

BABY GOT BACK

Infant/Toddler Leggings

Sizes 0-3months to 2T



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Thank you for respecting my hard work and supporting my business!

ruthie pearl

BEFORE YOU SEW...

Sizing

The Baby Got Back Pants are designed for cloth-diapered babies. They feature the following alterations from a normal pair of baby pants to ensure they fit over even the fluffiest of bums:

- Higher rise to accomodate extra bulk
- Scoop front to alleviate elastic digging into baby's tummy
- Rear panel that widens at the fullest part of the bottom
- Generous fit around the hips to maximize comfort when sitting
- Generous length so you can adjust for your baby or have extra growing room

While babies come in all shapes and sizes, you should be able to use the pattern size that corresponds to your child's age. If your child is unusually small or large for his or her age, size down or up accordingly. **As a cloth diapering parent, you are probably used to sizing up a couple sizes to accomodate your baby's diaper. Don't do that with this pattern! It is sized just for fluffy bums! You may also check page 20 for possible modifications to the pattern.**

If you are in question about your baby's size, use an old t-shirt to make a sample pair of pants in his or her suspected size. You can then make adjustments for a custom fit!

The pants in the photos are a 6-12mos size on a 9-month-old, 19lbs, 28" tall girl. She is wearing a prefold diaper with a cover and still has room to grow in them.



If you desire a very fitted, leggings-style pant, use one size below your baby's current age range. The pants should still be large enough to accomodate your baby's cloth-diapered bum.

Materials

Fabric

Suggested fabrics include stretch knits like cotton interlock, 1x1 or 2x2 cotton ribbing, corded knit, thermal knit and jersey.

The following yardages are generous to allow for pre-shrinking:

Size	Yardage
0-3 months	5/8
3-6 months	5/8
6-12 months	5/8
12-18 months	3/4
18-24 months	3/4
2T	3/4

Upcycled knit shirts work great for the Baby Got Back Pants! My favorites are large to plus-size turtle-necks. The fabric in turtlenecks is usually nice and substantial, and it often comes in fun prints. Long-sleeved garments are best for upcycling because you can fit the gusset piece on the sleeve if it doesn't fit the width of the shirt. The best way to know if your pattern will fit on the shirt is to take it with you to the thrift store when you're shopping for shirts.

Another benefit of using upcycled tees is that you can align your pattern so you re-use the tee's bottom hem as your leg hems. That eliminates a step!

Sewing Machine/Serger

No special or expensive sewing machine is needed, and a serger is optional since knits don't fray. I do recommend using a ball-point needle, a slightly longer-than-normal stitch length (I use a 3 out of 4) and a stretch setting on your machine if you have one.

Iron

A steam iron is extremely helpful in achieving a professional finish on any sewing project!

Diaper Pin/Large Safety Pin/Bodkin

Something to thread elastic through the casing.

The Usual Suspects...

Thread, straight pins, scissors, marking pencils, seam gauge/ruler, etc.

Elastic

I recommend knit elastic (not braided or ribbed) for the softest, most comfortable fit around baby's tummy. I also recommend you do NOT use the non-roll version of knit elastic as it is slightly narrower than regular elastic, and it is not as soft.



If you are making the pants for a baby you don't have available to measure, you may use the following chart as a guide for elastic length:

Size	Cut Elastic this Length
0-3 months	15"
3-6 months	16"
6-12 months	18"
12-18 months	19"
18-24 months	20"
2T	21"

Pre-Wash Your Fabric

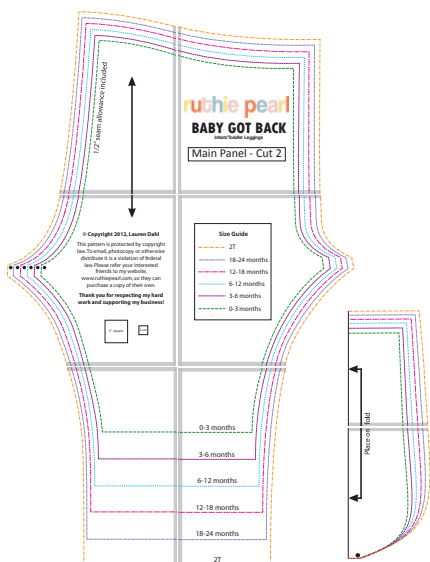
It's easy to get excited and skip this step. Don't do it! Knits are notorious for shrinking, so it's an absolute must that you wash them before cutting and sewing.



