

SWEETHEART DRESS

PATTERNS FOR THE MODERN SEWER & KNITTER



retro & modern dress
featuring a back heart cut out

heart cut out
sleeveless
sizes 2T - 6yrs
button closure

VERY SHANNON





SIZING, FABRIC REQUIREMENTS, SUPPLIES & TOOLS

The Sweetheart Dress has a fitted bodice with a button closure. Please match your child's chest size up according to the charts below for an accurate fit.

SIZE CHART

SIZE	2T	3T	4T	5T	6
HEIGHT in cm	35	38	41	44	47
	89	96.5	104	112	119
CHEST in cm	21	22	23	24	25
	53	56	58	61	63.5
WAIST in cm	20	20.5	21	21.5	22
	51	52	53	54.5	56

**All measurements are approximations.*

FINISHED BODICE CHEST MEASUREMENTS

SIZE	2T	3T	4T	5T	6
CHEST in cm	22	23	24	25	26
	56	58	61	63.5	66

**All measurements are approximations.*

Use the charts below to write in the measurements of the child you are sewing for.

CHILD #1	in	cm
Chest		
Height		
Waist		
CHILD #2	in	cm
Chest		
Height		
Waist		

CHILD #3	in	cm
Chest		
Height		
Waist		
CHILD #4	in	cm
Chest		
Height		
Waist		

HELPFUL TIP

Always take care to pre-wash your fabrics before sewing. Trust me.... it's important!

FABRIC REQUIREMENTS

The fabric requirement listed below vary based on your fabric selection and the placement of your fabric. Please note that the requirements given are for non-directional prints only. Directional prints may require more fabric. Please plan accordingly when purchasing fabric. All requirements are based on 45"/115cm width fabric.

SIZE	2T	3T	4T	5T	6T
Bodice Front & Back - Outer Fabric	½ yd.	½ yd.	½ yd.	½ yd.	½ yd.
Bodice Front & Back - Lining Fabric	½ yd.	½ yd.	½ yd.	½ yd.	½ yd.
Skirt Front & Back	¾ yd.	¾ yd.	¾ yd.	¾ yd.	¾ yd.
*Entire Dress	1 ⅞ yd.	1 ⅞ yd.	1 ⅞ yd.	1 ⅞ yd.	1 ⅞ yd.

**All measurements are approximations.*

RECOMMENDED FABRIC

Lightweight to medium weight fabrics such as cotton or cotton blends, linen, quilting cotton, shirting, double gauze, poplin, voiles & lawn.

TOOLS

Removable fabric marker or Tailor's chalk.
Rotary cutter w/mat
Scissors
Pins
Hand sewing needle

SUPPLIES

1 Button (I used a covered button kit)
Embroidery floss in coordinating color

PATTERN PIECES & CUTTING INSTRUCTIONS

Print out your **Sweetheart Dress Pattern Pieces** found on **Pages 20 to 22** using our Printing Instructions found on **Page 7**.

You have the following pattern pieces included with this pattern:

FRONT BODICE // BACK BODICE // HEART CUT OUT

Cut out from your desired fabric the following for your Sweetheart Dress Bodice:

2 - Outer Front Bodice 2 - Lining Front Bodice

2 - Outer Back Bodice 2 - Lining Back Bodice

- You will use the Heart Cut-Out pattern piece later in the pattern. You do not need to cut this out of fabric.

- Follow the instructions below for the Skirt of your Sweetheart Dress.

SKIRT PATTERN SIZES FOR CUTTING

Use the chart dimensions & instructions given below to make the skirt of your Sweetheart Dress.

SIZE	2T	3T	4T	5T	6T
Width in cm	29	30	31	32	33
	74	76	79	81	84
Height in cm	15	16	17	19	21
	38	40.5	43	48	53.5

**All measurements are approximations.*

1. Cut 2 rectangles out of your fabric for your skirt using the dimensions given above on the **Skirt Pattern Sizes for Cutting Chart** for your child's size. Cut your rectangles with your grain line (straight grain) going vertically. Your selvages will be parallel to this. I like to think of having my selvages on the left/right of the pattern pieces. When you tug the fabric you should feel some give/stretch from left to right. If the give is from up/down you need to adjust your fabric.
2. Please be sure to cut your pattern pieces out of your fabric following the directions noted on the pattern pieces for grain line.
3. The measurements listed above are for non-directional prints. Directional prints will possibly require more yardage. Please plan accordingly when purchasing fabric.

