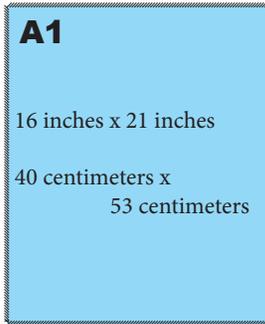


# How To Make A Wrap Strap Meh Dai

You Need:

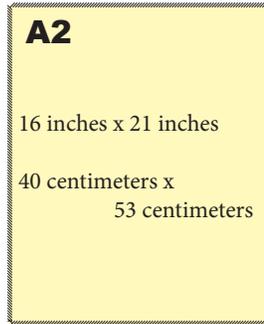
## Body Panels



**A1**  
16 inches x 21 inches  
40 centimeters x 53 centimeters

This fabric is:  
without any stretch  
thick like men's pants  
natural fibers like cotton or linen  
machine washable

Examples:  
cotton tablecloths, twill, 5+oz linen, duck cloth,  
purpose woven wrap, etc

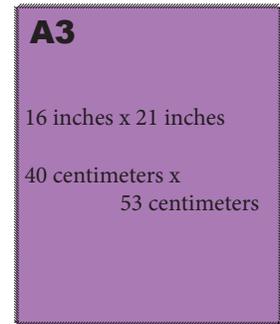


**A2**  
16 inches x 21 inches  
40 centimeters x 53 centimeters

This fabric is:  
without any stretch  
VERY thick like a strong bag  
Tightly woven  
natural fibers like cotton or linen  
machine washable

(This fabric will not be visible when finished)

Examples:  
Heavy twill, duck cloth, canvas, 7+ oz denim, 7+oz linen.

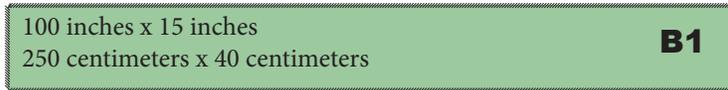


**A3**  
16 inches x 21 inches  
40 centimeters x 53 centimeters

This fabric is:  
pretty!

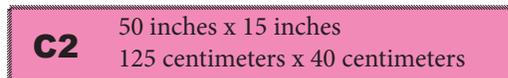
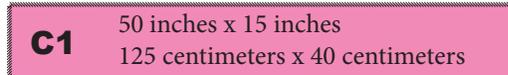
(without stretch will be easier to sew)  
Examples: quilter's cotton, flannel,  
tablecloth,

## Shoulder Straps

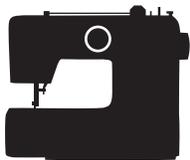


This fabric is:  
without any stretch  
thick like men's pants  
natural fibers like cotton or linen  
machine washable

## Waist Straps



This fabric is:  
without any stretch  
thick like men's pants  
natural fibers like cotton or linen  
machine washable



Sewing Machine



Thread

Regular All Purpose  
100% Polyester



Sewing Machine Needle

Heavy Duty or Denim Needle

## Symbols:

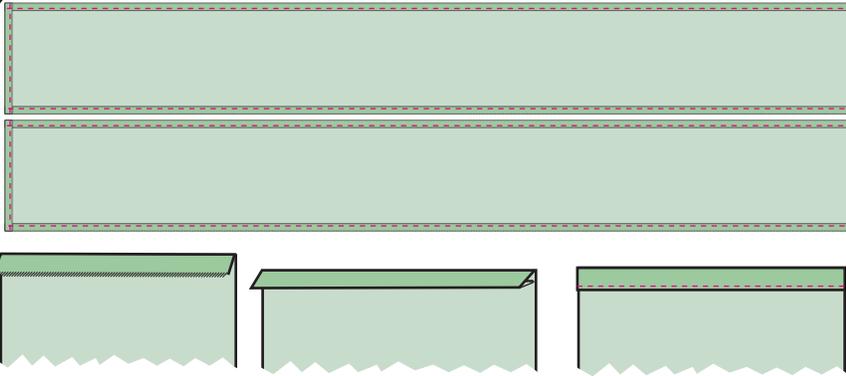
 raw, unfinished edge

 folded/finished edge

 sew here

 stitching from  
previous steps

1)



Hem both long edges and one short edge on **B1** and **B2**

To hem:

- Fold edge over 1/4 inch or 1 centimeter.
- Press flat.
- Fold edge again 1/2 inch or 1.5 centimeters.
- Press flat.
- Sew along inside fold.

