

# Adult Apron Bib



A practical adult covering that looks like an apron.



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## Adult Bib Pattern

My nieces approached me about making an adult bib for their nana. She is in an assisted living home and her tremors make meals difficult and messy. They selected beautiful fabrics that she could enjoy.

There are many free patterns available for adult bibs. I began with a basic neck shaping but added my apron shaping to the lower half of the bib so that fabric would drape over the legs to completely protect pants.

You can adapt the pattern by:

- adding trims as accents
- using a lining of terry cloth for additional absorbency
- straightening the corners to make it more masculine
- changing the top to mimic a butcher-style apron

**General Sewing Note:** All seam allowances are 0.5”.

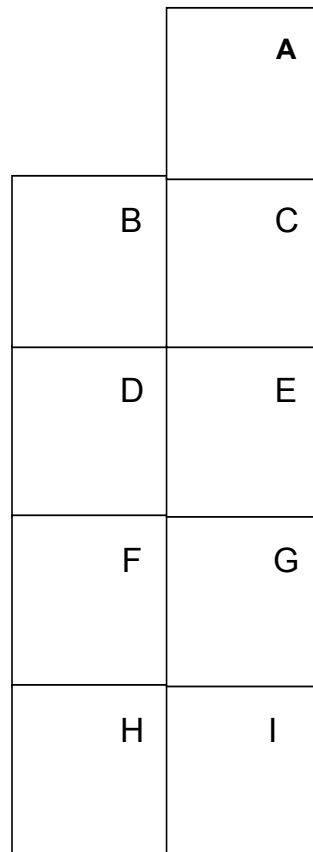
### **Materials:**

- 1.5 yards of cotton fabric, washed and ironed. This will provide enough fabric for a lined apron
- sew on velcro
- thread to match

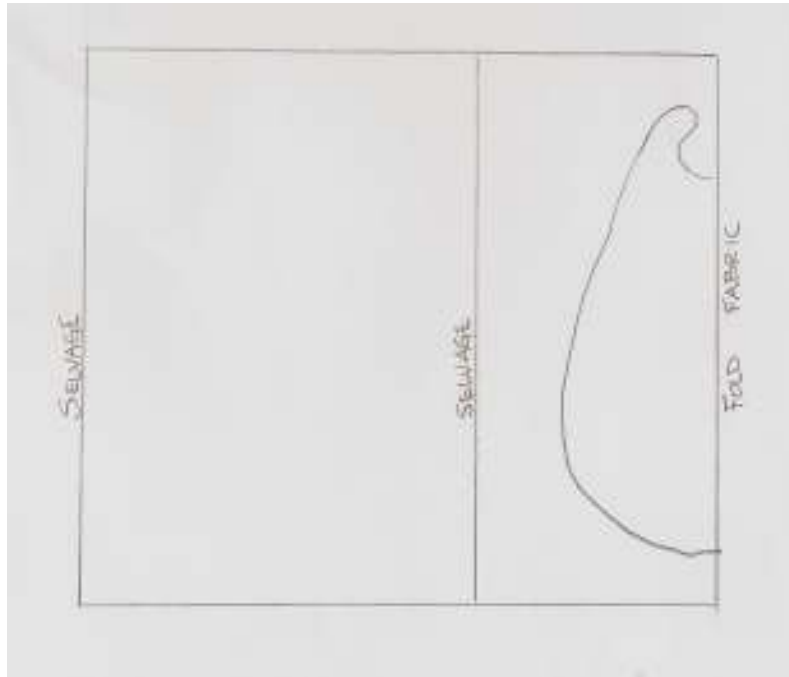
**Instructions:**

- 1. Print the pattern pages.**
- 2. Cut rectangular pattern pieces along solid line.**
- 3. Assemble the pieces as shown below and tape together:**

Pattern Piece Layout



- 4. Cut out apron shape making sure pieces are securely taped together.**
- 5. Arrange the fabric:** Orient the selvages parallel to each other. Fold just enough fabric so that the pattern can be placed along the fold as illustrated below:

