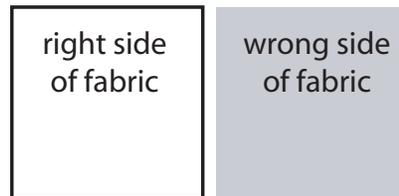


Materials Needed:

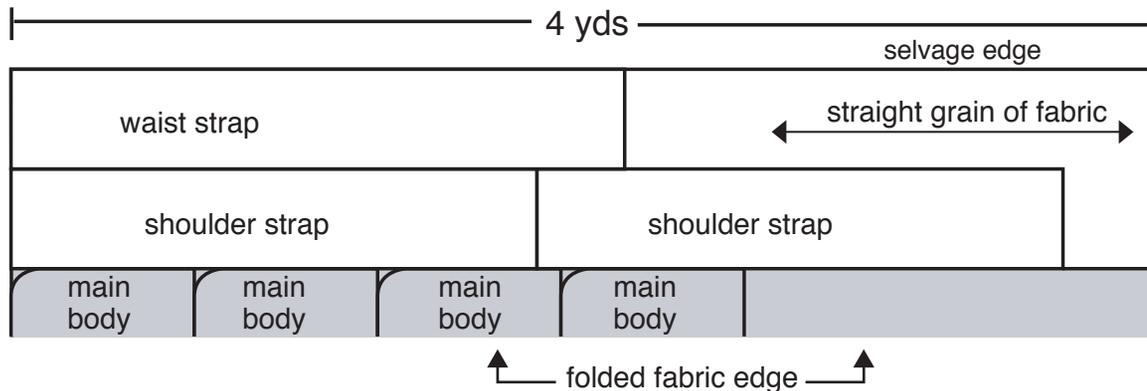
- 4 yds fabric (42" wide or more)
- 1 yd batting (optional)



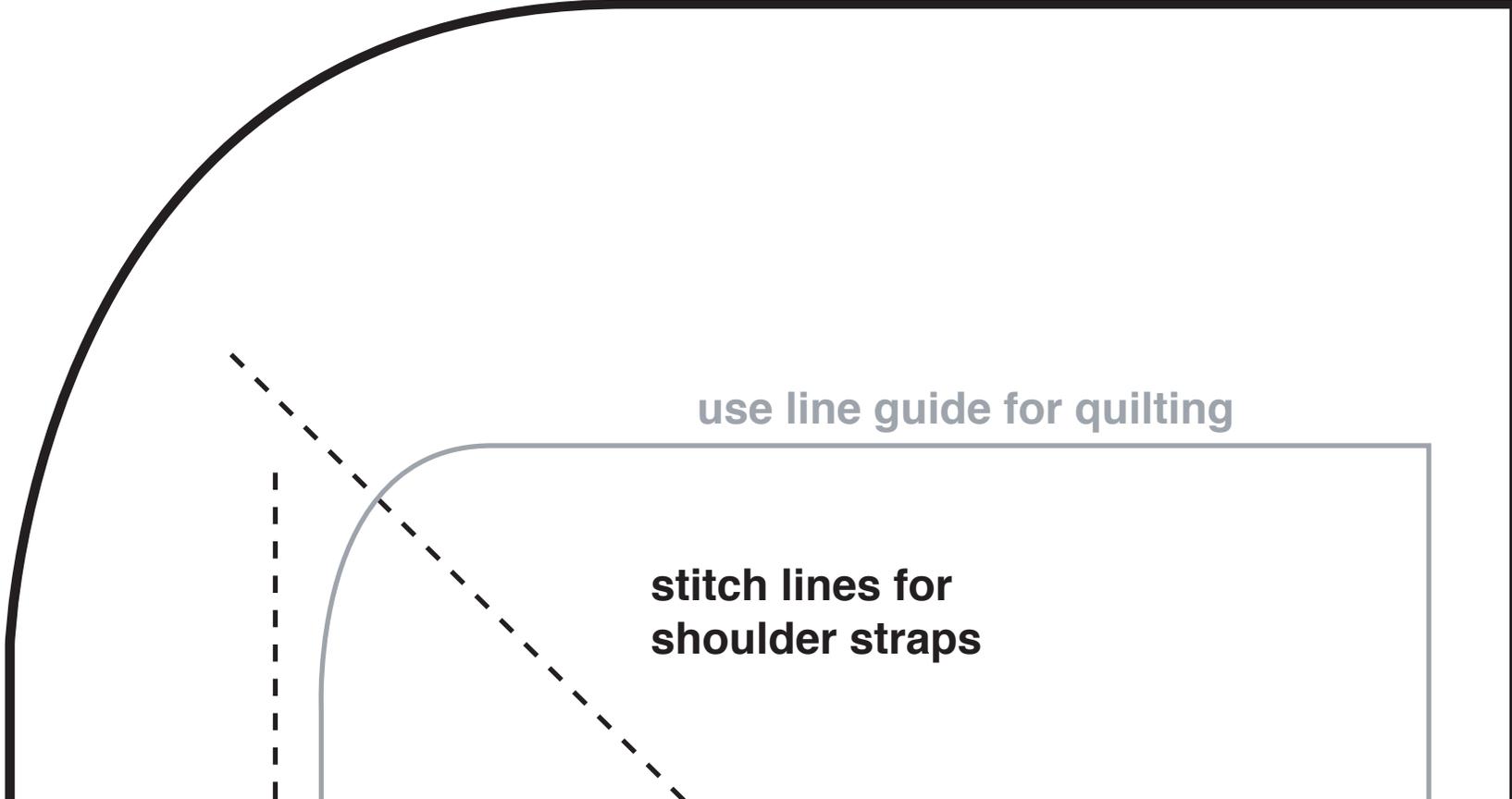
to ensure printing to proper scale, this block should measure 1" square

