

how to make a receiving blanket with self binding

how to make a receiving blanket with self binding is a practical sewing project that offers both functionality and a polished finish for newborn care. Receiving blankets are essential items for infants, used for swaddling, burping, or as a soft surface. Creating one with self binding enhances durability and provides a clean, professional edge without the need for separate binding fabric. This guide covers everything from selecting the right materials to cutting, sewing, and finishing techniques to craft a beautiful self-bound receiving blanket. Whether sewing for personal use or as a gift, mastering this method ensures a high-quality product. The article also explores tips for fabric choice, sewing tools, and troubleshooting common issues to optimize the process and outcome.

- Materials and Tools Needed
- Choosing the Right Fabric
- Preparing and Cutting the Fabric
- Understanding Self Binding Technique
- Sewing Steps for a Self Bound Receiving Blanket
- Finishing Touches and Care Instructions

Materials and Tools Needed

Before beginning the project on how to make a receiving blanket with self binding, it is crucial to gather all necessary materials and tools. Having everything prepared in advance facilitates a smooth sewing process and ensures accuracy. The materials typically include fabrics appropriate for baby blankets, thread, and sewing notions. Tools are essential for precise cutting, stitching, and finishing.

Essential Materials

Choosing quality materials lays the foundation for a comfortable and safe receiving blanket. The primary materials include:

- Soft, breathable fabric such as cotton flannel or muslin
- Matching sewing thread for durability and neat appearance
- Optional fabric stabilizer or interfacing for added structure

Required Tools

Efficient tools improve the quality and speed of the sewing project. Essential tools are:

- Sharp fabric scissors or rotary cutter with a cutting mat
- Sewing machine capable of straight and zigzag stitches
- Measuring tape or ruler
- Pins or fabric clips to hold layers together
- Iron and ironing board for pressing seams
- Marking tools such as fabric chalk or washable markers

Choosing the Right Fabric

Selecting the appropriate fabric is a critical step in how to make a receiving blanket with self binding. The fabric must be soft, safe for sensitive skin, and washable to withstand frequent use. Additionally, the fabric should be easy to work with when applying the self binding technique.

Types of Fabric Suitable for Receiving Blankets

Several fabric options are popular for receiving blankets due to their softness and breathability:

- **Cotton Flannel:** Lightweight, warm, and soft, ideal for cooler climates.
- **Muslin:** Lightweight and breathable, perfect for warmer weather and swaddling.
- **Fleece:** Plush and warm, but thicker, which affects binding technique.
- **Bamboo Fabric:** Hypoallergenic and eco-friendly, suitable for sensitive skin.

Fabric Considerations for Self Binding

When planning to use self binding, the fabric's thickness and ability to fold without bulk are important. Thin to medium-weight fabrics are preferred because they fold neatly around edges. Avoid overly thick or slippery fabrics as they can complicate the binding process and affect the blanket's finish.

Preparing and Cutting the Fabric

Preparation and precise cutting are fundamental to achieving a professional look when learning how to make a receiving blanket with self binding. Accurate dimensions and clean edges contribute to the ease of sewing and final appearance.

Washing and Ironing the Fabric

Pre-washing fabric removes sizing, shrinks the material, and ensures the blanket remains soft and washable after multiple uses. Ironing the fabric before cutting eliminates wrinkles, allowing for exact measurements and cuts.

Measuring and Cutting the Blanket

Typical receiving blanket dimensions range from 30 x 30 inches to 36 x 36 inches, providing ample coverage. When cutting fabric for self binding, it is essential to consider additional fabric for the binding edges.

- Measure and mark a square or rectangle according to your desired size.
- Add a 2 to 3-inch allowance on all sides for self binding folds.
- Use a rotary cutter or sharp scissors for clean, straight edges.
- Label fabric pieces if multiple layers or types are used.

Understanding Self Binding Technique

Self binding is a sewing method where the fabric itself is used to create a binding edge, eliminating the need for separate binding strips. This technique is particularly useful for receiving blankets as it results in a seamless, coordinated finish that matches the main fabric.

Advantages of Self Binding for Receiving Blankets

Using self binding offers multiple benefits:

- **Cost Efficiency:** No additional binding fabric is required.
- **Consistent Appearance:** The binding matches the blanket fabric exactly.
- **Durability:** The folded edge reinforces the blanket's perimeter.
- **Ease of Maintenance:** Simplifies washing and reduces bulk.

Basic Concept of Self Binding

The process involves folding the fabric edges inward to create a narrow border that is sewn down to form a clean edge. This requires careful measuring and folding to maintain an even width along all sides. Sewing techniques typically include straight stitching and sometimes zigzag for added strength.

Sewing Steps for a Self Bound Receiving Blanket

The construction phase is where the project on how to make a receiving blanket with self binding truly takes shape. Following methodical sewing steps ensures a neat, sturdy finish suitable for infant use.

Step 1: Folding and Pinning the Edges

Begin by folding the edges of the fabric inward toward the wrong side of the blanket. The recommended fold width is approximately 1 inch, but this can be adjusted based on personal preference or fabric thickness. Use pins or clips to secure the folds evenly around the perimeter.

Step 2: Pressing the Folds

Use an iron to press the folded edges flat. Pressing helps set the folds in place, reducing shifting during sewing and creating crisp, professional edges.

Step 3: Sewing the Binding

Sew the folded edge close to the inner fold to secure the binding. A straight stitch is standard, but a narrow zigzag stitch can be used for stretchier fabrics or extra durability. Stitch slowly and remove pins as you sew to avoid machine damage.

