

Regular-Sized Fitted Crib Sheet Instructions

Patients in our Neonatal Intensive Care Unit can be here for an extended period of time and crib sheets are a great way to help the patient and their family feel more at home. Use our UI Health Care-specific NICU sheet patterns to get started. All sheets must be made using cotton fabrics. Bright and colorful patterns are highly recommended and preferred.

Supplies

- 1 ½ yards of cotton print fabric
 - Finished size ~ 40"x27"
- 3/8" elastic (~53" per sheet)

Directions for a regular-sized fitted crib sheet

1. Prewash the fabric in HOT water. Dry on high heat to ensure the fabric is preshrunk
2. Cut the fabric to be **35" wide and 48" long**
3. Cut 4" squares out of each corner



4. Bring the two sides of the square together, placing the right sides together
5. Using a ¼" inseam, sew along the dashed lines in the picture above to form corner pockets. **Make this seam strong by sewing along this line twice since it will take the most abuse**
6. Serge or zigzag along the sewn seam to keep fabric from fraying
7. Serge the entire edge of the fabric. You can also turn the fabric under about ¼" and sew
8. Hem the edge to accommodate the 3/8" elastic. Leave a small opening to insert the elastic
9. Using a large safety pin or bodkin, thread the elastic through the opening
10. Sew the elastic edges together and sew the opening closed

Include a matching flat sheet with your donation!

1. Use one yard of the same material as your fitted sheet
2. Prewash the fabric in HOT water. Dry on high heat to ensure the fabric is preshrunk
3. Serge the whole piece or sew a very narrow hem