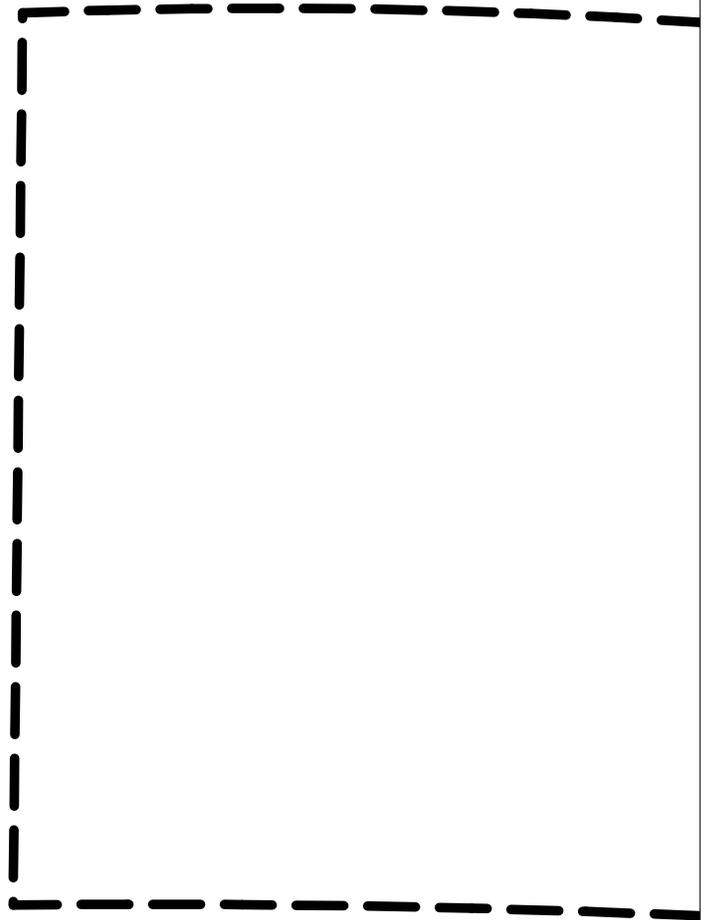
THE BUSY HANDS FIDGET APRON



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CUT TWO
STRAP PIECES:
4" X 32"



↑ CUT ON FOLD ↑

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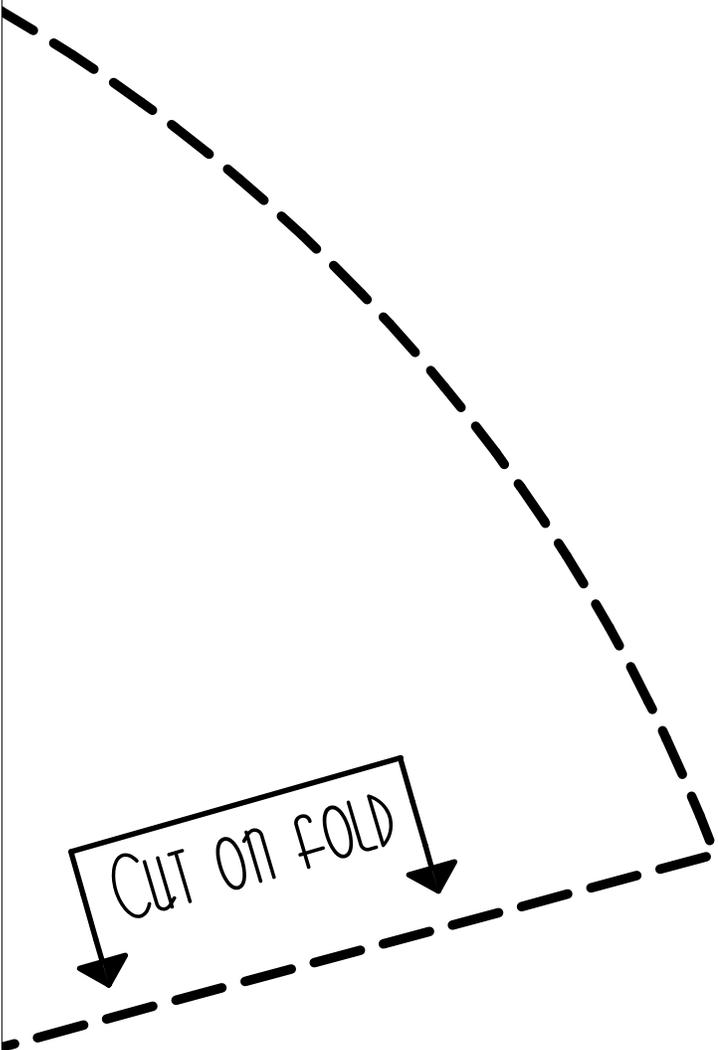
CUT 2 ON FOLD

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CUT ON FOLD