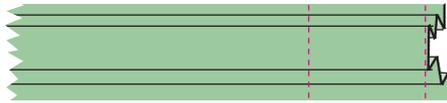
2)

Cross section:

Pleat like this



or like this



Pleat/fold raw short edge on **B1** and **B2** to reduce width to 4 inches/11 centimeters.

Stitch along raw edge & 4 inches/11 centimeters from edge to keep pleats in place.

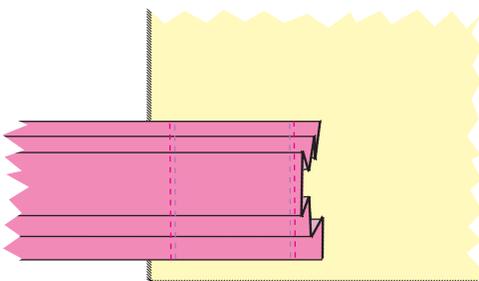
3)



Repeat steps 1 & 2 with **C1** and **C2**.



4)

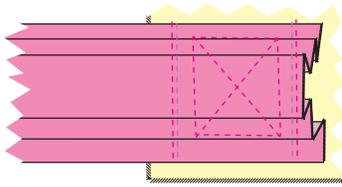


Lay unhemmed, pleated end of **C1** (right side UP) over the bottom left corner of **A2**, parallel to the bottom, about 1 inch/2 centimeters from the bottom edge, and overlapping **A2** by about 4 inches/11 centimeters. Pin in place while you sew.

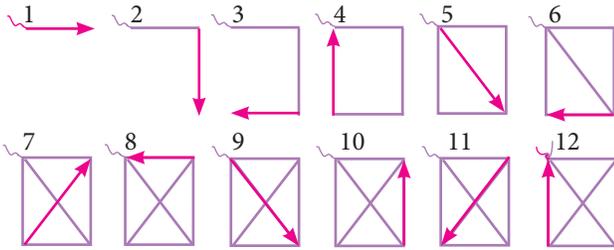
Stitch 1 inch/2 centimeters from the left outside edge and again right along the raw unhemmed end of **C1**.

Remove pins.

5)

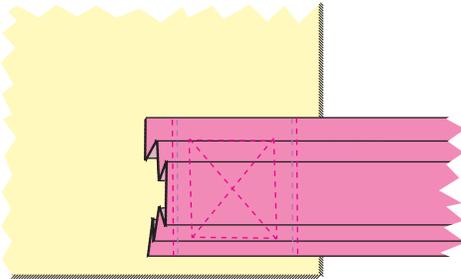


Reinforce by sewing an x-box between two previous lines of stitching.



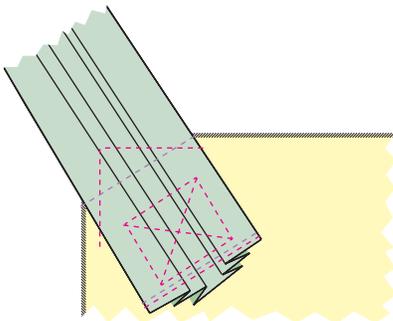
Sew one continuous line of stitching without backstitching and tie the thread ends together in a double knot on both top side and bobbin thread side.

6)



Repeat Steps 4 and 5 to secure **C2** to the bottom right corner of **A2**.

7)

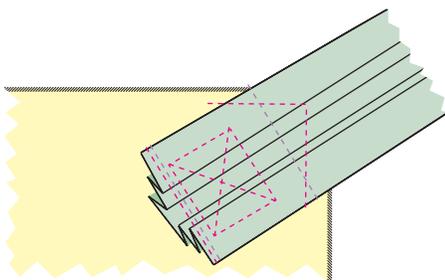


Lay unhemmed, pleated end of **B1** (right side DOWN - opposite direction as the waist straps **C1** and **C2**) over the top left corner of **A2** angled out slightly. Overlap by about 6 inches or 15 centimeters. Pin in place while you sew.

Stitch along the corner of **A2**, about 1 inch/2 centimeters from the edge. Stitch along pleated end of **B1**.

