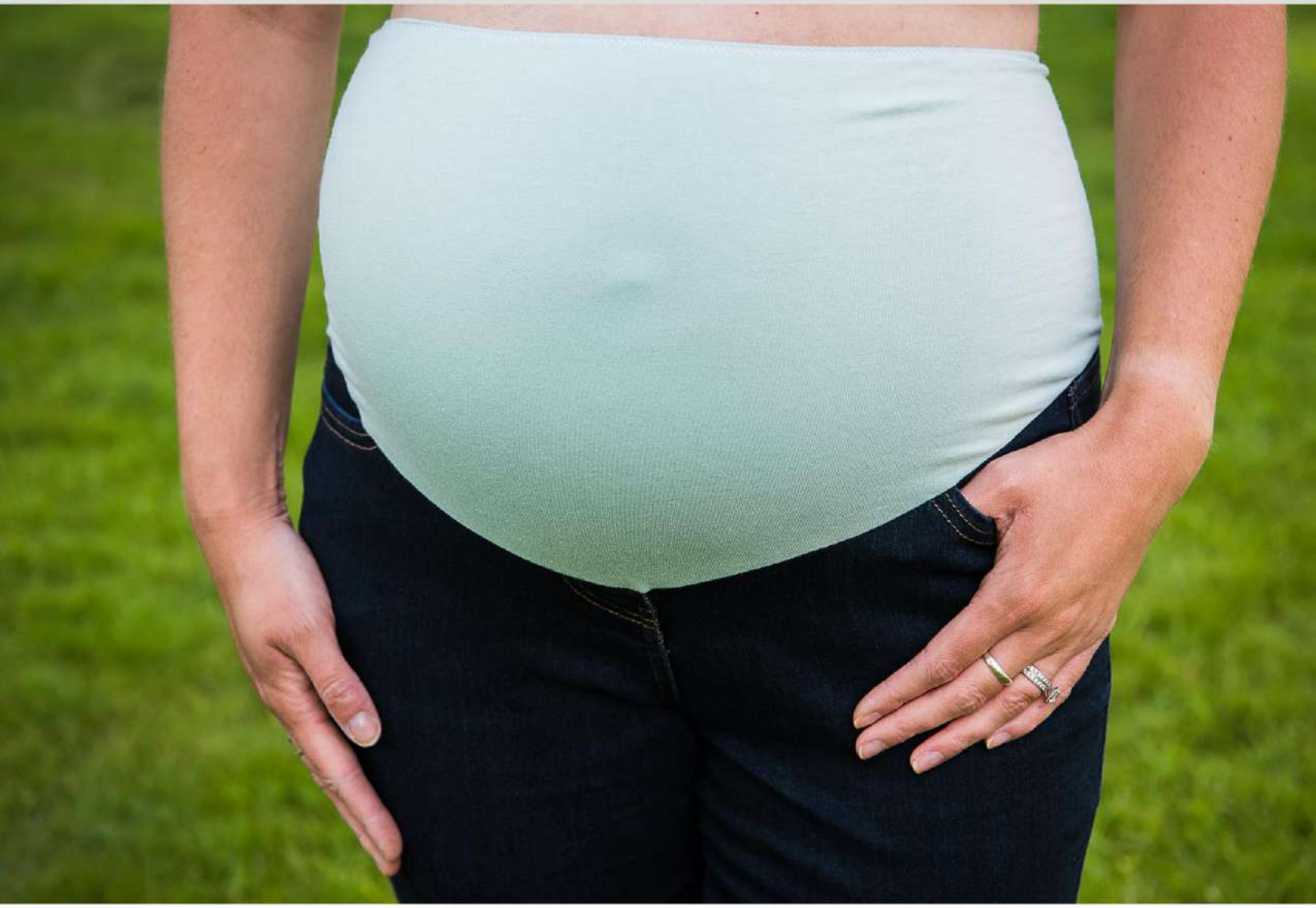
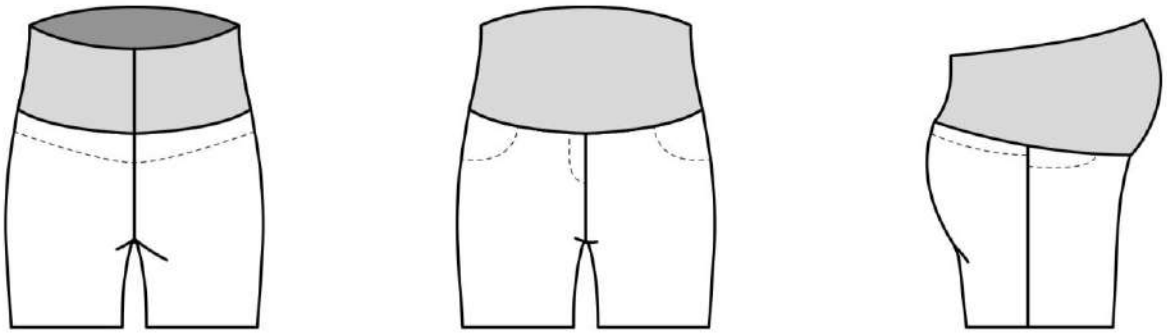
Rebecca Page