FABRIC, CUTTING & SIZING NOTES

BEFORE YOU BEGIN

TIPS FOR SEWING

1. Read all instructions carefully before sewing.
2. Always wash/dry/press your fabrics before sewing with them unless fabric care states otherwise.
3. Always measure your child accurately before choosing your size.
4. Follow the **Pattern Pieces & Cutting Instructions** on **Page 5** to find out what is included in this pattern and which pieces to cut/how many.
5. Trace or cut your pattern along your selected size taking care to mark all notches & other pattern markings onto your fabric with a removable fabric marker or tailor's chalk.
6. The skirt for The Sweetheart Dress has no pattern pieces. Please follow the **Skirt Pattern Sizes Cutting Chart** on **Page 5** to cut the right size for the child you are sewing for.
7. Seam allowances are included in the pattern and are ½"/1.27 cm unless otherwise stated.
8. Start and finish all seams with a backstitch unless otherwise stated.
9. Always press your seams as you work through the pattern.
10. Clip seam allowances where necessary. Clip corners of seam allowance to reduce bulk. Doing so enables your curves to lay nicely & flat.
11. Finish your edges with a zig zag stitch or serge for a clean finish. You may also choose to use pinking shears to trim seam allowances to prevent fraying.
12. Right side is depicted by white.  Wrong side is depicted by grey. 

GLOSSARY

1. **GATHERING STITCH:** Adjust your machine to the setting that works well to gather with. This is normally your longest stitch length. Do not backstitch. Baste using a 1/4"/.64cm & a 5/8"/1.59cm seam allowance & then gently pull your bobbin threads as you gather your fabric.
2. **TOPSTITCH:** A straight stitch that is sewn 1/8"/.32cm along the right edge of a seam.
3. **FINISH THE SEAM ALLOWANCES:** You may choose to use a serger, finish your seams by running a zigzag stitch over the raw edge of your seam allowance or by simply sewing a straight stitch 1/4"/.64cm from your raw edge then trim your seam allowance with pinking shears.
4. **BACKSTITCH:** Sew in reverse for a few stitches at the beginning and end of your seam. This helps to prevent your stitches from coming unsewn.
5. **BASTE:** Set your machine to the longest machine length & don't backstitch at the start or end of your seam. This is used to make a temporary seam.
6. **RS AND WS:** RS is the right side of your fabric and WS is the wrong side of your fabric (the inside of your garment would be the WS of your fabric).
7. **NOTCHING:** With your scissors carefully clip into and along your seam allowance.

BEFORE YOU BEGIN

PRINTING INSTRUCTIONS

Page size is 8.5" x 11". Pattern can be printed on both 8.5" x 11" paper and size A4.

Confirm when printing your pattern pieces that your printer is set to "actual size" and/or you set your page scaling to "none". Be sure not to select "shrink to fit" or any other page scaling as this will result in your pattern pieces being the incorrect size and your garment may not fit.

1. Seam allowances are already included on the pattern pieces.
2. Before printing out your entire pattern print out **Page 20** and double check your 1"/2.54cm test box. This is an important step that will save you from printing out the whole pattern in the wrong size. If the 1"/2.54cm test box is accurate after printing you are safe to print out all of your pattern pieces.

HELPFUL TIP

To be environmentally friendly print only your pattern pages and use a tablet/cellphone/computer to read your pattern instructions.

*Pattern pages ONLY can be found from **Pages 20 to 22**. Instructions ONLY can be found on **Pages 8 - 19**.*

TERMS OF USE

This pattern is for personal use only. The purchaser may create sewn items for personal use or for charity. For commercial use, resale or for classes please contact us directly at **askveryshannon@gmail.com**

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SOCIAL MEDIA

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We love seeing your fabric choices, projects in progress and finished projects! Tag your Sweetheart dresses online using the hashtag **#sweetheartdress!**

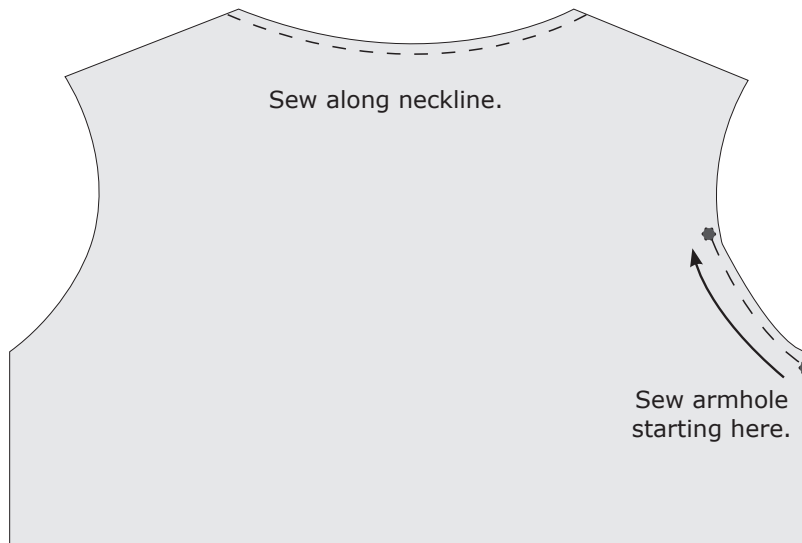
You can find Very Shannon on **facebook, instagram, pinterest, twitter, bloglovin & google +**.

