



How to Make a Scarf for an Individual with Oral-motor Impairments- Wrap-around Design

Written By: Move To Learn Innovation Lab



This DIY manual shows how to create a scarf to manage saliva for individuals with oral-motor impairments. The scarf uses a three-layer structure as a demonstration, namely a liquid wicking layer, a liquid absorbing layer, and a waterproof layer. Use these instructions as presented or modify them creatively on your own to meet the needs of the individual for whom you are designing. For example, you can change the color or pattern of fabric used. You could also use a two-layer structure (wicking and waterproof layers) as a lighter, less bulky solution for an individual with mild drooling. You could also modify the fastening method to match your needs. Be creative and have fun!

GUIDE TO PURCHASING MATERIALS TO MAKE THE SCARF

Here we provide specific information regarding the materials we used in fabricating the scarf. You do not have to use these exact fabrics. We describe the requirements for the fabric used in each layer so that you can find replacements that function similarly for your desired modifications.

Liquid wicking layer			
Material	Link	Pricing	Requirements
	https://www.seattlefabrics.com/Active-Dry-Wicking-Jersey-Mesh-1295-linear-yard- p_176.html	\$12.95/Yd.	This layer should have the capability to spread liquid quickly.
<p>Tips: A 100% polyester knit fabric is appropriate for this layer. If you have some fabrics with you, but not sure whether it could work or not. You could pour a little water on it. If the material spreads the water and dry quickly, then that's what you want to use. If it forms into a water drop, be absorbed by the fabric, and then remains wet for a long time, that piece of fabric is not appropriate.</p>			
Liquid absorbent layer			
Material	Link	Pricing	Requirements
	https://www.joann.com/performance-heather-terry-knit-fabric-grey/16717126.html#q=terry&start=1	\$11.99/Yd.	This layer should have the capability to absorb and retain large amount of water.

Tips:

Cotton terry (or knit terry) fabrics are excellent choices for this layer. You could find a lot of different types of cotton terry cloth fabric on the market. The main difference is the weight of the material (measured in ounces per square yard). Typically, the higher the number, the better the ability to absorb liquid. Here, we recommend lower than 10 ounces per square yard fabric; that's good for most of the children.

Waterproof layer

Material	Link	Pricing	Requirements
	https://www.joann.com/babyville-pirates-pul-fabric/12850012.html#q=waterproof&start=1	\$10.49/Yd.	This layer should have the capability to prevent water penetration.

Tips:

The fabric would usually be labeled as a waterproof fabric. Those are easy to find.



TOOLS:

- **Sewing Machine** (1)
- **Hand Needle** (1)
- **Scissors** (paper-cutting, fabric-cutting, and thread-snip)
- **Tailor's chalk** (1)
- **Sewing clip** (*optional)

PARTS:

- **Wicking fabric** (1)
- **Water absorbent fabric** (1)
- **Waterproof fabric** (1)
- **Thread** (1)

Directionality of fabrics

Wicking Fabric



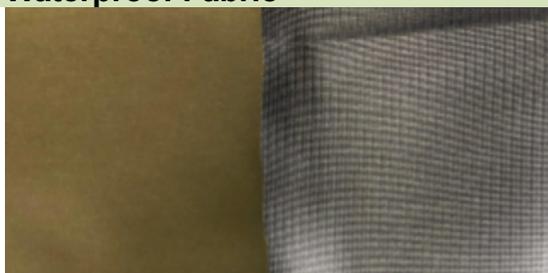
Right (Front) Wrong (Back)
*The wrong side does not contain obvious meshes