XXS - 5XL

BEGINNER





Maternity Jeans Hack

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This pattern is copyrighted 2021 to Rebecca Page by rebecca-page.com.

Please feel free to make garments from this pattern to sell. If you do, we would love you to include a credit to rebecca-page.com as the pattern designer, but it is up to you.

The finished product may only be sold by crafters. It may not be mass produced. You can only sell the finished product; you cannot sell the pattern or these instructions.
Best of luck and happy sewing!

Getting Started

Need help? Have a question? Connect with us.

Page Group @rebeccajpage

Our Facebook group is a great place to get help, share your tips and creations! We are a friendly bunch and we love to help and see what you have made.

Please read the full instructions before getting started.

Wash, dry, and press your fabric before starting your project. A bit of prep now prevents shrinking and means your garment will stay the same size you made it.

Never leave a child or baby unattended or allow to sleep in a garment made from one of our patterns with ties, snaps, buttons, or anything they could remove, choke on, or get caught on. Always use caution if you are unsure. We love our patterns, but we love your bundles of joy more!

Printing Your Pattern

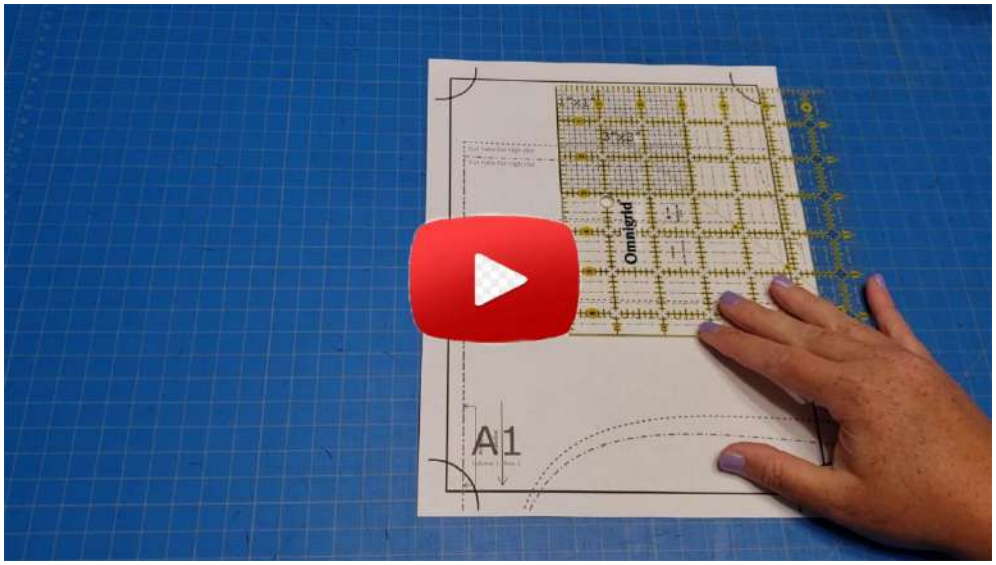
Settings

The pattern is a separate download. Choose either the US letter paper, A4 paper, or A0 paper. Print at **100%**.