Step 4: Reinforcing Corners

Corners require special attention to ensure they lie flat and look polished. Techniques include mitering the corners by folding them diagonally before stitching or creating simple overlapping folds. Reinforce these areas with backstitching for added strength.

Finishing Touches and Care Instructions

Completing the receiving blanket with self binding involves final steps that enhance longevity and usability. Proper finishing and care ensure the blanket remains soft and intact for repeated use.

Trimming and Cleaning Up

Trim any loose threads and inspect the seams for consistency. If necessary, topstitch along the binding edge for additional security and decorative effect. Remove any visible markings used for cutting or folding.

Washing and Maintenance Tips

To preserve the softness and integrity of the self-bound receiving blanket, follow these care recommendations:

- Wash in cold or warm water on a gentle cycle.
- Use mild detergent free of harsh chemicals or fragrances.
- Avoid bleach or fabric softeners, which can degrade fabric fibers.
- Tumble dry on low heat or air dry to prevent shrinkage.
- Iron lightly if necessary, avoiding excessive heat on delicate fabric.

Frequently Asked Questions

What materials do I need to make a receiving blanket with self binding?

To make a receiving blanket with self binding, you will need a soft fabric like flannel or cotton, matching thread, scissors, pins or clips, a sewing machine, and a ruler or measuring tape.

How do I prepare the fabric for a self binding receiving blanket?

Start by cutting your fabric to the desired size, typically 30x30 inches for a receiving blanket. Then, create the self binding by folding the edges of the fabric over twice, about 1/4 to 1/2 inch each time, and press with an iron to create crisp edges before sewing.

What is the step-by-step process for sewing a receiving blanket with self binding?

First, cut your fabric to size. Next, fold the edges twice to form the binding and press with an iron. Pin the folded edges in place. Sew close to the inner folded edge all around the blanket, mitering the corners for a neat finish. Finally, trim any excess threads and press the blanket for a polished look.

How can I create neat mitered corners on a self binding receiving blanket?

To create mitered corners, fold the binding at a 45-degree angle at each corner, then fold the binding edge back down, aligning the edges neatly. Pin in place and sew carefully over the folds to create a clean, professional-looking corner on your receiving blanket.

Are there any tips for choosing fabric when making a receiving blanket with self binding?

Choose soft, breathable, and washable fabrics like cotton or flannel for comfort and durability. Avoid fabrics that fray easily or are too thick, as they can be difficult to sew and bind. Pre-wash your fabric to prevent shrinkage after sewing.

Additional Resources

1. *The Ultimate Guide to Making Receiving Blankets with Self Binding*

This comprehensive guide walks you through the entire process of creating beautiful, soft receiving blankets using self-binding techniques. It covers fabric selection, cutting, sewing, and finishing touches to achieve a professional look. Perfect for beginners and experienced sewers alike, the book includes detailed illustrations and helpful tips to ensure your blankets are both functional and stylish.

2. *Self-Binding Receiving Blankets: Step-by-Step Sewing Projects*

Focusing exclusively on self-binding methods, this book offers multiple project ideas for making cozy receiving blankets. Each project includes clear instructions and photos, making it simple to follow along. It also discusses choosing the right materials to ensure comfort and durability for newborns.

3. *DIY Baby Blankets: Mastering Self Binding Techniques*

Ideal for crafters who want to personalize baby gifts, this book teaches various self-binding stitches and styles for receiving blankets. It explains how to create neat edges without the need for additional binding fabric. Readers will find helpful tips on customizing sizes and patterns to suit different needs.

4. *Handmade Receiving Blankets: The Self Binding Method*

This book emphasizes the art of hand-sewing self-bound receiving blankets, perfect for those who prefer a traditional touch. It covers essential sewing skills, tools, and fabric choices, along with detailed instructions for creating smooth, finished edges. The projects range from simple to advanced, making it suitable for all skill levels.

5. *Creative Baby Blanket Designs with Self Binding*

Explore creative designs and color combinations while learning the self-binding technique in this inspiring book. It provides a variety of patterns, including geometric, floral, and modern styles, all tailored for receiving blankets. Additionally, the book offers advice on mixing fabrics and embellishments for a unique finish.

6. *Quick and Easy Self-Bound Receiving Blankets*

Perfect for those short on time, this book presents fast and efficient methods to make lovely receiving blankets with self binding. The instructions focus on speed without sacrificing quality, with tips on choosing pre-cut fabrics and simplifying sewing steps. It's an excellent resource for busy parents and

gift-makers.

7. The Sewist's Guide to Self Binding Receiving Blankets

Designed for sewing enthusiasts, this guide delves into advanced self-binding techniques and professional finishing touches. It offers troubleshooting tips for common issues and advice on maintaining fabric integrity. The book also explores how to scale up designs for larger blankets or complementary baby items.

8. Modern Self Binding Techniques for Receiving Blankets

This book combines traditional sewing methods with modern twists, providing innovative ways to use self binding in baby blankets. It includes contemporary patterns and fabric recommendations for a trendy look. Readers will find guidance on incorporating quilting and embroidery to elevate their projects.

9. From Fabric to Finish: Making Receiving Blankets with Self Binding

Covering the entire journey from selecting fabric to the final stitch, this book offers a detailed approach to self-binding receiving blankets. It emphasizes precision and care in every step, ensuring durable and attractive results. The book also includes care instructions to keep blankets soft and long-lasting.

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