SEWING INSTRUCTIONS

HELPFUL TIP

All seam allowances are 1/2"/1.27cm unless otherwise stated.

STEP ONE: CREATING THE BODICE

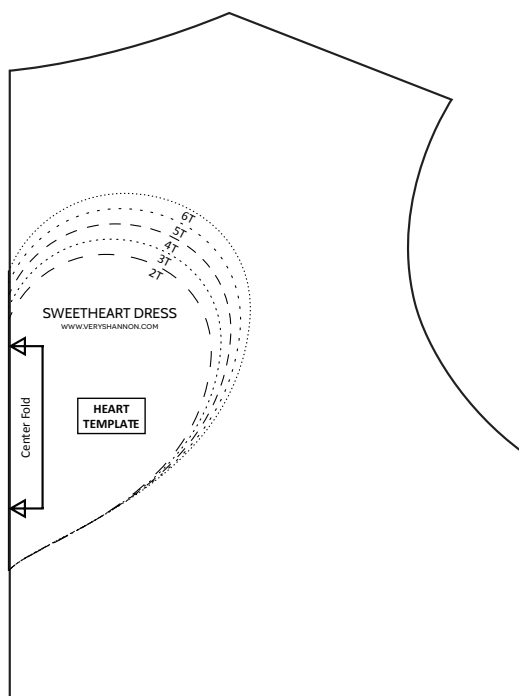


Start by placing your **Back** and **Back Lining Pieces** right sides facing each other. Pin your neckline & sew along neckline only with a 1/2"/1.27cm seam allowance. Trim your seam allowance to 1/4"/0.64cm. *See diagram to the left.

Repeat the above step for your front and front lining pieces.

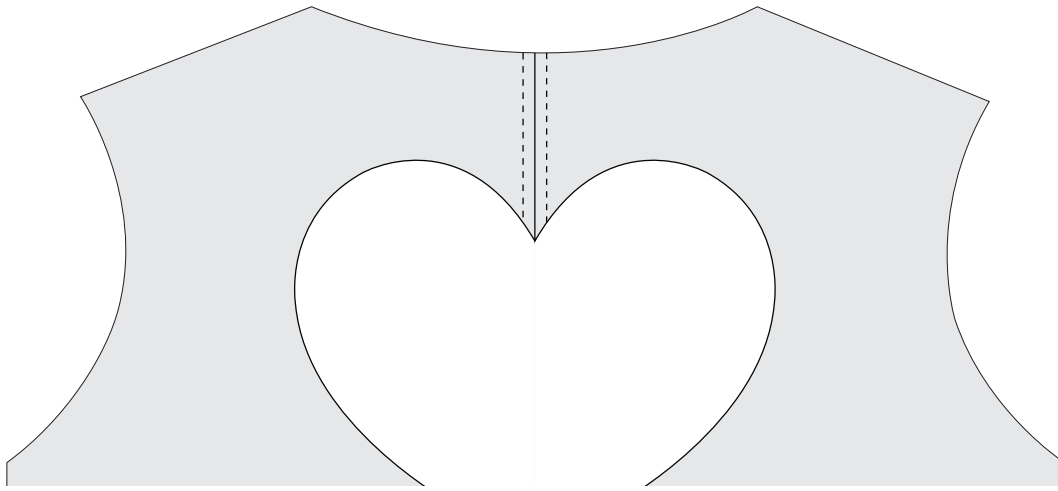
Next pin your armholes. Sew half-way up your armhole starting from the bottom of the armhole and stopping midway to the shoulder. Repeat for the other armhole. Trim your seam allowance & also carefully notch into the curve of your seam allowance only without cutting your sewing. Finish as desired. *See diagram above.

Repeat the above steps for your **Front & Front Lining Pieces**.



