

Bosom Buddy

SEAT BELT CUSHION

Reduce discomfort and protect tender areas after surgeries or chemo port placements with this soft, comfortable cushion. Simply place the cushion under the seat belt. Then use the Belt Wrap to attach the cushion to the seat belt and settle in for the ride.

Finished size: 14"H x 6½"W

YOU WILL NEED:

- ☐ Main fabric — fat quarter
- ☐ Coordinating fabric — ⅓ yard
- ☐ ByAnnie's Soft and Stable®* — 14" x 14"
- ☐ Fusible interfacing* — ⅓ yard
- ☐ Hook & loop tape* — ¼ yard
- ☐ Thread to match fabrics

* Available at www.ByAnnie.com

Need Help?

Check out the FREE Add-on Video Tutorial at ByAnnie.com for help with this project. The video includes an overview and tips for cutting, preparing the components, and assembling the project.



Special thanks to Natalie Barnes of Beyond the Reef Patterns and Windham Fabrics for the 'Norma Rose' fabrics used on this model.



I. CUT

Use the labels on page 4 to label the pieces as you cut.

NOTE: All dimensions throughout the pattern are listed as height (lengthwise grain) of fabric x width (crosswise grain with selvages on sides) of fabric. For best use of fabric, cut in the order listed.

From main fabric cut:

- ☐ Cushion Back and Front — two 14" x 6½"

From coordinating fabric cut:

- ☐ Bias Binding — 11" x 11"
- ☐ Belt Wrap A — 10" x 8"
- ☐ Belt Wrap B — 10" x 5"½

■ **NOTE:** This piece will be visible on the front of the Belt Wrap when it is attached to the seat belt. If you'd like to embellish it with ribbon, embroidery, or by fussy-cutting, you may find and mark the center of the visible portion by marking a vertical line from top to bottom 1½" in from the left side.

- ☐ Belt Wrap C — 10" x 4½"

From ByAnnie's Soft and Stable® cut:

- ☐ Cushion Stabilizers — two 14" x 6½"

From fusible interfacing cut:

- ☐ Belt Wrap A Interfacing — 8" x 10"
- ☐ Belt Wrap B and C Interfacings — two 4½" x 10"

From hook & loop tape cut:

- ☐ Belt Wrap Fastener — 7½"

II. PREPARE CUSHION PIECES

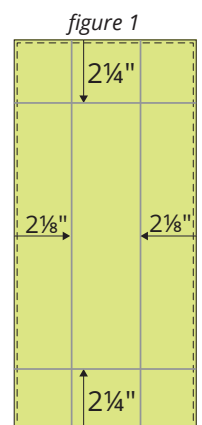
For added comfort, the Cushion Front and Back are each stabilized with Soft and Stable. The Cushion Back will be against the body when in use. The Belt Wrap (which will be used to attach the cushion to the seat belt) will be sewn to the Cushion Front.

A. Prepare Cushion Back

- ☐ 1. With right side up, smooth the 14" x 6½" Cushion Back (main fabric) on one 14" x 6½" Cushion Stabilizer (Soft and Stable).
- ☐ 2. Stitch about ⅛" from edge all around the fabric, carefully smoothing the fabric as you go. **TIP:** Use a walking foot or a stiletto held at a right angle about 1" ahead of the needle to keep the layers from shifting as you sew. Set aside.

B. Prepare Cushion Front

- ☐ 1. In the same manner, sew the 14" x 6½" Cushion Front (main fabric) to the other 14" x 6½" Cushion Stabilizer (Soft and Stable).
- ☐ 2. Using an easily removable marker (such as a chalk marker), mark placement lines for attachment of Belt Wrap (figure 1).
 - ☐ a. Mark horizontal lines from side to side 2¼" down from the top and 2¼" up from the bottom.
 - ☐ b. Mark vertical lines from the top to the bottom 2⅝" in from each side. Set aside.



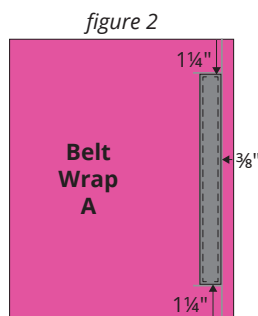
III. PREPARE BELT WRAP

USE accurate $\frac{1}{4}$ " seams throughout unless otherwise noted.

The Belt Wrap is used to attach the Cushion to a seat belt. To simplify construction, it is made with three pieces.

A. Prepare Belt Wrap A

- ❑ 1. Following the manufacturer's instructions, fuse the 8" x 10" Belt Wrap A Interfacing (fusible interfacing) to the wrong side of the 10" x 8" Belt Wrap A (coordinating fabric), aligning all edges.
- ❑ 2. Mark lines for Belt Wrap Fastener placement: With right side of fabric up, mark a vertical line from top to bottom $\frac{3}{8}$ " in from the right side. Mark 1" long horizontal lines (from the just-marked line toward the left) $1\frac{1}{4}$ " down from the top and $1\frac{1}{4}$ " up from the bottom.
- ❑ 3. Attach Belt Wrap Fastener: Align the loop (soft) portion of the $7\frac{1}{2}$ " Belt Wrap Fastener (hook & loop tape) between the just-marked horizontal lines with its long edge to the inside of the just-marked vertical line. **TIP:** A swish of glue from a washable school glue stick will help hold it in place. Stitch in place, sewing around the piece twice for added strength (figure 2). Set aside.



B. Prepare Belt Wrap B

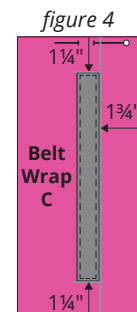
- ❑ 1. Fuse the $4\frac{1}{2}$ " x 10" Belt Wrap B Interfacing (fusible interfacing) to the wrong side of the 10" x 5" Belt Wrap B (coordinating fabric), aligning the right, top, and bottom edges. There will be $\frac{1}{2}$ " of fabric extending beyond the interfacing on the left side.
- ❑ 2. Finish the left long side of Belt Wrap B: With interfaced side up, fold the long left edge (the edge not covered by interfacing) over $\frac{1}{2}$ " toward the interfaced side of the fabric to make a 10" x $4\frac{1}{2}$ " piece; press (figure 3). Set aside.



C. Prepare Belt Wrap C

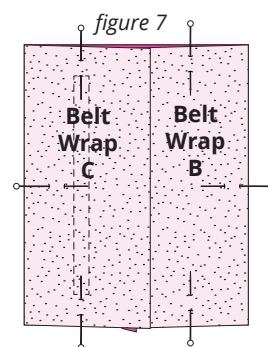
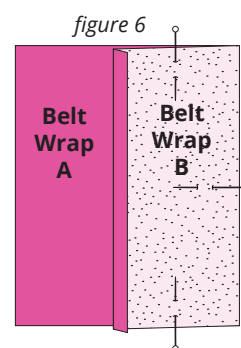
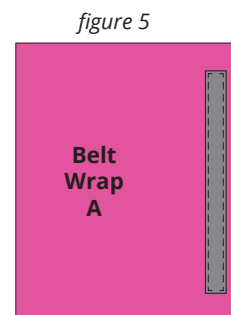
- ❑ 1. Fuse the $4\frac{1}{2}$ " x 10" Belt Wrap C Interfacing (fusible interfacing) to the wrong side of the 10" x $4\frac{1}{2}$ " Belt Wrap C (coordinating fabric), aligning all edges.
- ❑ 2. Position prepared Belt Wrap C right side up so that it is taller than it is wide. Mark the top of the piece with a pin, clip, or marker.

- ❑ 3. Mark lines for Belt Wrap Fastener placement: Mark a vertical line from top to bottom $1\frac{3}{4}$ " in from the right side. Mark 1" long horizontal lines (from the just-marked vertical line toward the left) $1\frac{1}{4}$ " down from the top and $1\frac{1}{4}$ " up from the bottom.
- ❑ 4. Attach Belt Wrap Fastener: Position the hook (scratchy) portion of the $7\frac{1}{2}$ " Belt Wrap Fastener (hook & loop tape) to the left of the vertical line and to the inside of the just-marked horizontal lines. Stitch in place, sewing around the piece twice for added strength (figure 4). Set aside.

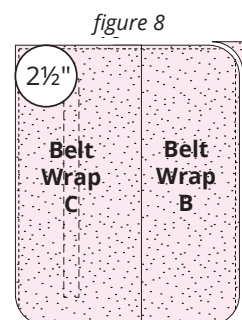


D. Assemble Belt Wrap

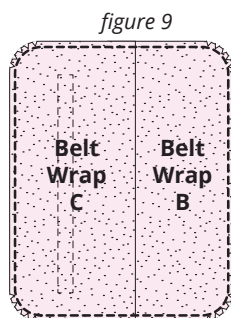
- ❑ 1. Position Belt Wrap A right side up so that it is taller than it is wide and the Belt Wrap Fastener is on the right side (figure 5).
- ❑ 2. With right side down, position prepared Belt Wrap B on the right side of Belt Wrap A, aligning the top, bottom, and right raw edges of the two pieces. The folded edge of Belt Wrap B should be toward the center (figure 6). Pin/clip in middle of top, bottom, and right side to hold layers together.
- ❑ 3. Remove any pin or clip marking the top of Belt Wrap C. Then, with right side down, position prepared Belt Wrap C on the left side of Belt Wrap A, aligning the top, bottom, and left raw edges. It will overlap Belt Wrap B in the middle by about 1" (figure 7). Pin/clip together.



- ❑ 4. Sew around all edges with a scant $\frac{1}{4}$ " seam.
- ❑ 5. Using a $2\frac{1}{2}$ " circular object (or Template A on page 4), mark to round all four corners of the piece. Cut along the marked lines to round each corner (figure 8).



- ❑ 6. Sew again around all edges with an accurate $\frac{1}{4}$ " seam. Clip rounded corners to reduce bulk (figure 9).

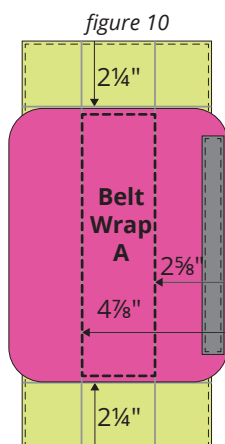


- ❑ 7. Turn piece right side out, pushing out corners. Press well to make a piece measuring $9\frac{1}{2}$ " x $7\frac{1}{2}$ ". This piece will now be called the Belt Wrap, though we may still refer to the various sections (A, B, and C) for identification.
- ❑ 8. Position the Belt Wrap with the full-sized piece (Belt Wrap A) right side up with the loop (soft) Belt Fastener on the right. Mark vertical lines from top to bottom $2\frac{5}{8}$ " and $4\frac{7}{8}$ " in from the RIGHT long side (see figure 10 below).

IV. ASSEMBLE CUSHION

A. Attach Belt Wrap to Cushion Front

- ❑ 1. Position Cushion Front with fabric side up. With marked lines up and the Fastener on the right, center the Belt Wrap on the Cushion Front between the lines marked $2\frac{1}{4}$ " down from the top and $2\frac{1}{4}$ " up from the bottom. Align the marked vertical lines on the Belt Wrap with the marked vertical lines on the Cushion Front. Pin to hold.
- ❑ 2. Sew the Belt Wrap to the Cushion Front. Begin by sewing down the line marked $2\frac{5}{8}$ " in from the right side. Pivot and stitch across the bottom of the Belt Wrap, sewing $\frac{1}{8}$ " to $\frac{1}{4}$ " from the edge, to the line marked $4\frac{7}{8}$ " from the right. Pivot and stitch up the line marked $4\frac{7}{8}$ " from the right. Finally, pivot and continue across the top making a box (figure 10). Sew around twice.
- ❑ 3. Join the hook & loop pieces to keep the Belt Wrap out of the way for the next steps.

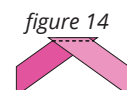
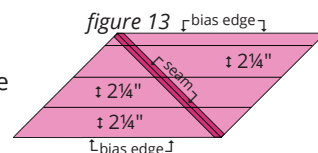
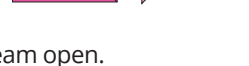
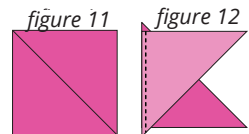


B. Join Cushion Front and Back

- ❑ 1. With Soft and Stable sides together, position the prepared Cushion Front on top of the Cushion Back, aligning all edges. Sew together, stitching about $\frac{1}{8}$ " from the edge.
- ❑ 2. Using a $3\frac{1}{2}$ " circular object (or Template B on page 4), mark to round all four corners. Stitch $\frac{1}{8}$ " inside the marked lines and cut on the marked lines to round the corners. This joined piece will now be called the Cushion; set aside.

C. Prepare Bias Binding

- ❑ 1. Cut the 11" x 11" Bias Binding (coordinating fabric) in half diagonally (figure 11).
- ❑ 2. With right sides together, sew the two triangles together along one short side (figure 12); press seam open.
- ❑ 3. From the resulting parallelogram, cut three $2\frac{1}{4}$ " strips, aligning ruler along the long bias edge (figure 13).
- ❑ 4. With right sides together, join the ends of the strips to make one continuous strip, offsetting tips (figure 14). Press seams open; trim tips.
- ❑ 5. With right sides out, fold the binding in half, bringing the long raw edges together. Pin every 2" to 3" to hold.



D. Finish Edges

- ❑ 1. Use the Bias Binding made in the previous step to bind the raw edges of the Cushion.
- ❑ a. Leaving a 4" to 6" tail, attach the Bias Binding to the Cushion Back, beginning stitching about 1" above the lower right corner. Stitch around Cushion Back, stopping about 1" past the top right corner. Join the ends using the method of your choice and finish stitching the binding to the Cushion.
- ❑ b. Fold the binding over to the Cushion Front, enclosing all raw edges, and stitch just inside the folded edge of the binding, continuing all around the binding.

E. Attach Cushion to Seat Belt

- ❑ 1. Use the Belt Wrap to attach the Cushion to the seat belt. Open the Belt Wrap and position the cushion under the seat belt. Fold the sides of the Belt Wrap around the seat belt, joining the hook & loop tape to hold it in place. Adjust as needed for comfortable wearing.

Be sure to visit our website for patterns, Soft and Stable®, hardware, zippers, video tutorials, and more.

Need Help?

Many of the techniques included in this pattern are covered in the Add-on Video for this project as well as our free online video tutorials. You'll find them at our website (ByAnnie.com/tutorials) or on our YouTube channel (YouTube.com/byannie).

Happy stitching!

We love seeing what you make. Please share your photos on social media using the following tags:

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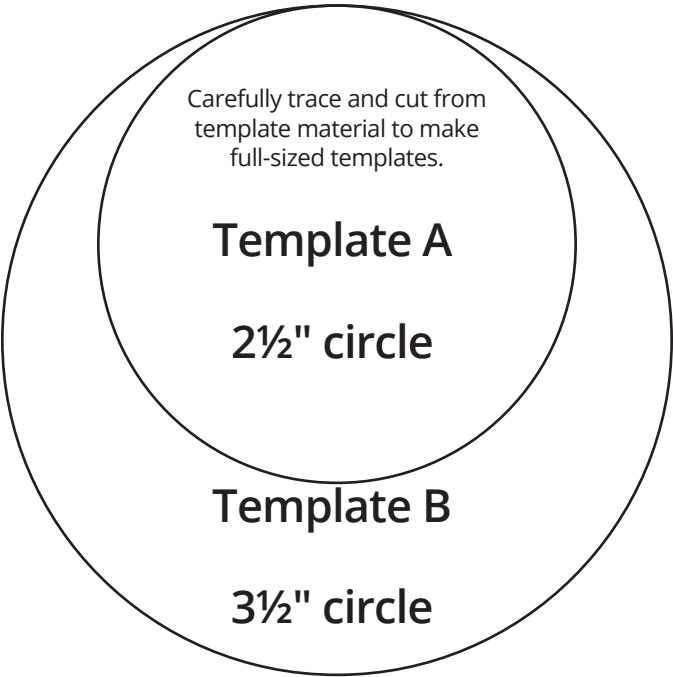
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Bosom Buddy

SEAT BELT CUSHION

Keep track of all the pieces needed for these projects. Copy this page and cut apart to make labels for each piece.



Bosom Buddy MAIN FABRIC Cushion Back and Front two 14" x 6½"	Bosom Buddy COORDINATING FABRIC Bias Binding 11" x 11"	Bosom Buddy COORDINATING FABRIC Belt Wrap A 10" x 8"
Bosom Buddy COORDINATING FABRIC Belt Wrap B 10" x 5"	Bosom Buddy COORDINATING FABRIC Belt Wrap C 10" x 4½"	Bosom Buddy BYANNIE'S SOFT AND STABLE® Cushion Stabilizer two 14" x 6½"
Bosom Buddy FUSIBLE INTERFACING Belt Wrap A Interfacing 8" x 10"	Bosom Buddy FUSIBLE INTERFACING Belt Wrap B and C Interfacings two 4½" x 10"	Bosom Buddy ¾" HOOK & LOOP TAPE Belt Wrap Fastener 7½"

Special thanks ...

to Jennifer and Carolyn Gibbons for inspiration for this pattern. They designed a seat belt cushion after Jennifer had elective surgery as a preventative measure. Jennifer is one of many women who elect to have surgery when they learn they are carrying the BRCA gene and realize it's not a situation of "if" but "when" they might be faced with breast cancer. Jennifer's family history makes it a very real possibility.

Carolyn says that Jennifer "has finally completed the last step of the whole journey and is doing great. She managed to always have a complication and still came out with a smile. She is now helping her surgeon with a support group and counseling other women who are going through this journey. Jennifer is a true warrior for having the courage to make such a huge decision at a young age."

Jennifer and Carolyn have been distributing seat belt cushions to other patients and inspired us to provide a pattern so that you, too, can join the efforts.

If you (or someone you know) have had surgery, we hope that a Bosom Buddy will bring you comfort.

Hugs and best wishes to all!

Pictured: Jennifer Gibbons



We encourage all to speak with their physician or OB/GYNs about their family history and genetic risk factors.

Check out this [risk assessment quiz made by BrightPINK.org](#).

Read more at #SewPINK at [ByAnnie.com/sewpink](#).

--Happy Stitching!