SEWING INSTRUCTIONS

Assemble Pattern & Cut Fabric

Print and cut out the pattern pieces for the size you'd like to make, and assemble them with tape as shown below. *Do not scale the printing!* When taping your pieces together, *do not overlap the shaded lines.*



Place your pattern on the fabric as shown. If you are using cut yardage (as opposed to upcycling a t-shirt), you will not need the entire width of fabric. To save this extra bit for a later project, re-fold the fabric as shown so you only have it folded over enough to fit the pattern. You need two of the main panel and one gusset (cut on the fold).



Pin your pattern (or use pattern weights) to the fabric and cut. A seam allowance of 1/2" has already been added to the pattern. *Remember that if you are upcycling a t-shirt, you should place the pattern 3/4" below the bottom edge of the shirt since you don't need the extra fabric to make a hem.*



Mark Fabric

Using a fabric marker, pencil or chalk, mark the fabric as directed on the pattern. You will have two marks at the bottom of the gusset and one on each main panel piece.





Gusset

With right sides and markers together, begin at the crotch and pin the gusset to one of the main panel pieces. The orientation of the gusset may look funny, but trust me on this one! It will curve up and around to fit perfectly.

You may stretch the fabric very slightly as you go to achieve a perfect fit. You may have to repin a couple of times to get it just right. (You can also repin as you go while sewing.)



Once the first side is fully pinned, it will look like this:



Next, pin the second main panel onto the other side of the gusset as shown. Again, keep the right sides together, and make sure to match up the markings.



Once fully pinned, your pants will look like this:



Starting at the crotch (where the markings are), slowly and carefully sew one side toward the waistband. Check frequently to be sure the bottom fabric isn't doubling up under your needle - especially when going around the curve. I find it helpful to stop and raise my presser foot periodically to make sure there are no puckers in my fabric.

Repeat on the other side so your pants look like this:



There will be slight gathering around the curve - that's okay! That's the extra room for your baby's fluffy bum.

Serge if desired, and press your seam allowances toward the center back.



Leg Hems

Because these pants legs have such a small opening, it is very challenging to sew a hem at the end of construction as you would normally do (especially when making the 0-3mos and 3-6mos sizes). Instead, I recommend hemming them at this point. Ready-to-wear baby pants are usually hemmed in this manner.

Fold up 1/4" at the bottom pants leg and press. Fold up another 1/2" and press again. Sew the hem.

You can skip this step if you are re-using the hem from an upcycled t-shirt!



Optional: If making jeggings, you may sew a faux fly as shown below. Simply use the template included in the pattern to draw a guide for stitching. After doing one row of stitching, go back and do a second one.



Front Seam

Pin the front together as shown. Do not pin the leg portion just yet.



Starting at the crotch and sewing toward the waistband, sew the center seam. Serge if desired, and press the seam toward either side of the pants.



They're starting to look like pants!



Inner Legs

Matching the center of the gusset with the front center seam, pin together the front of the pants to the back at the inner leg.



Beginning at either leg opening, sew around the inner leg seam. To reinforce the crotch, sew a second line of stitching close to the first along the crotch curve. Serge if desired.



Waistband

Press under 1/4" along the top of the pants. Press under another 7/8" and pin as you go for accuracy. It's important that the elastic casing is exactly 7/8" to ensure a good fit for the elastic.