Absorbent Fabric



Right (Front) Wrong (Back)
*The wrong side has small loops

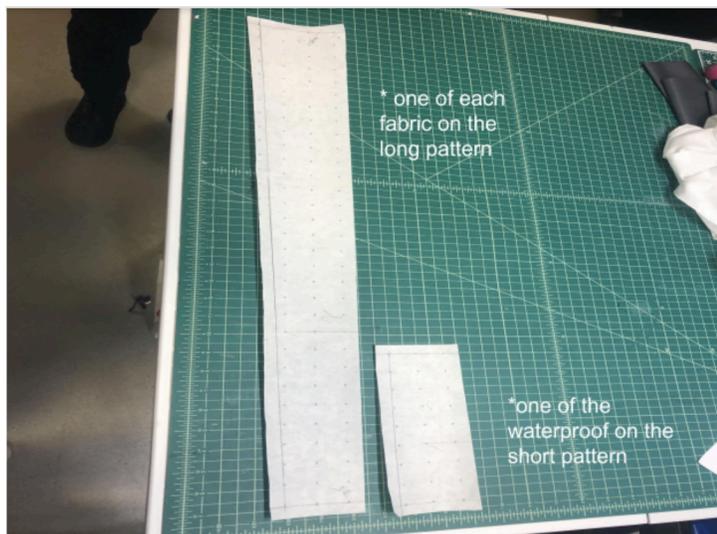
Waterproof Fabric



Right (Front) Wrong (Back)
*The wrong side is reflective

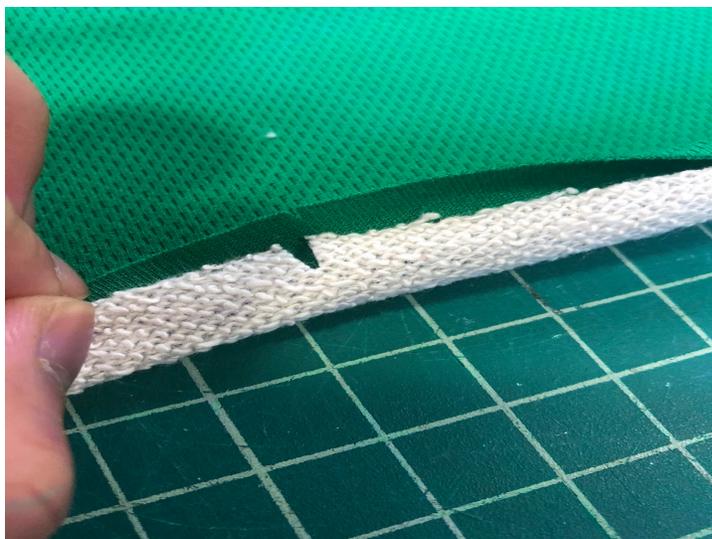
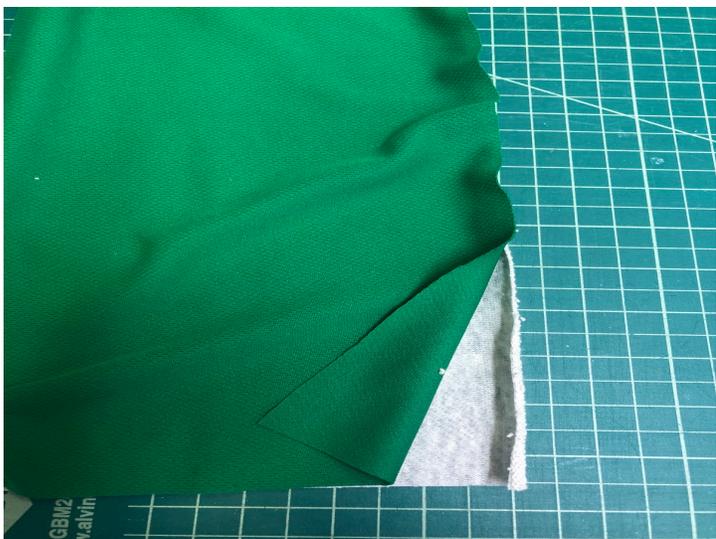
Procedure

Step 1 — Cut out pieces



- Using the patterns, trace and cut out one layer of each fabric (wicking, water absorbent, and waterproof). Only one layer of the waterproof fabric is required to be cut for the small pattern.
- Long pattern (The one on the left in the picture) – One of each fabric on the long pattern
- Short pattern (The one on the right in the picture) – One of the waterproof on the short pattern

Step 2 – Placing wicking fabric



- With the front side facing up, place wicking fabric on the front part of the water absorbent fabric. Align at the notches.

