Sew a Quiet Adventure Book for Baby with Sanae Ishida

Chapter 1 - Sew a Quiet Adventure Book for Baby

Overview

(cheerful music) - Hi, I'm Sanae Ishida. I'm an author, illustrator, and maker of many things In this class, I'm going to show you how to make a quiet adventure book. When my daughter was a toddler, I made her something very similar. It was a big piece of felt, and then I cut up a bunch of little shapes out of felt as well. And she spent hours just playing and making up stories and sticking those felt pieces on the big piece of felt. For this design though, I made it more versatile and portable, and it comes with a handy pocket to put all your felt pieces inside. This is a low-stress, beginner friendly way to practice basic sewing skills, and it makes a great gift for all the little ones in your life. I'll provide some templates, and you can keep them simple or embellish them to add more details. I call this the quiet adventure book because I wanted to encourage quiet, thoughtful playtime, and to provide endless, infinite possibilities for adventures. (cheerful music)

Materials

- The Quiet Adventure Book doesn't require a lot of materials. First you'll need, 1/3 of a yard of outer fabric for the cover fabric, and then 1/3 of a yard of the lining fabric, and then coordinating thread. You'll also need felt for the pages, five sheets that are 9″ x 12″. I used gray, blue, green, white, and black, but you can use any color, and you'll need additional scrap felt for the shapes. And you can create the shapes using the templates that are on the PDF that are available through this class. You will also need a ruler to measure out the dimensions. You can use a tape measure as well, but the ruler's easier. You'll need some fabric sheers and some marking tools. There are several types here, I like to use, usually these chalk types, but there's also air-soluble, water-soluble, all sorts of different marking tools. I have found that on felt, ballpoint pen works best to mark. For the closure, you'll need about 10″ of 0.5″ wide elastic. If you don't want to do the elastic, you have the option of using buttons and you'll need three 0.5″ buttons and a button hole foot. I like to use a paintbrush for poking out those persnickety corners, but you can use a chopstick or an actual point turner. For the optional items, we have some embroidery floss that you can use to embellish the shapes. As you can see, there are different animals and you can add cute little things. And for the embroidery floss you'll need, an embroidery needle, or you can even use hand sewing needles with less ply. And then, clips or pins are always helpful. You'll also need a sewing machine, an iron and an ironing surface.

Book cover

- Let's start with the book cover. Cut the fabric to 31 inches wide and 10 inches high for both the cover and the lining fabrics. And make sure these are pressed and then we'll finish the edges with the sewing machine. Thread your sewing machine with the coordinating thread and then switch to a zigzag stitch, and I like to widen my zigzag to about four. Now we're going to finish just the long edges of the cover and the lining and we're going to backstitch a few stitches. And then stitch all the way down. And we will backstitch again. Flip it around and sew the other long edge and then do the same for the lining fabric. Once you've finished zigzag stitching the long edges, now we're going to press them flat. Bring it onto your ironing surface. Set your iron to the appropriate setting and then press. And when I say press, I mean literally press. We don't want to move the iron back and