Starting about 1/2" off-center in the back of the pants, Sew very close to the bottom fold to form the elastic casing. Leave a 1" opening in which to insert the elastic.



Cut the elastic to your baby's waist measurement plus 1" (or use the chart on page 3 of this pattern).

Using a diaper pin, large safety pin or bodkin, thread the elastic through the casing.



Once the elastic is threaded through, pin the ends together and make sure there are no twists in the elastic.



Unpin the ends of the elastic, and overlap the elastic 1/2". Sew back and forth several times to secure.



Stretch out the waistband repeatedly to pull the elastic into the casing and to even out the gathers.

Being careful to not stitch through the elastic, sew the opening shut.



NICE PANTS!



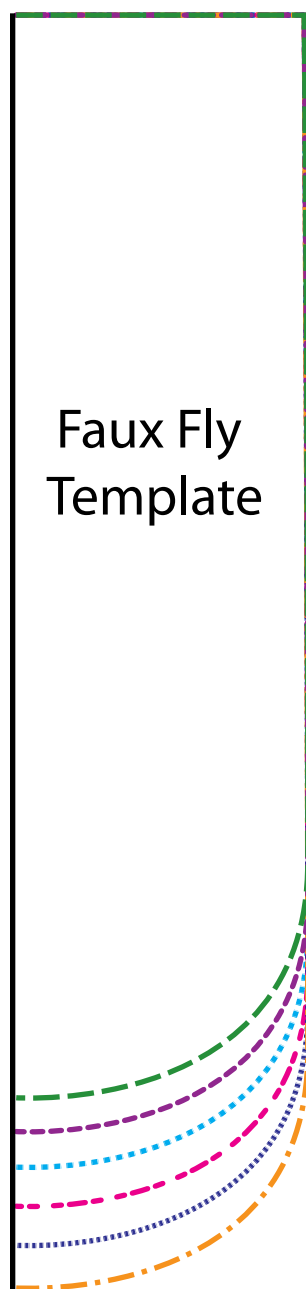
Interested in making and selling the Baby Got Back Infant/Toddler Leggings?

Want to sell my pattern on your site or blog for a commission on every sale?

Please contact me at laurenydahl@gmail.com for information on cottage licensing and/or affiliate sales.

Please also feel free to contact me if you have any questions or comments about the pattern! I would love to hear from you.

FAUX FLY TEMPLATE



Size Guide	
	2T
	18-24 months
	12-18 months
	6-12 months
	3-6 months
	0-3 months



To use the faux fly template, cut it out and line it up along the center front edge of the left side of the main panel (refer to photo to see where it should go). Trace around the edge of the template. Stitch once along where you traced, and then stitch a second time just inside that stitching line.

RUFFLED BOTTOM & CUFFS

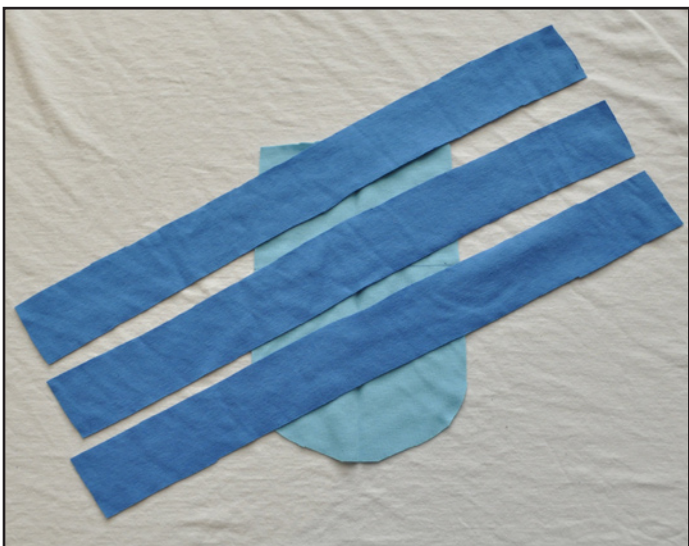
Mark the Gusset

Using a fabric pencil/marker or pen (the line will be covered up by a ruffle, so it doesn't matter if it washes out or not), draw a line 3.5 inches from the top of the gusset.