On the second page, you will find a **1-inch** and a **3-inch square test box**. Print this page first, on its own, and measure these squares.

Once you are happy that the test box is accurate, print the rest of the pattern pages.

Please follow this video for information and assistance on assembling this pattern.



Printing the Instructions

The instructions are designed for everyone from beginner upwards, so there are a LOT of pictures throughout the instructions. For this reason, some people do not print these in full (however you can if you wish!).

If, however, you want to print a one page **quick-glance cheat sheet** (no photos, intermediate / advanced level instructions), you will find this on **page 10**.

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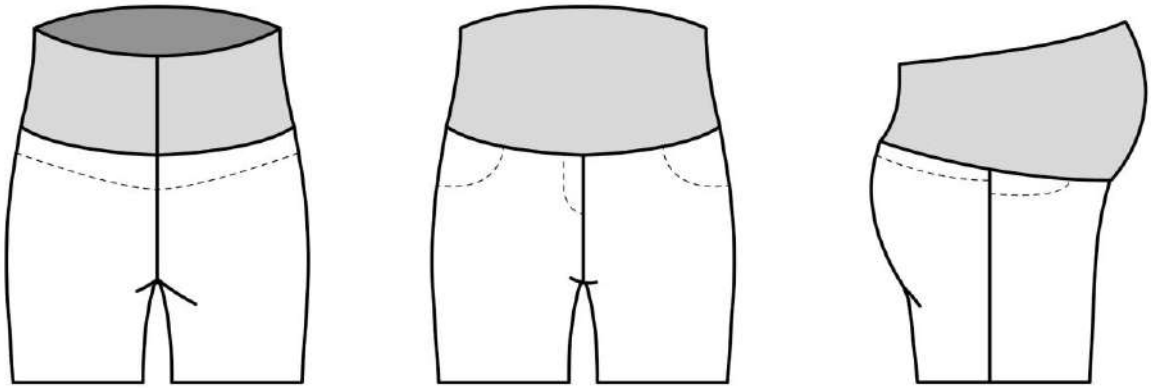
Maternity Jeans Hack

Difficulty Level = Beginner

Make your own maternity jeans with this step-by-step hack. The 'perfect' pair of maternity jeans are a life saver! Comfy, can be paired with anything and grow with you during your pregnancy. The problem is, often maternity jeans come in limited styles, colors and sizes. Now you can pick any pair of jeans and convert them into the comfiest maternity jeans that you'll love and wear throughout your pregnancy.



Back Front Side

Size Chart

Usually, we work out the size to use by measuring your body. Unusually here, we aren't going to do this.

Instead, undo the fly and try on the jeans you want to convert in to maternity jeans. Depending on where you are in your pregnancy, you may not be able to do the fly up again. This is fine. We just want to check that excluding the waist area, that the jeans fit ok.

Take the jeans off again and do up the fly again. Then, measure the inside of the waistband to find the jeans' 'waist measurement' (the waist circumference).

Using the chart below, select the corresponding 'waist size'. This will be your 'size' for this pattern. It may be similar to your normal size you wear in our patterns, or quite different. We are just trying to make sure you select the right size belly band to match your jeans (not your pre or post pregnancy size).

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	Waist	
	Inches	CM
XXS	25.0	63.5
XS	27.0	68.5
S	28.0	71.0
M	30.0	76.0
L	32.0	81.0
XL	35.0	86.0
XXL	38.0	96.5
3XL	42.0	106.5
4XL	46.0	117.0
5XL	50.0	127.0

Materials & Tools

For your Belly Band fabric, you need a **knit / stretch fabric** such as jersey. This belly band is not suitable for woven fabrics.