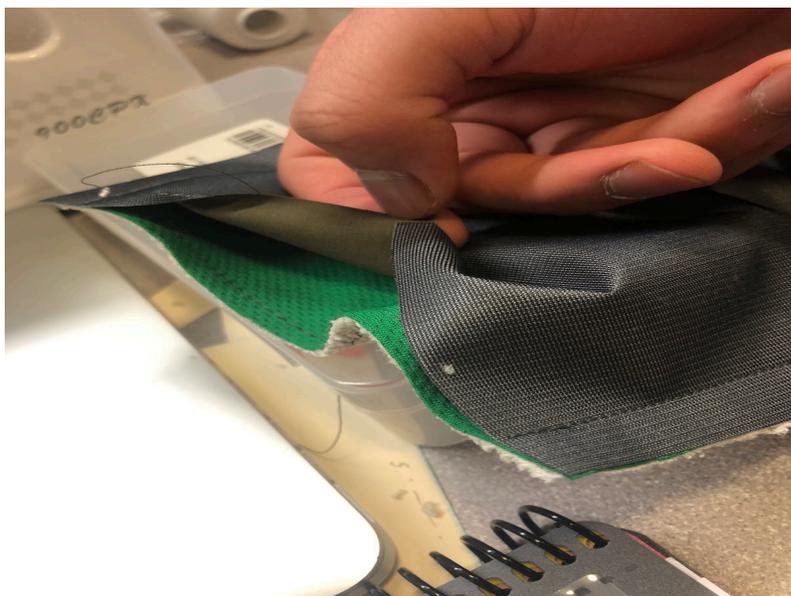
Step 3 — Basting two fabrics



- Using a 5.0 stitch length, baste the two fabrics 1/4" from edge to secure two layers of fabric together.
- The stitch length is just a recommendation.
- Also what needle you would use does not matter as well.
- What is a basting stitch:

<https://www.youtube.com/watch?v=QKwOplpXwwk>

Step 4 — Combining pieces



- With the front part of the waterproof fabric on the front part of the wicking fabric, stitch along the edge at a 1/2" seam allowance with a 2.5 stitch length and leave one short end unstitched.

Step 5 — Trimming the seam allowance



- Trim $\frac{1}{2}$ of the seam allowance on the wicking/water absorbent pair. Trim corners to reduce bulk.

Step 6 — Flipping the inside-out

- Flip the scarf inside-out from the opening.

Step 7 — Folding the small cut-out waterproof piece



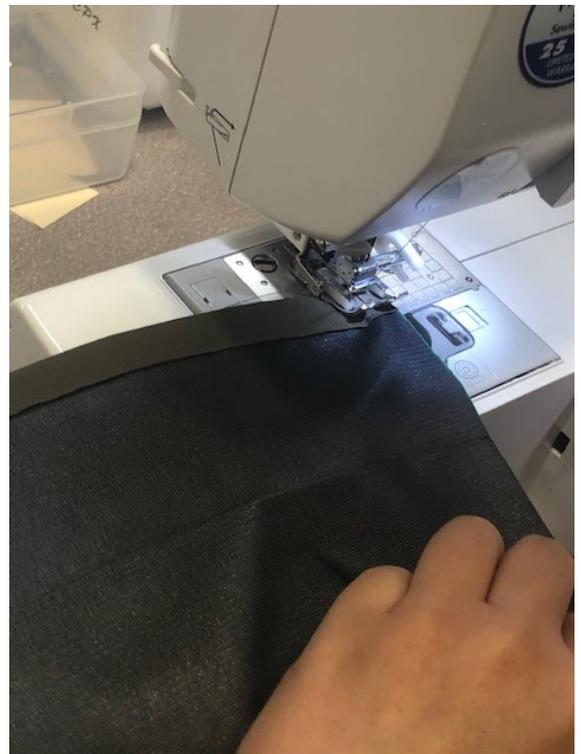
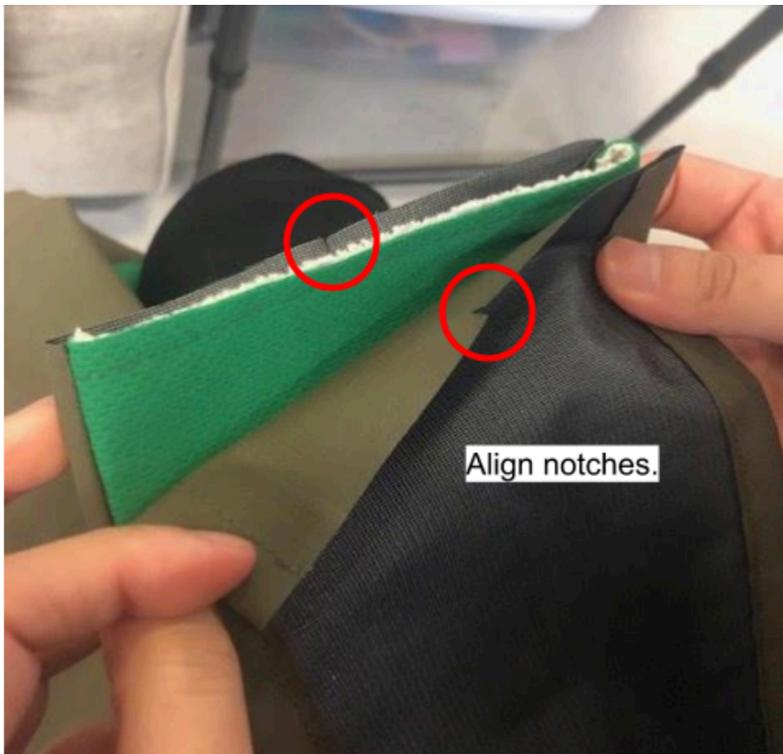
- With the small cut-out waterproof piece, draw a $\frac{1}{2}$ " line on the long side of the back side of the fabric. Fold sides on the line and press on cotton setting.

