

Pea Pod Shoulder Pleat Tutorial

1. Fold the sling in half widthwise so that both seamed edges are together as shown in the picture. Lay the sling down so that pocket/pouch seam is on the bottom face down. The shoulder part of the sling is the part of the sling that is furthest away from the pocket and pouch seam. The shoulder part of the sling should be on the top facing you.



2. Before you begin the box pleat, you may find it helpful to mark a 6" length in the center along the top edges of the shoulder and along the bottom, folded edge of the shoulder as shown in the picture.



3. Begin a box pleat by folding all layers of the sling shoulder toward the open edges as shown in the picture below. Pin the fold in place for a length of about 6”.



Next, fold all layers of the sling shoulder toward the opposite, folded edge as shown in the picture below. Pin the fold in place for a length of about 6”.



The full, pinned pleat should look like the picture below.



4. Stitch close to the folded edges of the pleat to hold in place as shown. The pleat should be about 3 to 3 1/2" in width as shown in the picture. Don't spend too much time worrying about the exact measurement, as the width doesn't matter too much- you just want the shoulder to be contoured for a more comfortable fit on the shoulder.



The finished pleat should look like this:



The backside of the pleat (that will rest on the sling wearer's shoulder) should look like this:

