

Time	Narration
00:01	Welcome to the spoken tutorial on the making of a kangaroo bag with an attached cap.
00:09	In this tutorial, we will learn-
00:11	The benefits of a kangaroo bag.
00:15	The procedure of making a kangaroo bag with an attached cap.
00:21	Let us begin.
00:24	A kangaroo bag is used to provide kangaroo mother care or KMC .
00:33	Kangaroo mother care has been explained in another tutorial of the same series.
00:40	A kangaroo bag makes KMC convenient for the mother.
00:47	Mothers have a unique natural mechanism to maintain the baby's body temperature.
00:55	It works by changing the blood circulation specifically between the breasts.
01:03	This happens when there is skin-to-skin contact between the mother and baby.
01:11	This skin-to-skin contact is made easier and sustainable by a kangaroo bag.
01:20	This bag also keeps the mother's hands free while providing KMC .
01:27	It distributes the weight of the baby evenly on the mother's chest.
01:35	Therefore, it prevents backache.
01:39	A kangaroo bag is always made with an attached cap.
01:45	Newborn babies lose heat from their head.
01:50	The attached cap covers the baby's head and prevents loss of heat.
01:58	It is important to make at least 2 kangaroo bags for a mother.
02:04	She can use the 2nd bag when the 1st bag needs to be washed and dried.
02:12	To make 2 kangaroo bags, you will need:
02:16	1.5 meters of soft flannel cloth.
02:21	A pair of scissors.
02:23	A sewing machine.
02:25	A cloth chalk or marker.
02:28	A measuring tape.
02:31	Soft flannel cloth is the best cloth for newborn babies.
02:37	It doesn't cause irritation to their soft skin.
02:43	It is available in many different colours and designs at local markets.
02:50	The first step is cutting the flannel cloth required to make one bag.
02:58	For this, open the soft flannel cloth.
03:03	Lay it vertically on a table.
03:07	The printed side or the right side of the cloth should not be visible.
03:14	The plain side or the wrong side should be visible on the upper side.
03:21	Use a measuring tape to measure 60 cm for the length of the bag.
03:29	Mark it with a cloth chalk or a marker.
03:34	Measure 30 cm for the width of the bag.
03:40	Mark it with a cloth chalk or a marker.
03:44	Cut the cloth along the marked lines using a scissor.
03:50	Now, we have a 60 cm by 30 cm cloth piece ready.

03:58	Next step is to fold the cloth for the bottom leg pouch.
04:05	Fold 1 cm of the lower edge of the cloth horizontally.
04:11	This is required later for hemming.
04:16	Then, fold the cloth horizontally up to 15 cm for the length of the pouch.
04:25	Measure 15 cm after folding it.
04:30	Next step is to cut the openings in the pouch for the baby's legs.
04:37	Without opening the 15 cm pouch fold, fold the cloth vertically in half.
04:46	The plain side or the wrong side should be outside after folding the cloth.
04:53	Measure 8 cm in length from the top of the 15 cm pouch fold.
05:02	Mark it on the side of the cloth that is open.
05:07	Measure 8 cm in breadth at the bottom from the folded side of the cloth.
05:15	Mark it with a cloth chalk or a marker.
05:20	Connect the 2 markings by drawing a curve.
05:25	Cut the cloth along the curve using a scissor.
05:30	Now, open the vertical fold.
05:34	Fold it vertically in half with the printed side outside.
05:41	Do not open the horizontal pouch fold.
05:46	Align and hold the 4 layers of cloth together along the curve.