Step 8 — Stitching lines



- **Stitch down both of the folded lines at a 2.5 stitch length.**

Step 9 — Combining main piece and small waterproof piece



- **Align the notches on the short sides of the opening on the long pattern and the notches on the short pattern. The front of the short pattern should be placed on top of the wicking fabric.**
- **Stitch the two pieces together down the short edge at a 2.5 stitch length.**

Step 10 — Trimming seam allowance



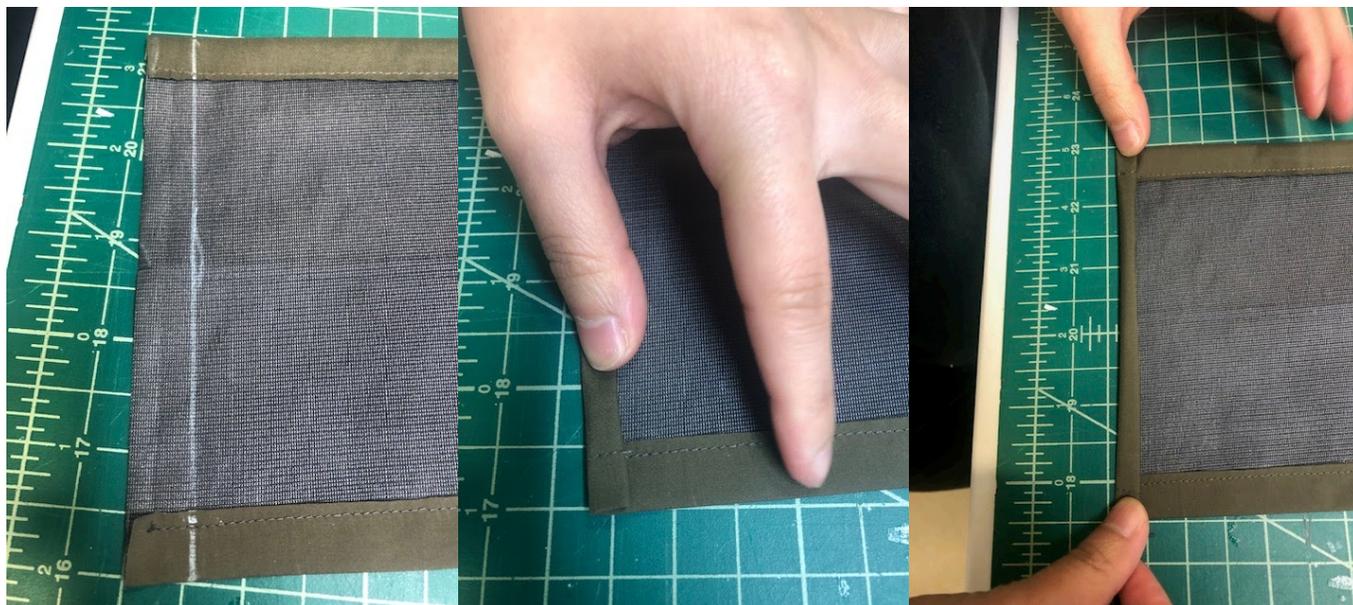
- Trim the fabric along the seam allowance.

Step 11 — Folding the excess seam allowance



- Fold the excess seam allowance of the short pattern over onto the long pattern. Stitch.

Step 12 — Folding edges



- Draw $\frac{1}{2}$ " line on the non-stitched side of the short pattern. Fold edge to the line, fold again, then press.

Step 13 — Stitching the short pattern



- Fold the short pattern over onto the long pattern and stitch on the line.

Final product