- You can use nearly any stretch fabric, but it needs to stretch in both directions – vertical and horizontal (4-way stretch).
- It can be any weight; however, best results and fit are achieved with a medium weight fabric.
- Your fabric will need to have at least **40% stretch** to get the fit as it's designed. To check how much stretch your fabric has, take a piece of fabric, and pull along its stretch. If it allows you to stretch it at least 40% longer than its original length, then it has at least 40% stretch. I.e. A 2-inch piece of fabric (unstretched) should be able to be stretched to 2.8 inches (or, more).
- The stretch recovery of your fabric is just as important as the stretch percentage. This will ensure your belly band maintains its shape and fit for as long as possible and not become loose over your bump. To test the stretch recovery (elasticity), simply check that when you stretch your piece of fabric, it returns to its original size.

Fabric Requirements 45 inches/115 cm wide
(in **YARDS**)

	Belly Band
XXS - XL	0.75
XXL – 5XL	1.75

Fabric Requirements 60 inches/150 cm wide
(in **YARDS**)

	Belly Band
XXS - XL	0.75
XXL – 5XL	1.00

NOTE - For sizes XXL-5XL, the belly band will not fit on 45-inch-wide fabric. If your fabric has 40% stretch horizontally, you can choose to turn the pattern pieces and cut it out running along the grain. Or alternatively cut with a seam down the center front.

** If you are using a narrower fabric, a directional print, or a fabric with nap you may need more.*
*** Make sure to wash, dry, and press all fabrics before cutting out in case they shrink.*

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You will also need:

- ¼ inch wide elastic (length above) – 1.5 yards will be sufficient for all sizes
- The jeans you want to convert
- Thread to match your fabric

Tools needed are a seam ripper, sewing machine, clips or pins, and scissors. A serger or overlocker is optional. Tailors chalk or a disappearing fabric pen are also optional.

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Cutting Instructions

Cut the belly band according to the directions on the pattern piece. Seam allowances are all included so just cut it as is. You will need to fold your fabric and align the foldline arrow on the pattern piece with the fold. This means when you unfold your fabric after cutting that the belly band will fold out to be perfectly symmetrical.

Cut around the 'Cut Out Template' pattern piece so it is ready to use. Put this aside.

Cutting Charts – All pattern pieces are included, however if you prefer to cut using a cutting chart, the dimensions for the rectangular pieces (in INCHES) are to the right:

	Elastic (cut 1)
	Length
XXS	24.25
XS	25.50
S	27.00
M	29.25
L	31.25
XL	34.00
XXL	36.75
3XL	40.75
4XL	44.75
5XL	49.00

Cutting Checklist:

- Belly Band – fabric cut 1 on fold

NOTE – To cut fabric on the fold, fold your fabric over parallel to the selvage edges. Align the pattern piece so it is on the fold of the fabric. Cut around the edges, leaving the fold. If you have folded your fabric correctly the fold will be parallel to the two edges of the fabric that are finished. The raw edges (e.g. the ones you could pick at and threads would come off) will be at a right angle to your fold.

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Fabric Tips

Tips for Sewing with Knit Fabrics

Using a serger is not a necessity to sew with knit fabrics! Here are a few tips to get the best results on a regular sewing machine:

- Use a ball point needle of a size appropriate to your fabric when working with knits – The ball point needle has a slightly rounded tip and will prevent from damaging the fibre. Use ball point pins or clips and, if you can't, use regular pins into the seam allowance and you should be just fine.
- Use a stretch stitch – You can use either a short and narrow zigzag or a stretch stitch (lightning bolt stitch) for construction. Test on a scrap of fabric to find which stitch and tension settings work best for you. You don't want the fabric to pucker under your stitches.
- Your machine might have many fancy stretch stitches and you are welcome to play with them, but often the basic zigzag or stretch stitch are just right.
- Use a walking foot – Using a walking-foot is not a necessity but it is highly recommended when working on a stretchy knit. The walking-foot helps to prevent one layer of fabric from stretching out while sewing. Both layers of fabrics are fed at the same time under your needle.
- Reduce your presser foot tension – Some machines will allow you to change your presser foot tension. Check your manual to see how to reduce your presser foot tension. Reducing tension will prevent your fabric from stretching while it goes through the machine.
- Use a ball point twin-needle (double needle) for top stitching – Using a twin-needle will give you a regular double line of straight stitches on the right side and a short and stretchy zigzag on the wrong side. Alternately, if you don't own a twin needle, you can use a medium size zigzag stitch for hemming and topstitching. I like to lengthen my stitch a little when top stitching with the twin needle. Test on a scrap of fabric to find what works best for you.
- Finishing the seams – Because knits don't fray, it isn't strictly necessary to finish your seams. That being said, you will achieve a more polished and durable look if you do an overcasting or zigzag stitch on your raw edges.

