

SUPPORT CUSHION FOR PREGNANT WOMEN



MATERIALS

- 95 cm fabric for inner lining measuring 140 cm
- Approx. 40 - 45 ltr polystyrene foam pellets
- 95 cm fabric for the cover measuring 140 cm
- 40 cm zipper



FREE
DIY

HOW TO

CUTTING INSTRUCTIONS

Inner lining:

Cut 1 piece measuring 140 cm x 92 cm

Cover:

Cut 1 piece measuring 140 cm x 92 cm

SEWING INSTRUCTIONS

Inner lining:

Fold the inner lining lengthwise and stitch right sides together and at both ends with a 1 cm seam, leaving one side open at one end.

Trim corner and turn right side out, press.

Stuff with polystyrene foam pellets and stitch opening closed.

Cover

Fold the cover lengthwise and stitch right sides together and at both ends, leaving one side open 40 cm for the zipper.

Stitch on the zipper.

Turn right side out, place inner lining inside the cover and close the zipper.

