

DIY SURGICAL SCRUB CAP



WITH BUTTONS

FAMILY SEWING PROJECT



This project is designed for family participation. Use the key to help identify which parts of the project each family member can help with.



Cloverbud+ (Ages 5-18)



Juniors+ (Ages 8-18)



Intermediate+ (Ages 11-18)



Check out the how-to video at: <https://youtu.be/vb7fCPgFwI0>

MATERIALS

- | | | | |
|---------------------------------------|-----------------|--------------------|--------------------------|
| -1/2 yard of fabric (base and accent) | -Sewing Pins | Optional Materials | Thank You Card Materials |
| -1/2 inch elastic (4 inches) | -Scissors | -Rotary Cutter | -Markers |
| -Two medium buttons | -Thread | -Quilting Ruler | -Paper |
| -Measuring Tape | -Hand needle | -Cutting Mat | -Safety pin |
| -Iron | -Sewing Machine | -Bobby Pins | -A big heart |



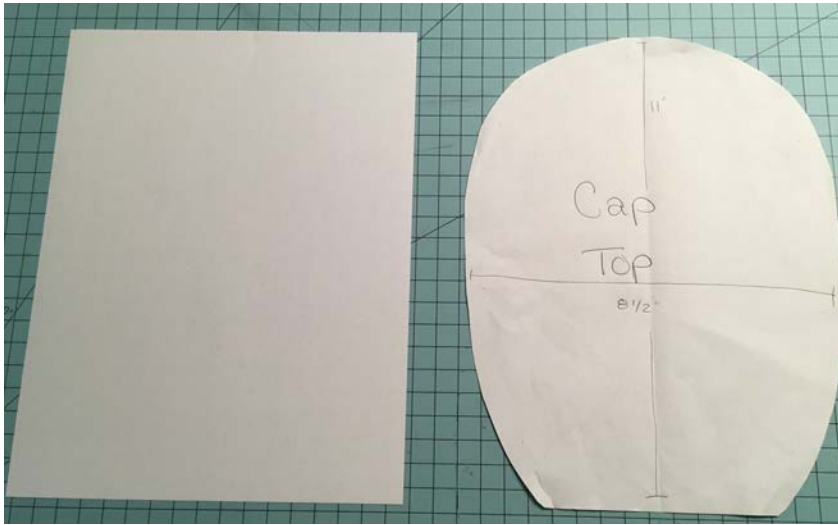
DIRECTIONS



1. Gather materials. 0:11



2. Create a pattern for cap top using an 8 ½ X 11 piece of paper. 2:22

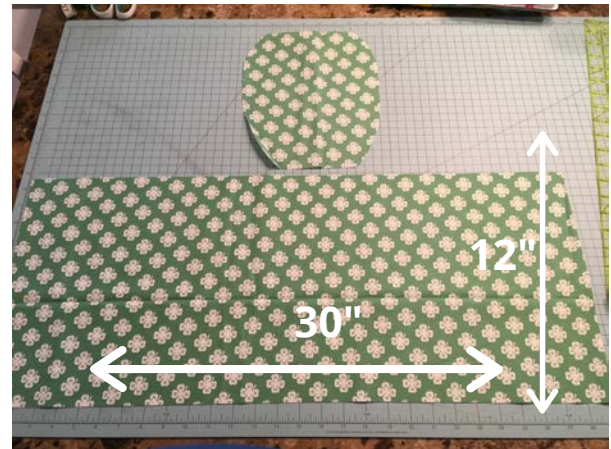


3. Measure and cut fabric 0:47

(If making multiple, 1 yard of fabric will give you 6 cap tops and 2 cap bands or 3 cap bands)

a. Cap band 30"X12"

b. Cap top/place pattern on fabric, pin down and cut around pattern



4. Fold cap band fabric in half the long "hot dog" way with pattern sides out (right sides). 3:37



5. Press fold firmly with an iron. Unfold. 4:03



6. Fold in half "hot dog" way with the pattern on the inside (wrong sides out). 4:19

7. Pin both short sides with sewing pins. 4:39



8. Sew a straight line on each short end where you pinned. Pull pins out as you sew. Use a 1/4 inch seam allowance. Cut off extra thread when done sewing. 4:51



9. Flip right side out. Pattern should be showing. 5:45




10. Iron the seams flat on short edges. 6:07




11. Lay out cap band on a flat surface with raw edges facing away from you. (Folded edge should be closest to you) 6:21




-  12. Fold cap band in half the short way "hamburger" way. Using your finger, press down firmly on the fold to create a crease. 6:34



-  13. Unfold cap band. You should see a crease down the middle. 6:48




-  14. Fold cap top in half the long way. Using your finger press down firmly on the fold to create a crease. 6:57