Here is an example of some of the stitches you could use.

From left to right: Ballpoint twin-needle, narrow zigzag, stretch stitch (lightning bolt), overcasting

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Quick-Glance Cheat Sheet

(full step-by-step tutorial starts on next page)

⅜ inch seam allowance included – Basting ¼ inch

Sewing –

1. ELASTIC - Mark center of elastic and Belly Band. Pin ends of elastic to edges of Belly Band. Match center marks and pin. With a zig-zag stitch, attach your elastic to your band.
2. BELLY BAND - Fold Band right sides together, aligning back raw edges. Stitch or serge back edge. Add extra stitching for additional security if necessary. Fold Band at elastic with wrong sides together. Align raw edges all the way around, marking quarter points.
3. PREPARE JEANS - Every pair of jeans will be different, so adapt as necessary for your jeans. Remove stitches from bottom of belt loops. Snip belt loops close to waistband. Insert scissors and cut around waistband to remove it. Leave the waistband above the fly. Secure pocket bags as you pass them. Undo button and zipper, then cut carefully across fly. Unpick and remove zip. Do not remove any topstitching, if possible. Straighten the top edge of your jeans. Align template over your jeans, with center front aligned with the curve and the edges at your side seams. Pin in place and trim front only of jeans. Pin fly and stitch closed permanently. Baste pockets to top of jeans.
4. ASSEMBLY - Match quarter points of Band and top of jeans, right sides together. Stitch or serge Band to jeans. Add extra stitching, if necessary. Pull out basting stitches and press seam up.

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Sewing Instructions

⅜ inch seam allowance included - Basting ¼ inch

STEP 1 – Elastic

1.1 Fold the Belly Band in half and mark the center line with pins, tailors chalk or a disappearing fabric marker.

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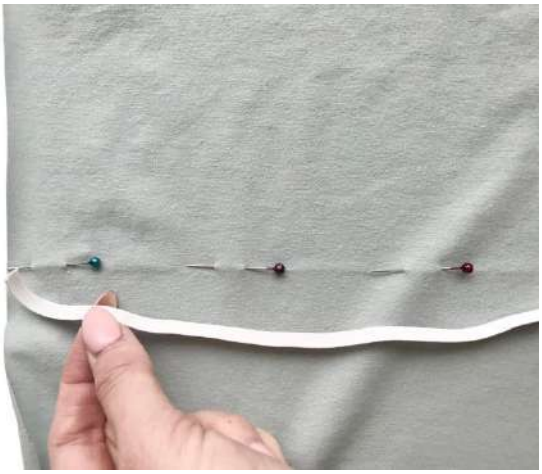
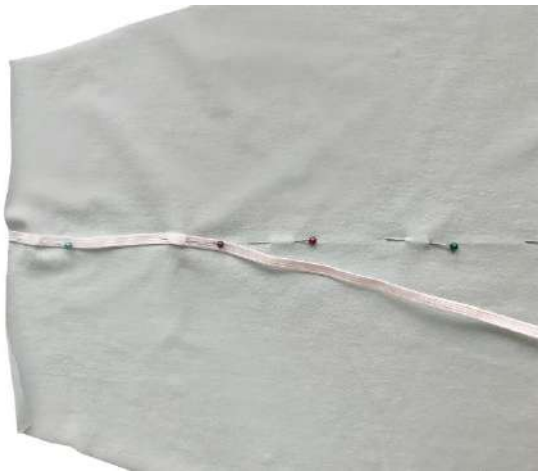
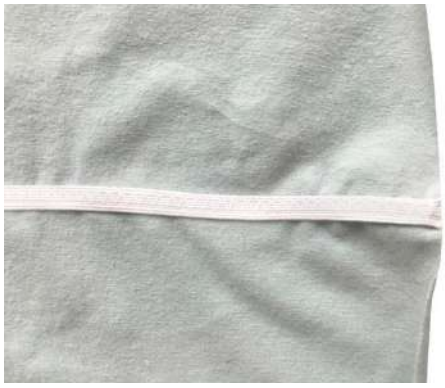