Cut Ruffle Pieces

Cut three ruffles measuring 2" tall and three times the width of the gusset (this will depend on the size pants you are making). The ruffles in this tutorial are 18" wide to fit a 6"-wide gusset of the 6-12mos size. The ruffles don't have to be perfect - but three times the width of the gusset gives a nice fullness to the ruffles once gathered.



You can also play with the height of the ruffles (instead of using 2" strips like I've done here). The most important thing is that you leave enough room at the top of the gusset for the elastic casing and half the height of the first ruffle (so it doesn't get caught in your stitching for the casing).

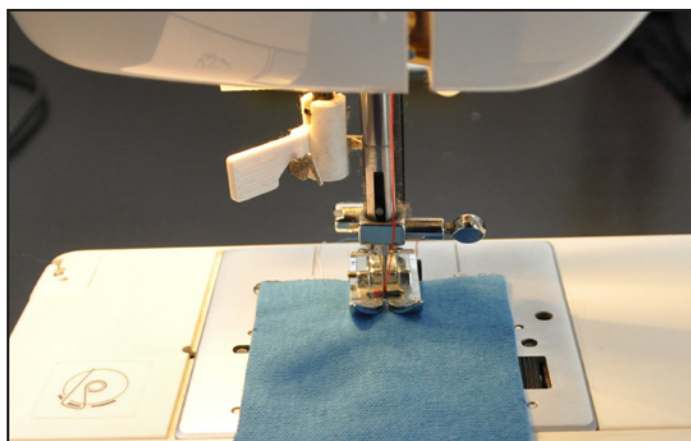
In other words, you need 2" plus one-half the height of your first ruffle (minimum) before you mark your ruffle placement line. So, if you used 1" strips instead of 2" strips, you would need a minimum of 2.5" before the placement line.

Baste and Gather Ruffles

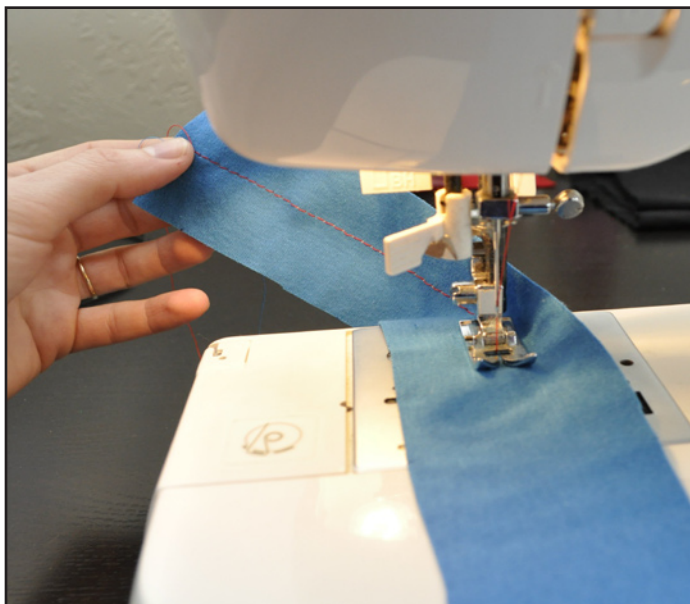
Set your stitch length to the longest possible setting (a basting stitch). For my machine, this is number 4. Be sure that your machine is set to do a stretch stitch if you have one.