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forth like this but hold it down for a few seconds and then move to the next position, and avoid shifting the fabric. Press all your edges for both the cover and the lining. Next, we'll add the elastic for the closure. And if he wants to add buttons instead, skip this step for now. Lay your fabric down in the orientation that you want. This section is going to be your front cover, so this is the top and the bottom. Grab your ruler, and we are going to measure starting from the right side, right edge about 3.5 inches. And I like to use a marking tool. 3.5 inches there. 3.5 inches on the top. And then place your elastic, the markings and use pins or a clip to temporarily hold. And we will baste about a quarter inch from the edges on both top and bottom. To baste, we're going to switch from the zigzag to a straight stitch. We're going to stitch about a quarter inch from the edge to baste. We'll do the same on the other side. A quarter inch from the edge. Next, we'll attach the lining. We're going to take the lining and place it on top of the cover with right sides together. Make sure to align the edges. And you will sew with a half inch seam allowance on three sides and leave the side with the elastic open. And you can use clips or pins if it's helpful. We're going to sew half an inch from the edge and backstitch. And we're going to sew the three sides And when you get to the corner, you're going to slow down. Make sure half inch away. That's usually the tip of the foot there and keep your needle in, pivot, and then sew again. Slow down, sew up to about half inch from the edge with the needle down, pivot. Keep going. And backstitch at the end to secure the stitches. Now turn it inside out. So I just stick my hand in there. I use my finger to poke out the corners, but the handy paintbrush does a nicer job. Just get in there, get it. Poke it out. Be careful not to poke through. Oh, the elastic just like this and remember this is the front side of the cover. And then we'll press. Now take it back to your ironing surface and be careful about pressing on the elastic because it might melt. Make sure your iron is on the right heat setting. I like to go under it and then press, press, press. And if you can, press so that the lining doesn't peek out. Sort of roll it, roll the lining underneath. Now we'll finish the last side, the raw edges. First, I like to actually press the seam allowance open here just along the edges. And then we will fold quarter-inch towards the wrong side. That's about a quarter inch. Try and tuck it in. If you have any fray thread, tuck it in. Or clip them. One fold, now fold again another quarter inch. Press. Almost there. Press, now we're going to edge stitch which means sewing very close to this folded edge here all the way around. We're going to start at the seam here and edge stitch right along the folded edge. I like to place it so that the folded edge is just where that divot is in the presser foot and then I don't use a pin or clip for this, and I start in backstitch. And then keep going. This edge creates the hidden pocket. I keep it pressed down with my fingers when I don't use pins or clips. It's probably about a little less than an eighth of an inch from the folded edge. I'll keep going. And if there are any little loose threads like this, make sure you tuck it in. Okay, and when you get to the end here, you wanna backstitch. Clip your threads. So here it is with the finished edge stitching and this whole section here will be the hidden pocket in the front. And then just give this section another nice press.

Book pages and felt shapes

- Now it's time to add the pages to your book. Take your nine by 12 felt pieces, and often precut felt pieces aren't exactly nine by 12, so I like to trim them to make them all the same size. And then you're going to take your now beautifully sewn cover and lining and you want to make sure you keep the elastic on this side. Remember, this is the front and I want my gray, this grayish pink to be my first page so I'm going to lay it down and line it up. I'll line up with that open edge side. Make sure the felt pieces are as even as possible. And then we're going to take the closed end and just drape it over. And again, make sure that this folded edge is flush with the felt pieces. And then I like