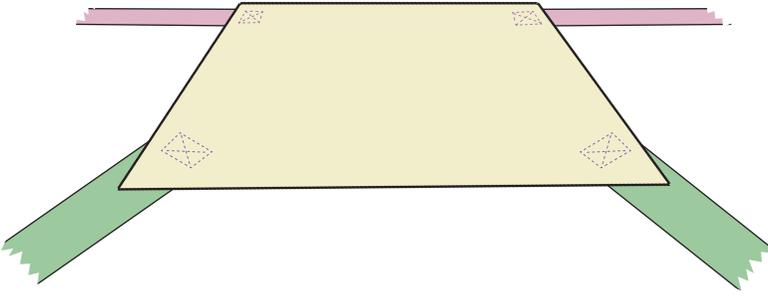
Remove pins. Secure with an X-box.

8)



Repeat step 8 to attach **B2** (right side DOWN) over the top right corner of **A2** angled out slightly. Overlap by about 6 inches or 15 centimeters.

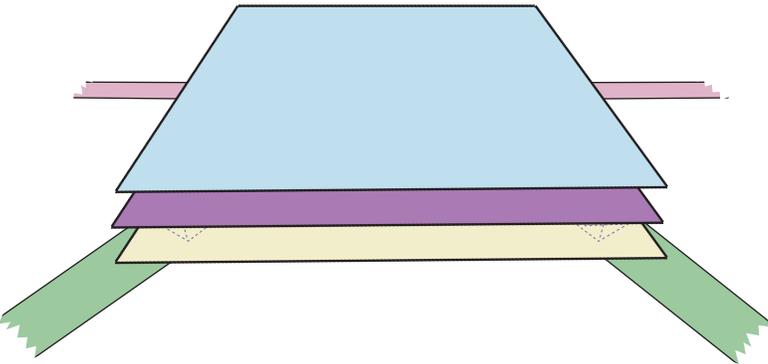
9)



Turn **A2** over so that all **B** and **C** straps are all on the bottom side of **A2** with the **B** straps right side face UP and the **C** straps facing right side DOWN. (Meh dais are typically worn with the waist straps flipped up so the opposite side will show when wearing.)

Optional: roll up straps and secure with a rubber band so they don't get in the way while sewing.

10)

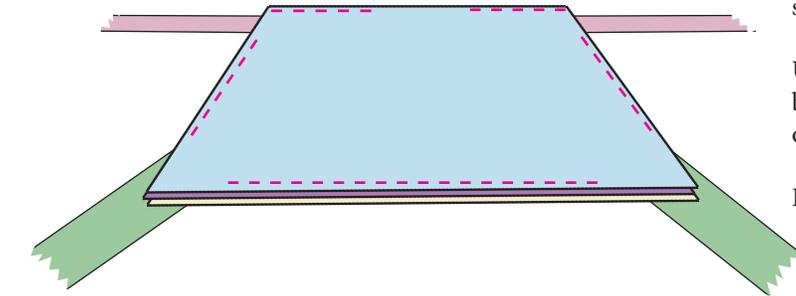


Lay **A3** on top, right side UP. This will be the visible layer.

Lay **A1** on top, right side DOWN. This will be the layer against baby's back.

Pin around the edges to keep all three layers in place.

11)

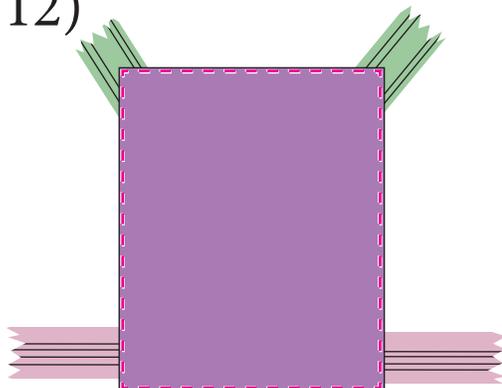


Sew around all four edges, 1/2 inch or 1 cm from the edge, **SKIPPING OVER** the straps and a 4 inch or 11 centimeter section at the bottom between the **C** waist straps.

Using the 4 inch/11 centimeter hole at the bottom, reach between layers **A1** and **A3** and turn the carrier right side out, gently pulling everything through the bottom hole.

Pull each strap back out through its own hole.

12)



After turning the carrier right side out, press all edges flat.

Turn any raw edges under and pin.

Stitch around the entire outside edge, very close to the edge.

Finished!