Cut the following pieces:

- 4 main body pieces
- 2 shoulder strap pieces measuring 12.5" wide x 66" long
- 1 waist strap piece measuring 12.5" wide x 77" long

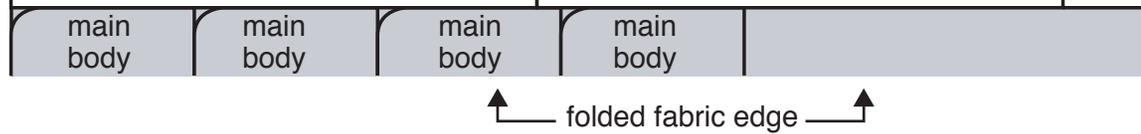


Optional:



use line guide for quilting

**stitch lines for
shoulder straps**



Optional:

- 1 main body piece from batting
- 2 shoulder strap padding pieces 4" wide x 18" long

Directions (*optional direction will be in italics*):

1. Transfer stitch markings to both main body inner pieces.
2. Press 1/2" hem on the long edge of both shoulder strap and waist strap.



3. Press 1/2" hem on short sides of straps.
4. Fold shoulder straps and waist strap lengthwise into three even folds to measure appx. 4" wide. Press.



5. *Insert should strap batting into shoulder straps matching short sides.*



6. Stitch 1/4" around all four sides of the straps.



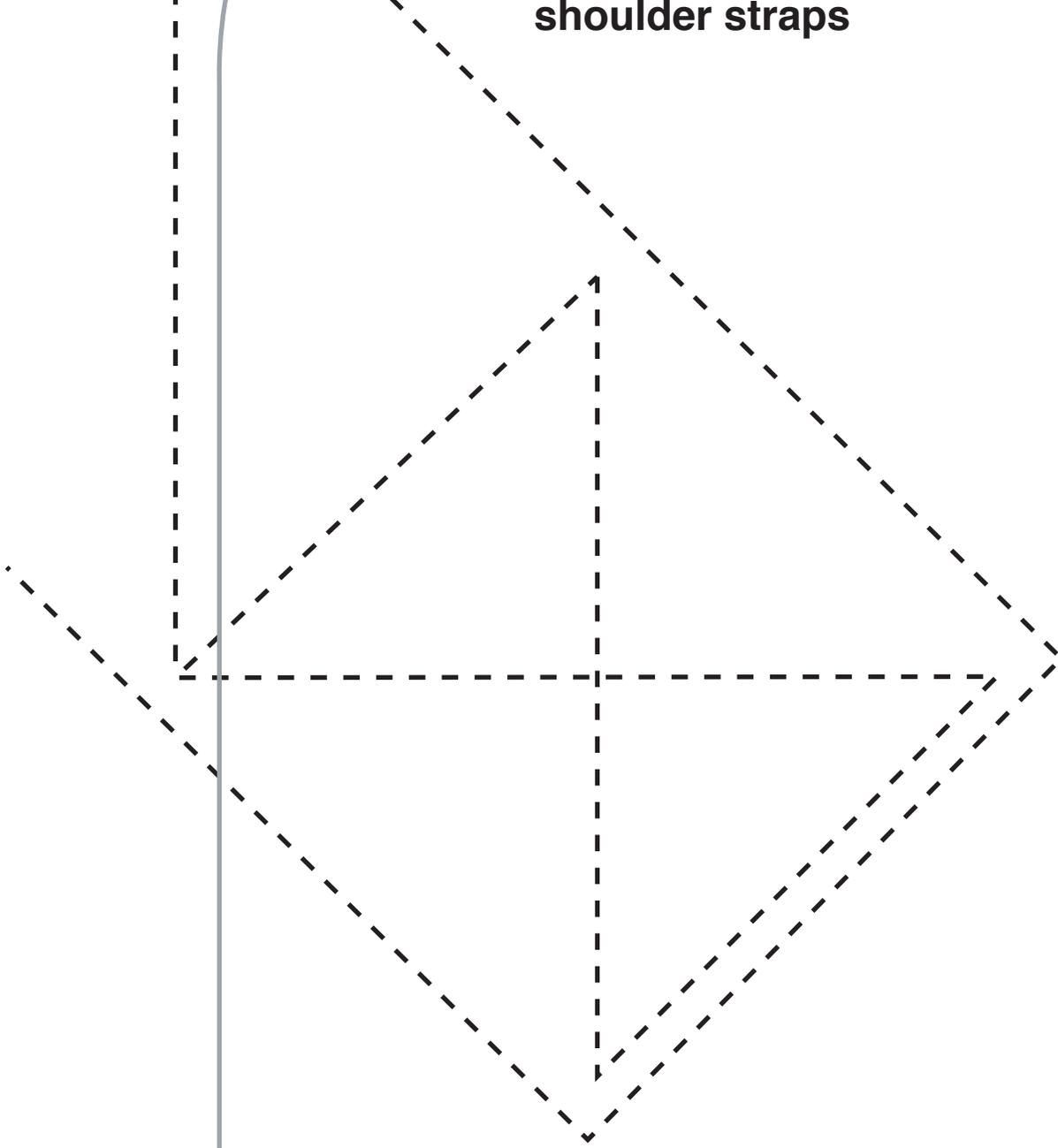
7. *Quilt batting inside shoulder strap to avoid shifting.*



8. Sandwich shoulder straps and waist strap between inner

ALL INSTRUCTIONS BEFORE STARTING

shoulder straps



place on fold

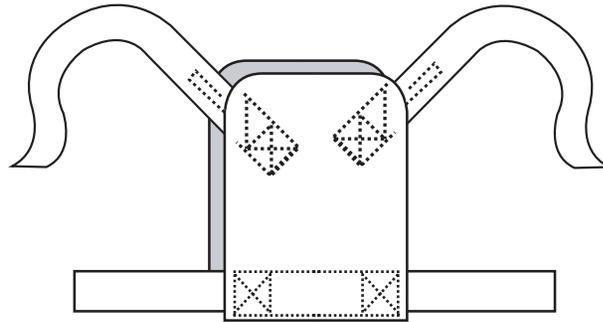
7. *Quilt batting inside shoulder strap to avoid shifting.*



8. Sandwich shoulder straps and waist strap between inner main body pieces using stitch markings as a guide. Pin in place.