-  15. Unfold cap top. You should see a crease down the middle. 7:16



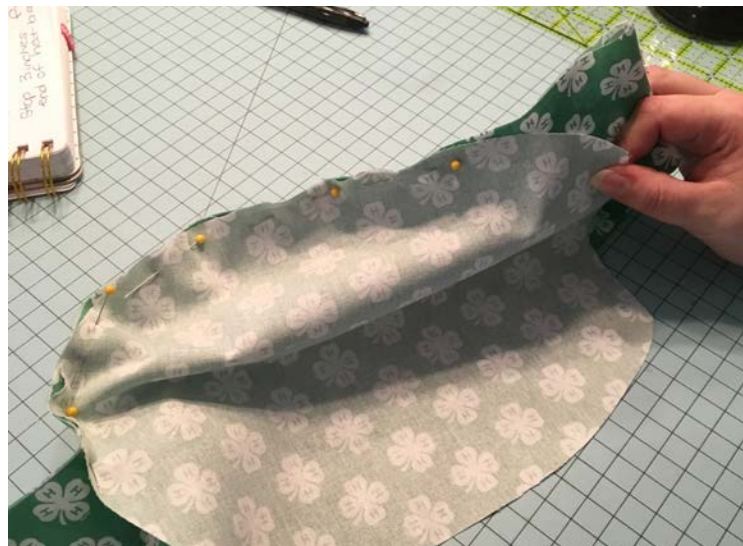
-  16. Place cap top crease on cap band crease with pattern sides (right sides) together. 7:21



-  17. Place a pin where both creases meet. 7:38



👉 18. Pin the cap top to the cap band working from the middle out. Stop four inches from the end of the cap band. (Tip: Line up both fabrics first, then pin.) 7:43

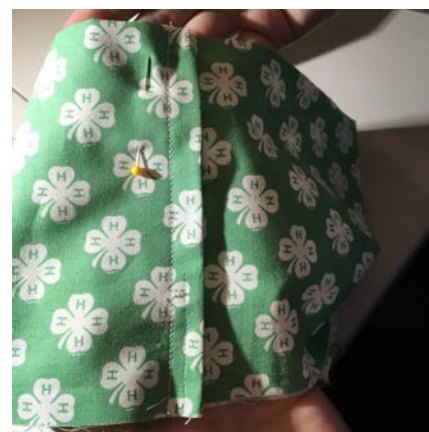


👉 19. Pin the other side starting from the middle out. Stop four inches from the end of the cap band. 8:30

👉 20. Take the two sewn short ends of the cap band and overlap them 2 ½ inches. Pin. 8:51



👉 21. Sew straight line on the outside edge using a ¼ in seam allowance starting at the base of the cap band. NOTE: Watch out for pins and be careful not to sew in the cap top. Cut excess thread. 9:56



22. Reverse cap band and sew a ¼ inch seam allowance along the edge starting at the base of the cap. Cut excess thread. Reverse back to normal. 10:17



23. Line the straight part of the cap top with the back of the cap band (the part you just finished sewing). Pin. 10:52

24. Gather extra fabric, fold over, and pin. Repeat on the other side. The cap top should be fully pinned to the cap band at this point. 11:15



25. Starting at the flat part of the cap top, sew around the cap top with a ¼ inch seam allowance. Pull pins as you go. NOTE: When sewing an area try to keep the fabric flat and straight. 11:56

26. Find zig-zag stitch on your machine. Using the zig-zag stitch sew around the cap top on the ¼ inch seam allowance to reinforce fabric. 13:38



👉 27. Flip right side out. 14:20



👉 28. Using your measuring tape, fold the bottom of the cap band up 1.5 inches to create a band around the outside of the cap. Pin. 14:38



👉 29. Iron, fold, and press firmly. Unpin. 15:12



👉 30. Time to place the elastic! Locate the back of the cap. Measure 4 inches from the center of the back of the cap band. Place elastic at 4 inches under the folded band. Pin. 16:20



👉 31. Sew elastic in place with a straight stitch starting at the bottom of the cap band. Sew a straight line just past the elastic, back stitch/reverse and repeat to bottom of band. 17:00



👉 32. Repeat on the other side of the back of the cap band. You will have to stretch the elastic to reach the measurement. It will bunch up. 18:02

👉 33. Find the back of the cap. Sew a straight line parallel to the open end at a ¼ inch seam allowance. Make sure not to sew the elastic. 18:50



👉 34. The cap is now complete, Time to add the buttons. Lay cap flat with back of cap in the center. At the folds, mark with pins. This will be the placement of the buttons. At the mark where pinned, measure .75 inches. This is where you will sew on your button. Sew the button on using a hand sewing needle. Repeat on other side. Make sure the buttons are sewed on tight. There will be a lot of pressure on the buttons from the masks. 20:12



👉 👈 👉 **Your surgical cap with buttons is complete!** 👈 👈 👈