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to sew from the front side. So we're going to sew a 5/8th-inch from the edge here. This is pretty thick, so be careful and go slow. Also the fabric probably won't shift, but sometimes it might, so I make sure I hold onto it. You could also clip it or pin it if you'd like. I'm going to put it in here. And as you can see, it's a little tricky getting it under the foot, so... Again, go slow, make sure you get all the pages. We don't want the pages to shift, so hold on tight. Okay, a 5/8th-inch from the edge. Sometimes you can use the hand wheel just to get it going. And proceed slowly. (sewing machine whirring) Let's make sure that's sewn nice and straight. (sewing machine whirring) Backstitch at the end. If you're having trouble sewing through all the layers, you might want to try using a thicker needle. Or if that's still not working, you can take out a page or even two pages and try that. And here's our book with the pages all nicely inserted. Tada! Then the pocket. And you can put the flap under the elastic. But if you don't want the elastic, we have this version here sewn without the elastic. And what you will do is we need to mark where the button holes will go. Grab your ruler and let's start by measuring... Actually, we can use our ruler, this is a quilting ruler, so we can measure about one inch from here. And then we're going to use three buttons and to measure out the positions. So measure two inches from the top and then two inches from the bottom and then to center this section here, about two and a half here. Then I like to make my buttonholes, if these are half inch buttons, let's make the opening about 5/8ths. I just like to make these little tick marks. All sewing machines are different. Please follow the manual for your buttonhole fit. I've already set up mine. I start on this edge, going downwards like this. So place it under the presser foot, centering it. Start sewing. (sewing machine whirring) And there's our buttonhole. And we do the same for the other two. Now we open our buttonholes, and here I'm using a seam ripper, but you could use snips or there are even tools specifically for opening up buttonholes. So carefully open it up. There we go. We have our three buttonholes. To add the buttons, go ahead and close up your book. Make share your pages are nice and smooth. And then bring the flap over. I'm using a marking tool. And just go ahead and mark inside the buttonholes so you know where to attach the buttons. Just double check. Okay. There we go. I like to make them little crosses. And so your buttons will go here and we will hand sew them on. With our needle threaded and knotted, we're going to attach the buttons to the front. I'm going to move the buttons out of the way for now. We have our markings. Now, because we want the pocket to open, we're going to sew the buttons on just the cover. Grab your button. Now I'm gonna shift it a little. It's a little awkward getting the hand in there, but... Okay, make sure it's a tiny needle. And I secure it with about going three times each direction. Then I like to sew it from below under the button. Twisting around a few times. And because the knot won't show, I just knot it on the back. There we go. Then you do that for the other two buttons. And here are all our buttons. Now's the extra fun part. We're going to cut out the felt pieces that will make up all of the wonderful stories in the quiet adventure book. Here are some of the shapes in the PDF. Feel free to come up with your own. To use the templates, I have some pieces cut out here already and scraps of felt. And I recommend a ballpoint pen to trace on felt. You can use chalk too, but I find that this actually works better. So after you've cut out the template pieces, just told down your template and then, you know, you can be pretty loosey goosey with this. I think it's more charming when the shapes aren't perfect. And then you just cut it out. One thing to note is if you were making this for a very small child, you might want to stay away from the tinier pieces and stick with the larger pieces. There you go, that's pretty much it. Here's some more pieces laid out. You can keep tracing and cutting as many pieces as you want, and you can also add embroidery. Here's some embroidery floss and they can be separated out, these strands, but I usually like to use the whole thing. Let me see if I can get this end here. There we go. I'm going to just add very simple

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embroidery to this pink flower. And to use the entire floss you do need an embroidery needle with a larger eye there. And thread it. I only knot one end, I don't double up the thread. There we go. And since I have pen marking on this side, this side's a little prettier. And let's just do simple running stitches. That's just fun details to add. You can get as elaborate as you like or stay as simple as you like. And again, I'm not looking for perfect stitches here, just cute little details. Since I'm stuck over here, I'll kinda go over this way. Just have fun with it. Try different things. Maybe a lot of tiny little French knot in the middle there. And loop it around the needle well. Do not do the, hold it down, then you insert it. I guess I could add more French knots, but for now, we'll just leave that. Knot it on the back side. Hold it down. Clip. Let your imagination run wild. You can use the templates, come up with your own shapes, use whatever color you like. You can even add embellishments like the fox and the tiger, the flowers. You can get very detailed or keep it simple. You can add the hole in the trunk of the tree and you can create magical worlds and wonderful stories right here in the quiet adventure book. Let's put a little cave, maybe a flying octopus. You need a cloud if you're flying, right? Some flowers. And what's fun about this is you might have to sort of press down, but it will stay on so you can go to the next page. Maybe you have a summertime tree and then autumn time tree. And the little fox peeking out, talking to a fish. And after you're done playing, or your little one is done playing most likely, you can take all of your felt pieces and tuck it right inside the pocket here. Close it up and you're onto your next adventure. You have so many options with this book, both with the felt pieces and also with the closures. You can do the elastic or you can do the button closure. I used a different linen fabric here and cute little wooden buttons. And you also have the option of not using a closure at all, which makes it extra kid-friendly. You'll have as much fun making this as your little ones will have playing with it.

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