Premature Baby Gowns
General Sewing Instructions

Two metres of fabric and two metres of lining will give the following gowns:

- 5 x small
- 5 x medium
- 2 x large

Fabric

Please use 100% cotton as it is easier to launder and copes better in the clothes dryer. However Poly-Cotton fabrics can be used if you have some cute printed fabric available.

Construction

1. Fold fabric in half, with sleeve edges together.
2. Place pattern pieces on main fabric and cut out on solid line.
3. Repeat for lining fabric.
4. Sew side seams on both main and lining fabrics. DO NOT sew the shoulder seams.
5. Iron the seams flat.
6. Place the dress and lining together, with the right sides together.
7. Sew from notch at the hem in the front along the bottom, over the side seam and up the centre of the back.

Continue to sew around the armhole, over the shoulder, around the front of the neckhole, up and over the other shoulder, down the other centre back and then to the notch in the front along the bottom.

You will now have a dress with a gap in the hem at the bottom – and it will be inside out
8. Cut the corners away, being careful not to cut the stitching.
9. Clip the curves of the armhole and neckhole. This allows the fabric to curve more easily once you turn it to the right side.
10. Carefully turn garment inside out through the hole in the bottom. This sounds difficult but is possible! Sometimes using a chopstick or blunt knitting needle helps to turn out the shoulder straps.
11. Sew on 3 press studs, on one each shoulder and one at the neck at the back, as indicated on pattern. Iron the finished garment, carefully making the lower edge seam sit straight.

Voila! All finished….now for the next one!
Cut corners away (once sewn)

1/2"

X = Position of press stud

Clip curves (once sewn)
Do not cut stitching!

5"

Please use 1/2" seams

Small
FRONT

Place on folded fabric
Cut one in main fabric and one in lining fabric

Place on fold

6 1/2"

Side seam - 1" for open

Leave open to turn inside out
x = position for press studs

Cut corners away (once sewn)

Clip curves (once sewn). Be careful not to cut stitches!

Small
BACK

Place on folded fabric

Cut one in main fabric and one in lining fabric

<Use ½" seams

Side seam - iron open
Use ½" seams please

Cut one in main fabric and one in lining fabric

Place on folded fabric

Medium
FRONT

Place on fold

Cut corners away (once sewn)

Clip - do not cut sewing line!

Side seam - iron open

Leave open to turn inside out

6"
\[ X = \text{Position for press studs (small)} \]

- Cut corners away (once sewn)
- Clip curves (once sewn)
- Do not cut sewing line!

Use \( \frac{1}{2} '' \) seams

**Medium**

**BACK**

Place on folded fabric

Cut one in main fabric and one in lining fabric.
X = position for press studs*

$1\frac{3}{4}''$

Cut corners away (once sewn)

Clip curves - take care not to cut stitching

Use $1\frac{1}{2}''$ seams

7''

Side seam - iron open

Large

FRONT

Place on folded fabric

Cut one in main fabric and one in lining fabric

Place on fold

Lincraft sells plastic press studs which are excellent (and cheap).

Leave open
Use 1/2” seams

x = position for press studs

Cut corners away once sewn

Clip curves - take care not to cut stitching

Large

BACK

Place on folded fabric

Cut one in main fabric and one in lining fabric

side seam - iron open