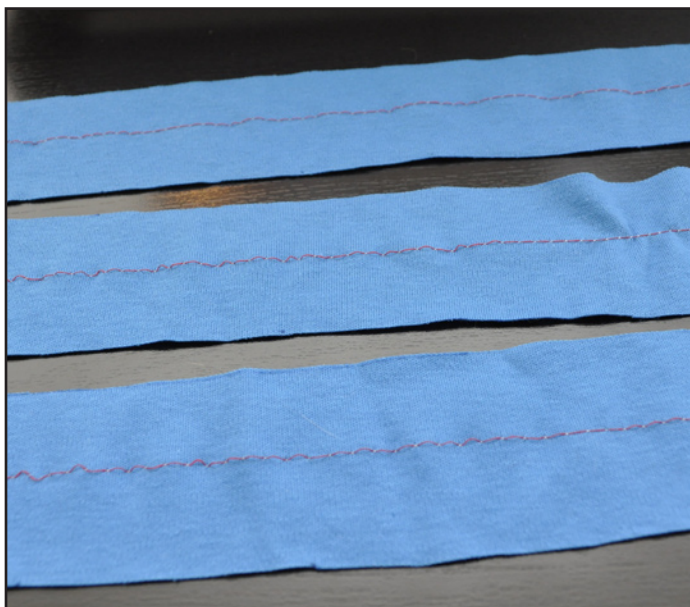
Using a contrasting thread (so it's easier to find and remove later), baste down the center of each ruffle strip without backstitching at the beginning and end.



Pull lightly on the fabric as it goes under the needle to ensure the stitches stay nice and long. Leave a long tail thread for gathering.



Continue until all three ruffle pieces have a line of loose basting stitches down the middle.

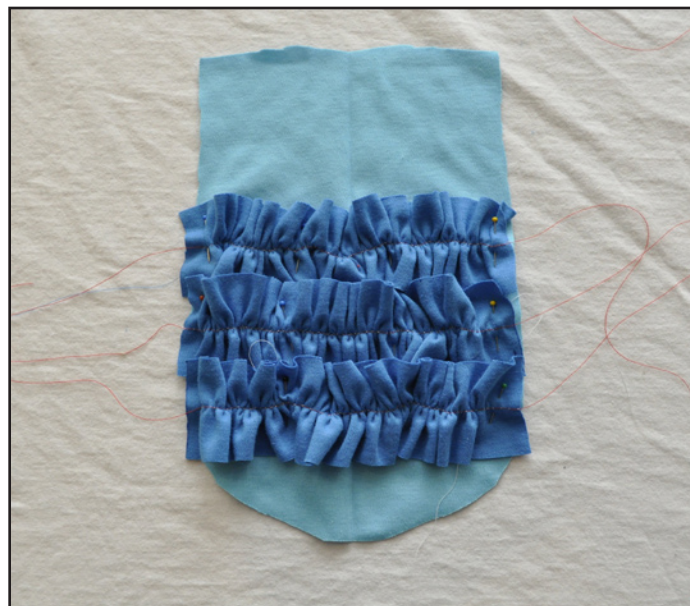


Gather, Pin and Sew Ruffles

Gently pull either the top or bobbin thread on one side of each ruffle piece to make it gather. Be careful to not break your thread, or you will have to start over with your basting. You can gather a little from each side to keep from having too much tension on either side.

Once all three ruffles pieces are gathered, place the first one on the gusset aligning the basted stitches with the placement line you previously marked. Pin it in place with four pins.

Place and pin the other two ruffles, overlapping them slightly to give added fullness and to prevent them from getting too close to the bottom of the gusset (you will need enough space at the bottom for the seam allowance and to not catch the bottom ruffle in your sewing when you seam the crotch).



Switch back to matching thread and a regular-length stitch (I use a 3). While pressing the ruffle flat with your fingers, sew down the middle of each ruffle.



Be careful to not cut the long tail threads from your basting stitches when you cut the threads of your permanent ruffle stitching. You will need the long tails of your basting stitches to easily remove the basting.

Pull on either the top or bobbin thread of your basting stitches to remove them. If needed, use a seam ripper to get them all out.



Admire those adorable ruffles!