1.2 On the wrong side of the fabric, pin the ends of the elastic to the edges of the Belly Band. Stretch out your elastic to pin the rest of the elastic evenly to the rest of the Belly Band center line.





1.3 Using a zip-zag stitch, sew the elastic to the Band.

When you start, hold the thread tails taut to help the elastic feed through your machine smoothly.

You will need to stretch the elastic to fit. Be careful not to stretch the Band while sewing.

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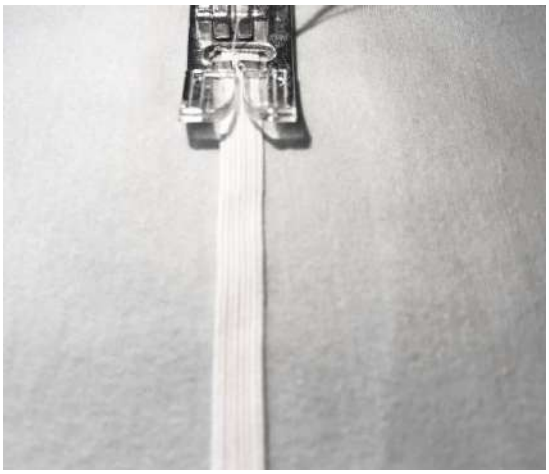

STEP 2 – Belly Band

2.1 Fold Band right sides together, aligning the back seam as marked on the pattern piece.

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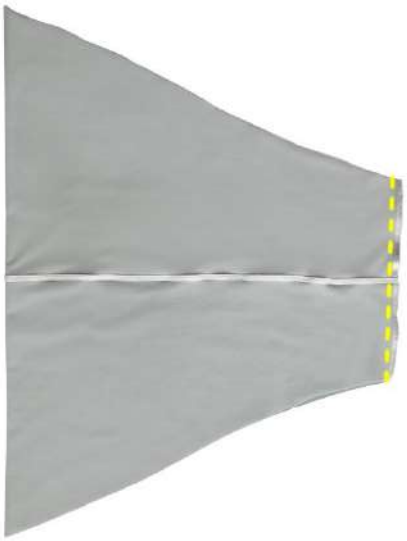

2.2 Stitch or serge back seam using a ⅜ inch seam allowance. If using a regular machine, be sure to use a very secure stretch stitch as this seam will have a lot of stress on it.

Open seam and check that it is quite secure. If needed, add another row of zig-zag or stretch stitching within the seam allowance.

2.3 Fold Band at elastic with wrong sides together.

2.4 Align raw edges of Band at back seamline, aligning seams. Clip or pin.

2.5 Fold in half and clip or pin the center front.

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2.6 Refold Band to align center front with center back. The folded edges are now your side seams. Pin or clip these as well. These are now your quarter points.

Try this on now to check fit. The folded edge of the Band is your top edge. The sewn seam is your back edge. Adjust as needed and set aside.

STEP 3 – Prepare Jeans

3.1 Every pair of jeans will be different, so you may need to adapt to your specific jeans.

Remove bottom of belt loops if they protrude below waistband. Since we are removing the waistband, we need these to go as well. Carefully remove stitches with a seam ripper.

For some jeans, this will free the belt loops. For others, it will simply loosen them. Either is fine here.