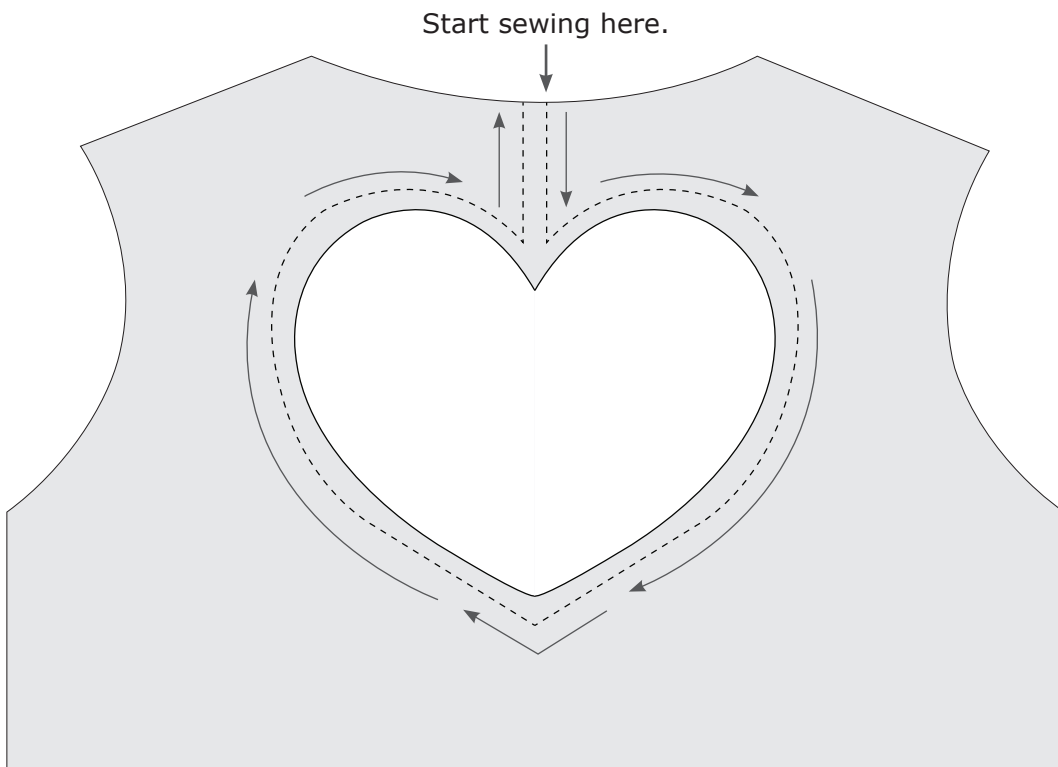
Now take your **Back Piece** & fold it in half matching your sides up. Pin your **Heart Shaped Pattern Piece** to your folded edge where you would like your heart to be, taking care to leave at least 2"/5cm from the bottom of your bodice & 2"/5cm below the top of your bodice.

Trace the heart shape with your fabric marker & then cut along your drawn line as accurately as possible. *See diagram on the left.



Now mark a line from the top center of your neckline down to the top middle of your heart cutout. Mark another line $\frac{1}{8}$ "/0.32cm over to the right of that line. Mark another line $\frac{1}{8}$ "/0.32cm to the left of the center line. *See diagram above.

**Note: For this dress I chose to make a hand-sewn button loop that I add in later on in the pattern. I find them very feminine and fun to make. If you'd rather make your own fabric button loop you should do that now before stitching your lines.*



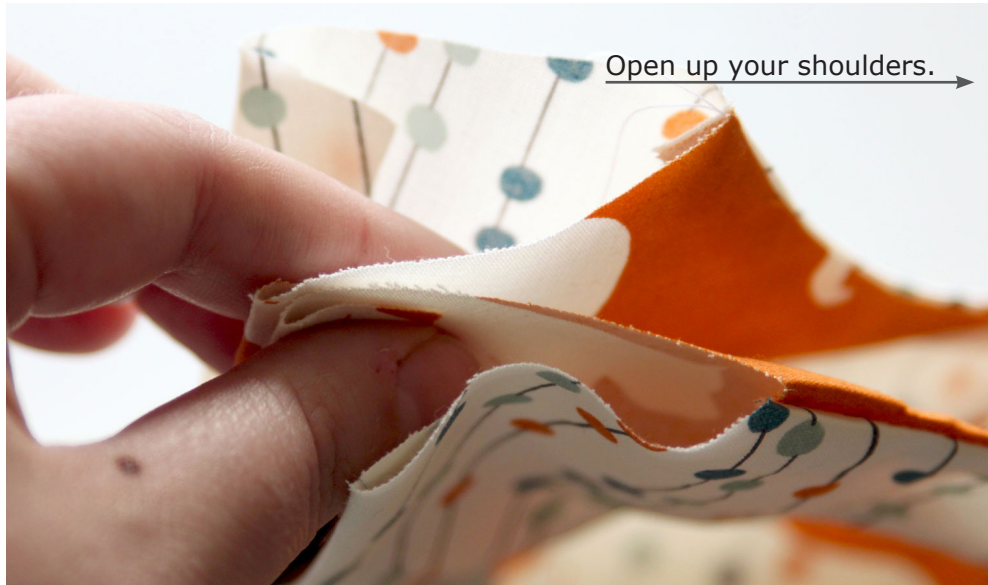
Start sewing from the top of the line right of your center line with a $\frac{1}{4}$ "/0.64cm seam allowance following along the line you drew for the heart, down & around the entire heart shape cutout & back up the other line you marked sewing back up to the top of the neckline.