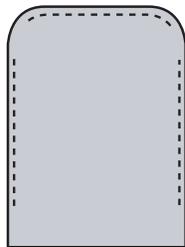
9. *Sandwich main body batting between inner main body pieces.*

10. Stitch along markings to to attach should strap and waist strap.



11. With right sides together, sandwich inner body piece between outer body pieces and pin. Make sure straps are inside.

12. Stitch using a 1/2" seam allowance on three sides making sure to leave to bottom open and NOT stitching the four slots where the straps are closed.



13. Turn the mei tai out through the bottom and pull straps out through the open slots. Press a 1/2" hem inside along the bottom and pin. Press a 1/2" inside on both sides of each strap opening and pin.

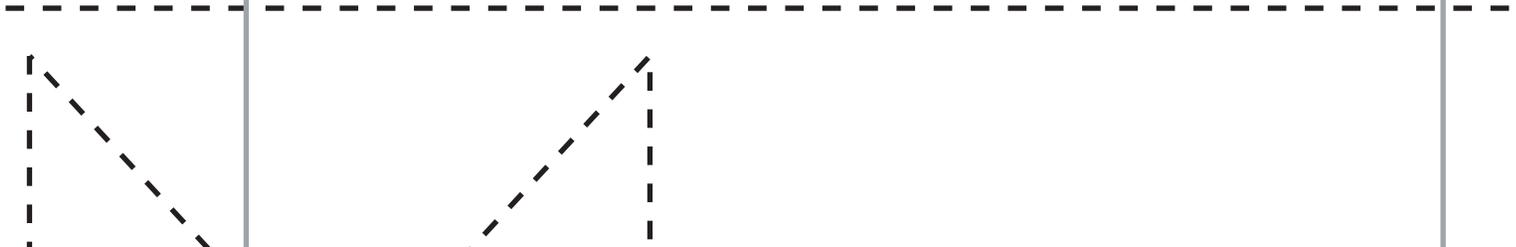
PLEASE MAKE SURE TO READ ALL INSTRUCTIONS

straight grain of fabric

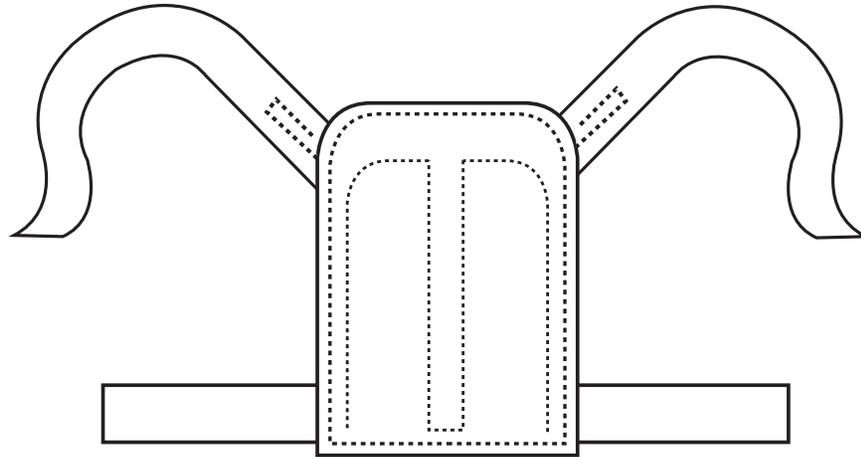


mei tai
main body piece
cut 2 interior fabric
cut 2 outer fabric
cut 1 batting (optional)

place on



13. Turn the mei tai out through the bottom and pull straps out through the open slots. Press a 1/2" hem inside along the bottom and pin. Press a 1/2" inside on both sides of each strap opening and pin.
14. Stitch 1/4" around entire mei tai body.
15. Quilt the main body pieces together using quilting guides on pattern to prevent shifting.



**stitch lines for
waistband**