Pin the two leg panels to the gusset as you would for the basic leggings. Sandwich the ends of the ruffles into the seam so they will have a nice, finished look.



Flip your leggings over after pinning both leg panels to make sure everything looks good.



Refer to the basic leggings section of the pattern for more information on sewing the gusset. Your leggings will look like this once the ruffled gusset is in place:



Serge or trim the seam allowances from the gusset if desired.

Here's a closeup of the ruffles. You can see how sandwiching the ends into the seams gives such a nice look.



Ruffled Cuffs

Cut your ruffle pieces for the cuffs as you did for the gusset. You will need one piece for each leg that measures 2" tall by three times the width of the leg.

Baste and gather the ruffles as you did for the gusset. Pin them in place AFTER you have sewn the leg hems but BEFORE you have sewn the crotch seam. (You don't have to sew the leg hems if you are using existing hems from an upcycled t-shirt). I simply line up the bottom of the ruffle with the hem. You can place it higher on the leg as desired.



Sew one ruffle to each pant leg as you did for the gusset. Don't forget to switch back to matching thread and a regular stitch length after your basting!



Continue making the pants using the basic instructions. When sewing the crotch seam, catch the ends of the ruffles into the seam allowance for a finished look.

Voila!



Don't let my images limit your imagination - use multi-colored ruffles, tone-on-tone ruffles...or go for a cool ombré effect!

RUCHED LEGS

Ruching the legs of the Baby Got Back leggings may seem challenging at first because of the small leg circumference, but you'll find the extra 10 minutes invested into the pants to be well worth it! The effect is super cute, and mistakes or unevenness in your stitching are covered by the gathers in the fabric.

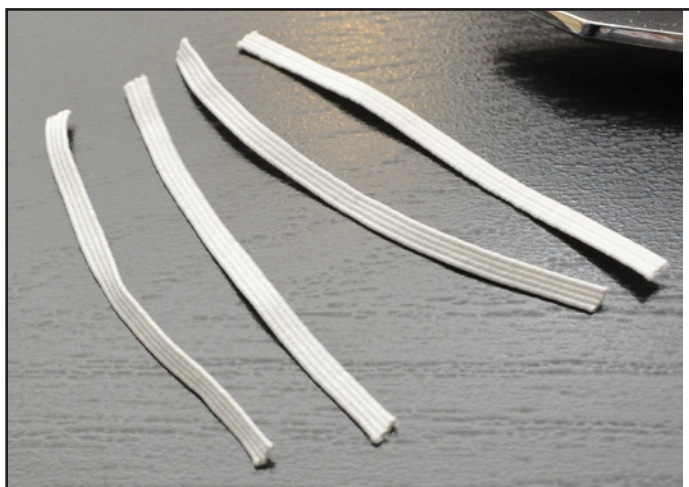
Note that while the length of this pattern is generous, you might want to add an inch or two to the pattern if you plan on ruching since it draws up the length of the pants. For my example, I used the pattern as-is to achieve a slightly cropped look.

Prepare Elastic

You will need a small amount of 1/8" elastic. I like the soft stretch variety.



Determine how much you would like the ruching to draw up the pants. For this example, I wanted my size 6-12mos pants to draw up two inches. Add half an inch to that measurement, and cut four pieces of elastic that length. So, I cut four pieces of elastic, 2.5" long each.



Apply Elastic to Inner Legs

Working on one of the inside leg seams on the wrong side of the pants, attach one end of one piece of elastic to the edge of the pants near the cuff and on top of the seam allowance. Sew back and forth a few times about 1/4" from the end of the elastic and pants edge.

Be careful to not catch the other side of the leg in your stitching.



Next, measure twice the length that you want the pants to draw up - so for my example, I measured 4" from the cuff edge ($2 \times 2" = 4"$).



Pin the remaining end of the elastic to the pants right on top of the seam allowance.



