

MAKE A READING PILLOW

These instructions are adapted from the <https://hellosewing.com> website by Helen Spencer. You may have a similar pattern and instructions. In addition, there are a variety of videos on this craft on YouTube.

STEP 1: See the diagram of the fabric cut list and cut out the fabric pieces

Wash the fabric thoroughly and press flat before you start doing anything.

- Cut the front fabric into an 18 x 18 inches wide piece.
- Cut two pieces 12 x 18 inches big from the back fabric.
- Cut the pillow pocket fabric and the pillow lining into a 12 x 18 inches piece each.
- Cut two pieces of fusible interfacing, one should be 12 x 18 inches, and the other should be 18 x 18 inches big.

STEP 2: Apply the interfacing

Take the pocket fabric piece and apply interfacing.

STEP 3: Line the pocket

Adding a line makes the pillow more durable. Place the pocket lining piece and the interfaced pocket fabric on top of each other so that their right sides face each other. Align the edges and secure the top border with pins or clips. Sew along the top edge with a half-inch seam allowance.

STEP 4: Turn the pocket around and topstitch

Press the seam open and turn the entire piece inside-out. Flatten the hem and topstitch the edge.

STEP 6: Attach the handle (optional)

Fold your fabric in half and press with the iron. Unfold and fold the top and bottom edges to meet in the middle. Press. Fold one last time along the crease in the middle—pin and stitch along the fold.

SAFETY T.I.P. From Helen Spencer: Do **NOT** add a handle if making this for children under 3 – it is a choking hazard!

STEP 7: Assemble the front

Lay the pocket piece on top of the main fabric to align their bottom edges, and their right sides are facing up. Then, stitch both left and right-side edges to secure them.

Set the two short edges of the handle in the middle of the longer edge of the main fabric piece, about three inches apart. Keep the entire ribbon on top of the fabric to bend downward. Pin and sew in place.

STEP 8: Prepare the back pieces

For both back pieces: Fold one of the longer edges 1/2 inch toward the wrong side of the fabric TWICE and press flat—pin and stitch in place.

STEP 9: Make the envelope back

Put one of those pieces on top of the front of the pillow, with its right side down. Align the long raw edge with the **TOP** side of the pillow. Make sure the folded edge is facing down. Secure with pins or clips.

Then put the second back piece over the front, again with its right side down. Align the long raw edge with the **BOTTOM** of the pillow. Make sure to keep the folded edge up this time. Use clips or pins to keep the layers in place.

STEP 10: Sew around

Stitch all around the pillowcase with a half-inch seam allowance. Backstitch over the folded edges of the back pieces to prevent the seams from poking out when inserting the pillow form.

STEP 11: Finish the D.I.Y. reading pillow

Clip all four corners a bit to reduce bulk. Then, turn the entire pillowcase to the right side and push out the corners with a pencil or your fingers—press flat on the ironing board.

Put an 18-inch pillow form in the case. You can also make a similar pillow size out of muslin and fill it with polyester fiberfill. The reading pillow is ready.