05:53	Cut any extra cloth to make the curve of the leg openings smoother.
06:00	This completes the cutting of the pouch of the kangaroo bag.
06:05	Keep it aside.
06:08	Next step is to cut the cloth for making belts.
06:14	A kangaroo bag has 3 belts.
06:19	One belt goes around the neck of the mother.
06:24	The other two belts are tied to each other at the waist of the mother.
06:31	We will use the remaining flannel cloth to cut these belts.
06:37	Measure and mark 80 cm for the length of a belt.
06:43	Measure and mark 6 cm for its breadth.
06:49	Cut 3 such belts.
06:53	Keep them aside.
06:56	Next step is to cut the cloth for a cap
07:01	From the remaining flannel cloth, measure 30 cms for the length of the cap.
07:08	Mark it with a cloth chalk or a marker.
07:13	Measure and mark 15 cm for the breadth of the cap.
07:20	Cut the cloth along the marked lines using a scissor.
07:26	Now, we have a 30 cm by 15 cm cloth piece ready for the cap.
07:35	Now, we will learn how to sew the cap.
07:39	Fold the cap cloth piece horizontally in half at the midline.
07:46	The plain side or the wrong side should be outside after folding the cloth.
07:54	Sew the edges of 2 layers of cloth together on either side of the fold.
08:01	Hem the other two sides of the cloth.
08:06	Now, the cap is ready to be attached to the bag.
08:11	Keep it aside.
08:14	Next step is to sew the 3 belts for the kangaroo bag.
08:21	First, fold the belts vertically 1.5 cm from the left.
08:28	Then, fold them vertically 1.5 cm from the right.

08:35	The printed or the right side should be visible after folding the belts.
08:42	Now, fold the belts vertically a little less than half, near the midline.
08:50	The previous 2 folds from the right and left should be hidden inside this fold.
08:58	Folding thrice will make the belts strong enough to hold the baby's weight.
09:06	Now, sew them straight along the third fold.
09:11	Sew back and forth along the fold thrice to add extra strength.
09:18	Belts are ready.
09:20	Keep them aside.
09:22	Next, we will learn how to sew the pouch of the bag.
09:27	This is a picture of the pouch cloth piece that we had cut.
09:34	Hem the C shaped curves on the right and left sides of this cloth.
09:40	Next, hem the upper horizontal edge of the pouch.
09:46	Fold it twice before sewing.
09:50	The second fold should be bigger than the first one.
09:55	The pouch is ready.
09:59	Next step is to attach the belts to the pouch.
10:04	Fold the pouch horizontally.
10:07	The plain or wrong side of the cloth should be outside.
10:13	Place a belt between the top corner of the pouch and the cloth below.
10:21	Sew the 3 layers together leaving half an inch space from the side.
10:29	Sew back and forth 3 times to ensure that the belt is attached properly.
10:37	Similarly, sew the second belt on the other top corner of the pouch.
10:44	In this picture, the pouch is ready and the belts are attached to it.
10:51	Next step is to attach the cap and the third belt.
10:56	Start hemming the two sides of the remaining cloth above the pouch.
11:03	Do not hem the entire length of the cloth.
11:08	Stop about half an inch before reaching the top end.
11:14	Place an end of the belt at the printed side of the top end of the cloth.
11:21	Place a corner of the cap over the same end of the belt.
11:27	Align and hold the 3 layers together.

11:32	Fold the layers on the upper end tightly.
11:37	Then, sew them together 2 to 3 times.
11:42	Now, attach the cap to the cloth along the horizontal edge.
11:48	The breadth of the cap may be more than that of the cloth.
11:54	If it is, then make a small pleat in the cap cloth.
12:01	Hold the pleat while sewing to align both layers of cloth properly.
12:08	Now, place the other end of the belt at the other end of the cloth.
12:15	Place the other corner of the cap over the belt.
12:20	Align and hold the 3 layers together.
12:25	Fold the layers on the upper end tightly.
12:30	Then, sew them together 2 to 3 times.
12:36	Hem the remaining vertical edge of the cloth if you did not do it before.
12:43	Lastly, cut all the extra threads.
12:48	The kangaroo bag with an attached cap is ready.
12:54	This brings us to the end of this tutorial. Thank you for joining.