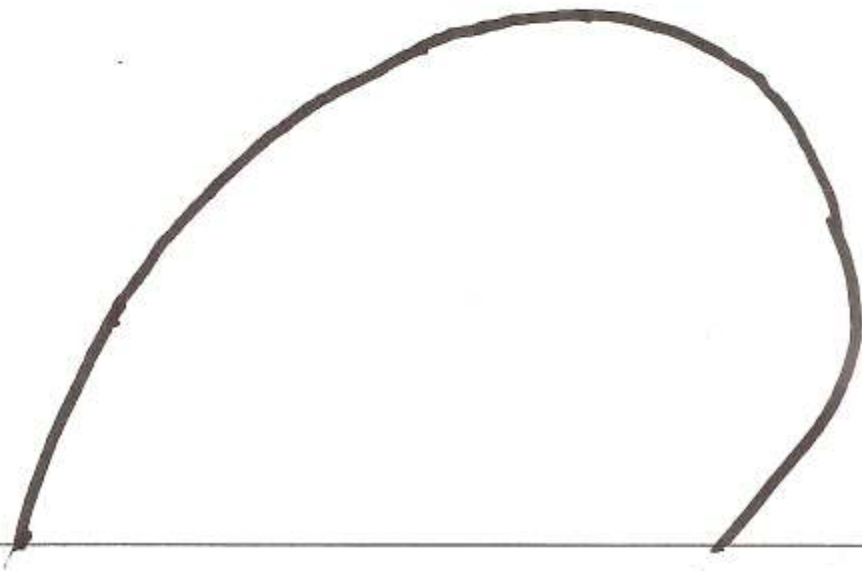


- 6. Open cut piece and place it face down on the remaining fabric, right sides together, pin and cut.**
- 7. Sew around the edges of the apron using a 1/2" seam allowance and leaving a 6" opening at the bottom.**
- 8. Trim curves, turn inside out, press. Press in seam allowance on unsewn section.**
- 9. Edge stitch around entire apron.**
- 10. Sew velcro onto each side of the neckline piece so that the bib sits comfortably around the neckline.**

