

Rockin' Newborn Gown Pattern

(to make from a T-shirt)

1. Print pattern pdf file.
2. Join sleeve upper and sleeve lower patterns at mark.
3. Extend gown front and back patterns as noted on pattern. Add 3/4" flare at hem on both sides of front and back pattern (refer to below photos)
4. For easier placement and cutting, retrace gown front and back patterns so they are full pieces and no longer "on the fold"



5. Choose placement on t-shirt and cut. There are many different layouts you can use. Your choice may depend on shirt graphic, shirt size, etc. A long-sleeved gown can usually be easily made from a men's large t-shirt. Be open to including existing seams and hems in your cut pieces. For a gown from a smaller sized-shirt, you might think about making a short-sleeved version.

T-shirt to Rockin' Newborn Gown

These are sewing instructions for a newborn gown made from a t-shirt. Pattern can be found on www.thisismamamakesstuff.com



1. Fold and press neck edge 1/4" on front and back.



2. Sew folded neck edge (front and back) with zig-zag stitch. Try to not allow neck edge to stretch too much. Hem will still be a bit wavy. (this step is the trickiest and can take some practice.)



3. Press neck edges on front and back to flatten out any "waves".



4. Overlap back over front at shoulders, matching marks. Machine baste to hold in place.



5. With right sides together, sew in sleeves.



6. With right sides together, sew side seams from underarm through bottom of gown.



7. Hem sleeves 1/2" unless you have cut sleeves using existing hem of shirt.



8. Hem bottom of gown 1/2" leaving a 1" open space. Insert 14" piece of soft stretch elastic (from 1/8" wide to 3/8" wide). Sew ends of elastic together and close up hem opening.



9. You're finished!