Attach the end of the elastic to the pants by sewing back and forth and through the seam allowance. Be extra careful to not catch the other side of the pants in your stitching. This will be a little challenging - especially for the smaller-sized pants.

Your pants leg will now look like this:



If you have trouble getting everything straight - don't worry about it. Any imperfect stitching will be masked by the gathering.

Working VERY carefully to be sure you don't catch the other side of the pants in your stitching, stretch the elastic to fit the area of the pants between the two ends where you attached the elastic.



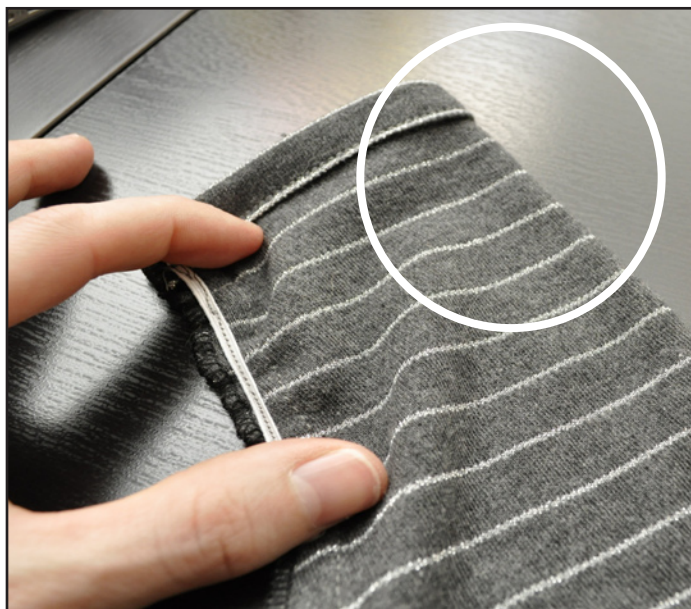
You may have to move your fingers around and stretch only a small portion at a time to get this to work without pulling the pants out from under your needle...like this:



With elastic stretched to fit the pants, stitch straight down the middle of the elastic, backstitching at both ends to secure. Like I said before, don't worry if it's not perfect! (Mine's not!)

Apply Elastic to Inner Legs

Now you will do the same thing to the outside of the leg (where there's no seam). To find the center of the leg, simply lay it flat with the inside-leg seam on one side. Where the leg folds on the other side (see circle in photo below) is where you should apply the elastic.



Attach one end of the elastic to the bottom of the leg cuff as you did on the inner leg seam.

Pin the remaining end of the elastic even with with where the elastic is attached on the inside leg seam. As previously mentioned, this worked out to 4" away from the cuff edge for me.



After attaching the remaining end of the elastic, stretch and sew the elastic to the pants as you did at the inner leg seam. The only difference is that you will not be sewing over a seam allowance this time since there is no outside leg seam.

Repeat on the other leg.

See? I told you the ruching is super cute!



You could use this technique on the capri version, too. Just remember to allow for the amount of length that will be drawn up in the ruching.

CAPRI LENGTH

Making a capri version of the Baby Got Back Pants is easy! Simply reduce the length of the pattern by 2-4 inches (or as much as desired - I reduced the example below by 2" - so after hemming they are 2 3/4" shorter than the regular version). Just remember to allow for your 3/4" hem.

If you are upcycling a t-shirt, simply place the pattern farther down on the t-shirt before cutting so the bottom edge of the t-shirt is in line with how long you want the pants to be.



APPLIQUÉ

You can easily add an applique to your Baby Got Back Pants! Here are some ideas on where to put one:

- Center of back panel
- One or two sides of back panel
- Knees (like patches!)
- *Whatever you can come up with!*

Using There are several different methods for applying appliques, so use whichever is your favorite. For my heart capris above, I cut out my heart, sprayed it with basting spray, stuck it to the pants and secured it with a straight stitch around the edge. Since the heart is knit fabric, it won't fray at the edges.

*Here are a couple
appliqué templates
you can use:*