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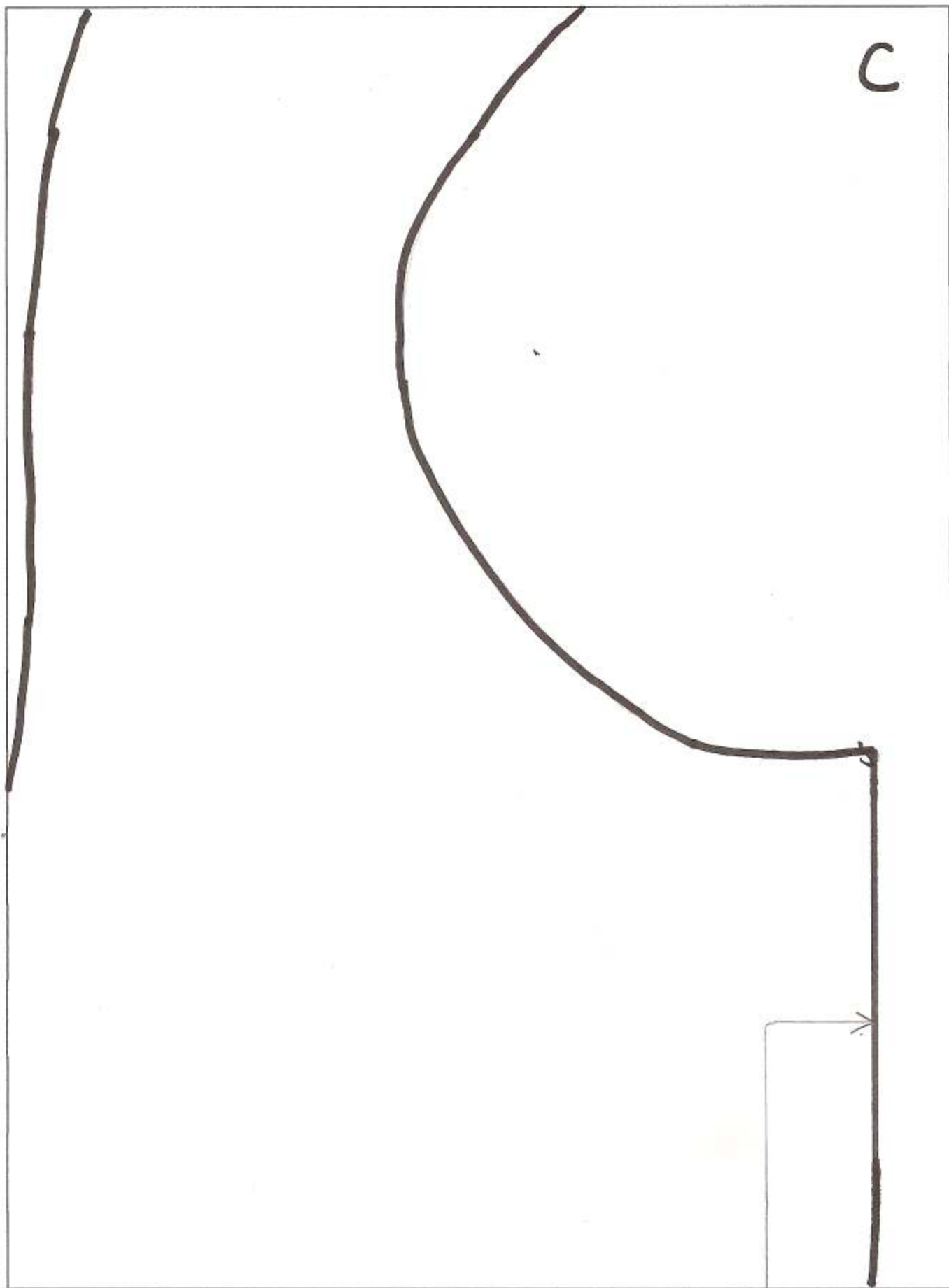
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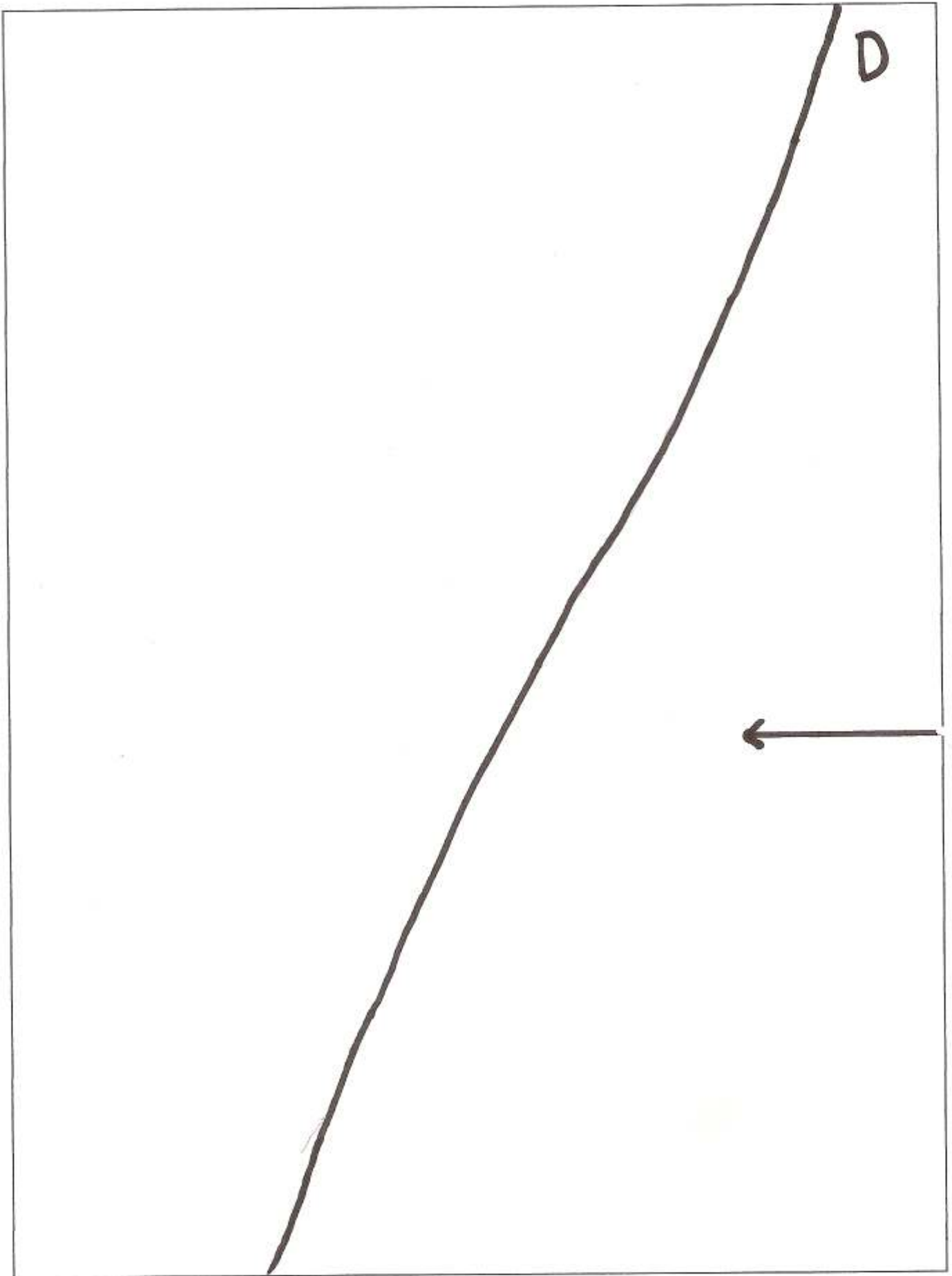
A



