

# *Aprons for Autism*

## *Material list*

*1 1/3 yards fabric*

## *Thread*

*A giving heart filled with JOY*

## *Directions*

- 1. Fold the fabric by folding the factory fold up to the selvedge edge. It should measure about 11" by 48".*
- 2. Next square up bottom edge if needed then cut 2 pieces 4" by WOF. These will be used to make the ties.*
- 3. Tape together your pattern along the dotted line and lay it at the top*

*edge of your fabric. The FOLD should be placed along the factory fold then cut along the arm, shoulder, and neck lines.*

*TaDa! Your apron is cut out.*

- 4. Fold each 4" strip in half longways and sew along the long edge then turn right side out and press. Leave the selvage ends as they are already finished. Cut 12 inches off one end of both ties for the top tie and set aside all pieces, we will attach them later.*
- 5. If you are using regular quilting cotton, cut 8 inches off the bottom for the pocket. Hem the*

*bottom of the pocket by turning up the bottom twice and stitching along the top of the hem as well as the folded edge. This creates a nice detail and adds to the durability.*

- 6. Next reattach the pocket by sewing it onto the bottom of the apron (both pieces should be wrong side up and the pocket should be on top of the apron, this will make the right sides face out when you flip the pocket up.) Stitch along the fold then stitch pocket lines to create 4 pockets you will need to stitch the ends closed, one line at the middle fold of the apron*

*and one line at each armhole. These lines are flexible so don't worry that they be measured precise. Everyone likes big pockets, right?*

- 7. Now apply a rolled hem along the arms and neck. You will need to ease in the curves areas and the rolled hem should be quite small. Apply a rolled hem along the back edges of the apron to eliminate the selvedge.*
- 8. Measure from the factory fold at the pocket up 3 inches and over 3 inches to the right and attach the raw end of one strap (repeat for the left strap). Then take a small tuck to*

*cover the raw edge of the strap and top stitch it down. Do this on both waist straps and it will create a nice little pleat in the front of the apron.*

- 9. Sew the shoulder seams next with a French seam.*
- 10. Attach the raw ends of the 12-inch ties one to each side of the neck opening folding under the raw edge and stitching it down to cover the raw edge.*

*Congratulations! You have made a quick and easy apron that will give JOY to a child with Autism and their family.*

*Thank you for participating in this project that is near and dear to our hearts. You are appreciated! A Quilting HERO!*

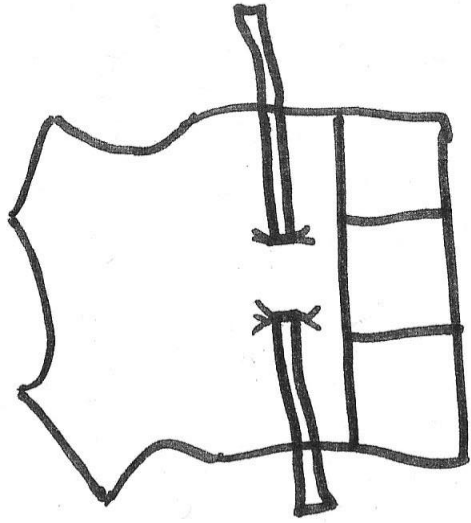


[www.quiltculture.art](http://www.quiltculture.art)

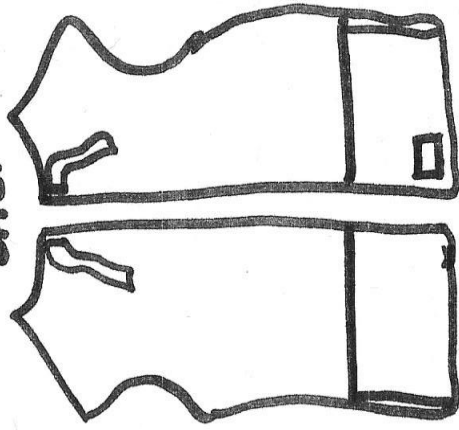
*If you know any child with Autism in need of an apron, please use this pattern to make them one. If they need more than you can do, please submit a request using the website above. Our goal is to give every child with Autism on the planet an apron. We are honored to have your help.*