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3.2 Repeat for all belt loops.

3.3 Snip belt loops close to waistband.

3.4 Insert scissors and cut around waistband to remove it. Leave the waistband above the fly.

As you go past the pocket bags, clip or pin them in their original spot.

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3.5 Undo button and zipper, then cut carefully across fly.

You should be able to cut above where your zipper teeth are, if you have any. If not, cut right above the zipper. We will remove the zipper next.

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3.6 Unpick and remove zip.

Pull at the right half of the zip to see if it is now loose. If yes, pull a little more so you can see where to unpick. If no, poke about a bit to figure it out.

Our goal is to remove the zip without changing or removing the topstitching around the fly exterior of the jeans. So, take care as you are unpicking not to remove any topstitching of the curve.

Unpick as far down the right-hand side as you can.

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3.7 Pull at the top of the left-hand side of the zip.

3.8 Unpick as far down as you can.

3.9 A bar tack (or two) will likely stop you from unpicking too far. Remove this.

Your fly should now be open freely.

NOTE – A bar tack is a stitch added to strengthen a potential weak spot on a garment. It is typically a very short zig-zag stitch.

If you don't have a bar tack, continue to step 3.10.

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3.10 Continue to unpick down the fly until you get to where the topstitching crosses over it.

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3.11 Your zip should now be free to past where the metal teeth end. If yes, carefully cut it off.

If the metal teeth go below the topstitching on the front of the jeans, you'll either need to also unpick the topstitching or cut around it.

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3.12 Straighten the top front edge of your jeans as much as you can, while keeping your fly closed.

Align the template over the front of your jeans.

The curved edge should be center front and should curve down toward the crotch. The straight edge should be at the top.

The straight edge does not need to align with the top edge of the jeans. The best way to line it up, is the center front and the side seams. Since every jean is different, this doesn't have to be perfect! Just align it as best you can.

3.13 Pin the template in place. Trim the front only of the jean along the edge of the template.

TIP – If you prefer, trace the curve using tailor's chalk or a disappearing fabric marker (or pins).

Before cutting, check you have not caught the back at all with your pinning, and that your pockets are flat.

Cut slowly with care to ensure the pockets stay aligned and you are only cutting the front side.

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Again, clip or pin all pockets and other bits back into place if cutting has opened them up.

If cutting is near to any rivets, metal pieces or particularly thick sections of fabric, you may need to adjust your cutting line to go above or below these.

Make sure to leave enough of a gap that you aren't stitching too close to them when we attach the Belly Band in step 4.4.

3.14 Pin your fly closed.

Either machine or hand stitch this closed permanently.

3.15 Baste the pockets to the jeans where you clipped or pinned them in step 3.4 and stitch using a ¼ inch seam allowance.

NOTE – Basting is the longest straight stitch your machine has. This is temporary stitching, inside your seam allowance just to hold the pockets in place while we add your Belly Band.

STEP 4 – Assembly

4.1 Turn your Belly Band upside down, with the side you want to be the inside of the Band on the outside – e.g. wrong side out.

4.2 Slip the Belly Band over the jeans. Match your quarter points (center front, center back, and both sides).

The shortest section of the Belly Band height-wise should match center back. The tallest section should match center front.

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4.3 Continue to match raw edges and pin or clip together. You should have three layers (the jeans and both layers of the Belly Band).

4.4 Stitch or serge using a ⅜ seam allowance. If stitching, use a stretch stitch.

Check seam is secure (stress will be on this while wearing and pulling up and down). If needed, zig-zag or overcast stitch the seam allowance to secure.

Take care not to stitch over any metal bits and stitch carefully over any particularly thick sections of fabric.

4.5 Pull out any visible basting stitches and press seam allowance up.

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Congratulations, your DIY Maternity Jeans Hack is done. Enjoy!

We would love to hear how you got on and see photos of your finished project!

Join us at our Facebook Group, tag us on Instagram, or use the hashtag *#rpdiymatrernityjeanshack.*

Thank you for using a REBECCA PAGE pattern.

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