B









F

GRAINLINE



II

Maiden Jane

Adult Bib Apron

Cut 1 on Fold

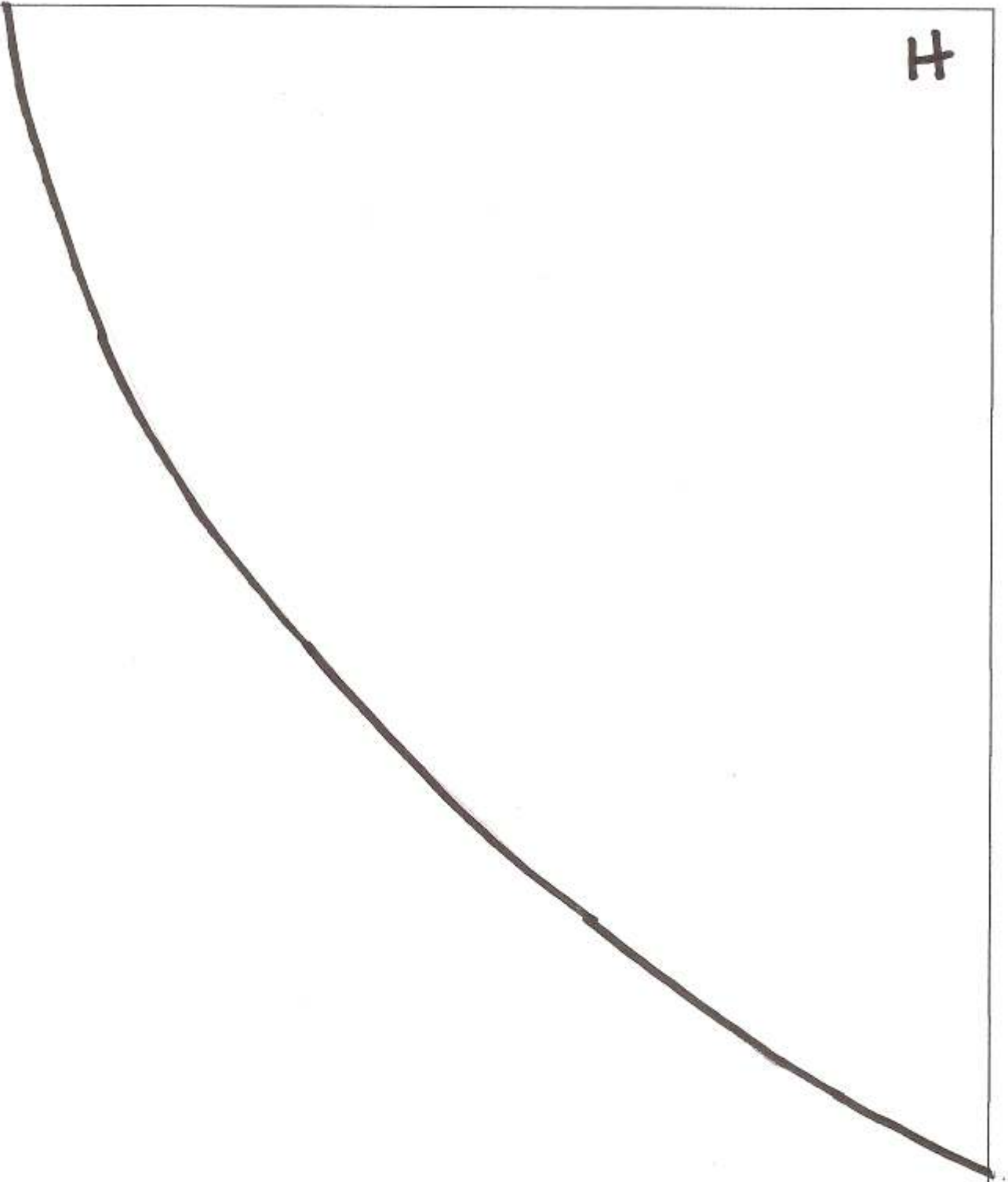
Lining - cut 1 on Fold

$\frac{1}{2}$ " seam allowance  
included

CUT ON FOLD

G

H



H