*Quilt Culture*

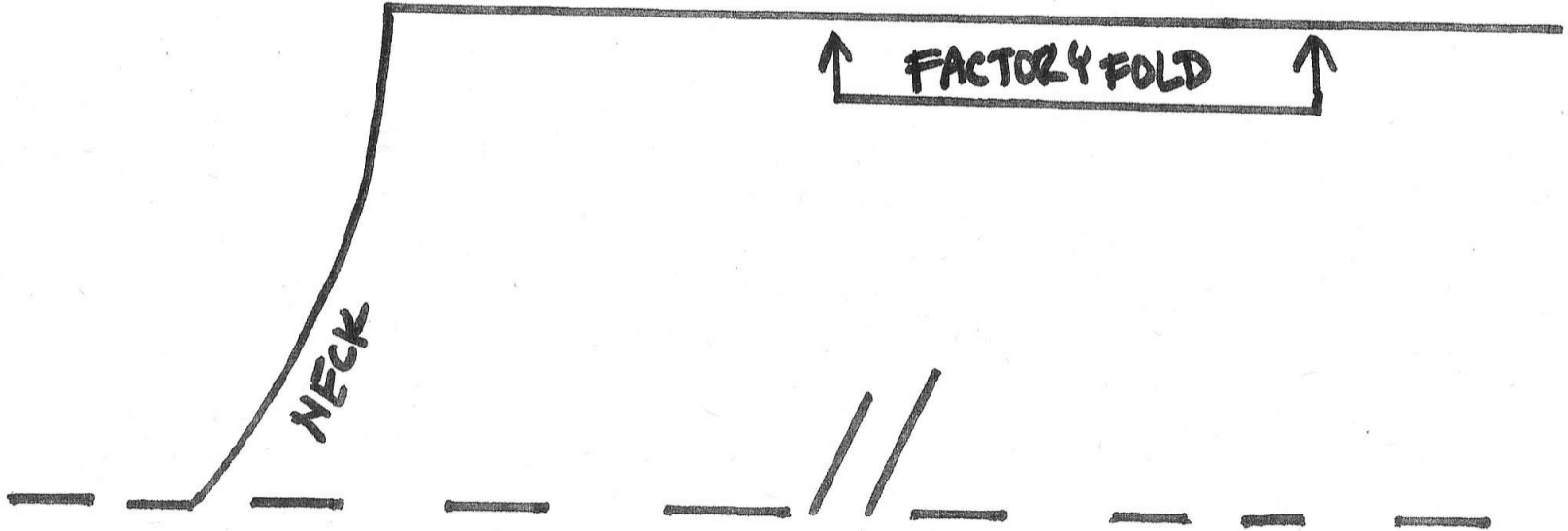
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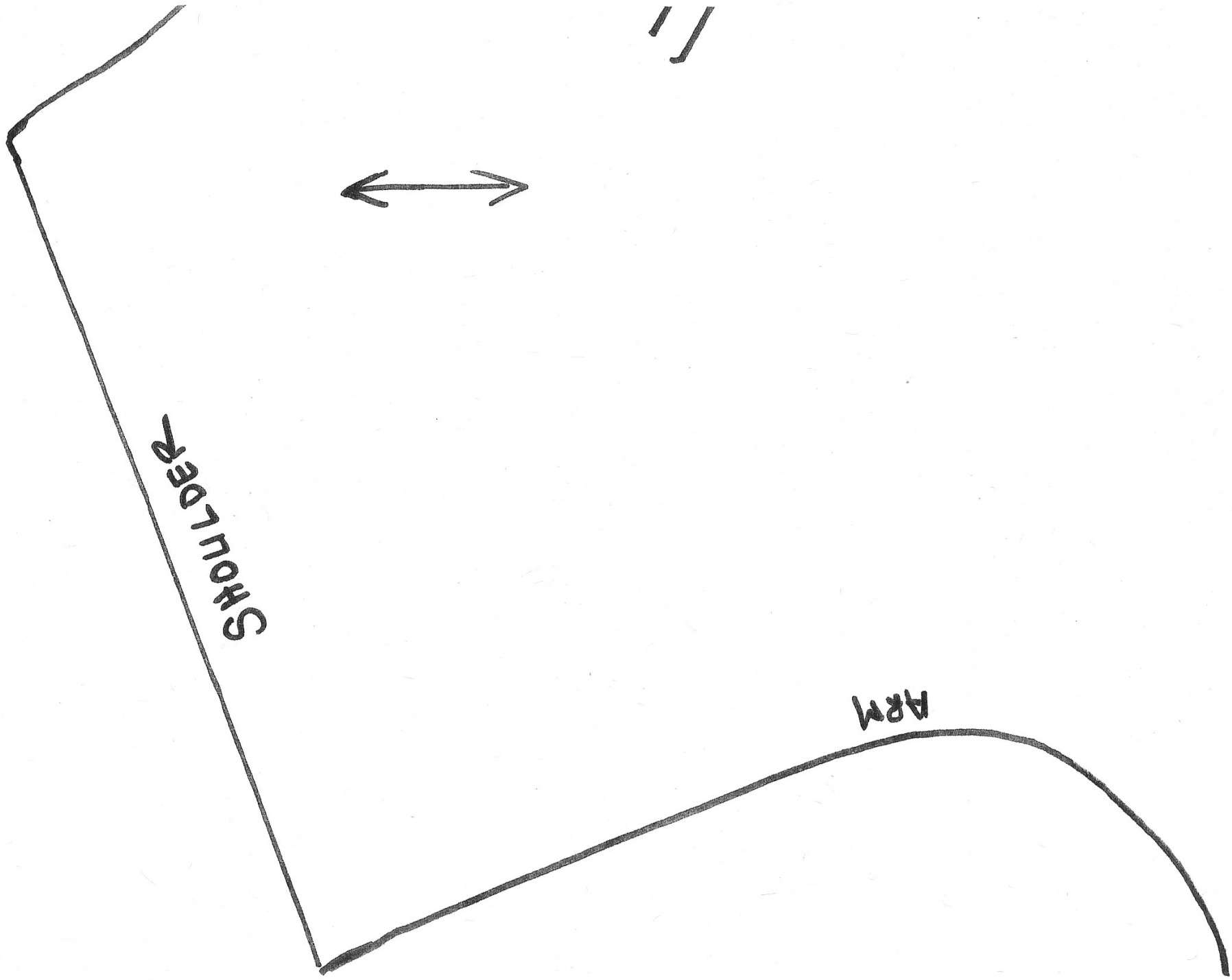


BACK



LABEL





SHOULDER

ARM