Now you're going to cut down the center line you drew. Notch into your curved seams all along your heart very carefully so your heart will lay nice and flat. Trim your seams to $\frac{1}{8}$ "/0.32cm. This is important for a clean & professional finish. *See above diagram.

STEP TWO: SEWING THE BODICE

There are a few different ways to sew a lined bodice but this is my favorite. There's no hand sewing involved and I find it gives a nice clean finish. The steps may sound confusing at first but I promise it's one of those things you just have to do to fully understand if you get stuck. Trust me though, it's not as hard as it looks and it really is an easy way to sew a lined bodice.

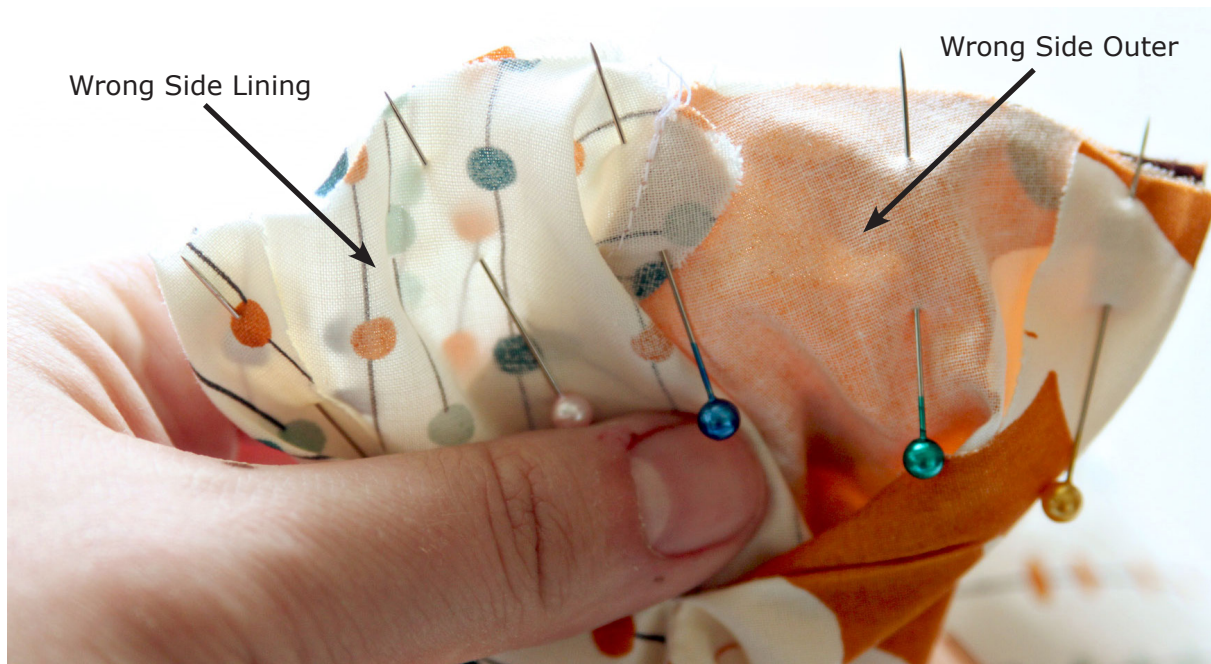
Start by turning your bodice pieces right side out and press taking care to iron a ½"/1.27cm seam allowance under for the top half of your unstitched armhole. Press both your neckline and armhole really well. This will aid in the sewing process later on.



Place your bodice pieces right sides facing each other. Bring your shoulder pieces together. Match up your shoulder seams that are right at your neckline edge. This is an important step to ensure your dress lines up nicely. Pin very precisely here to make sure those seams stay matched. *See above photo.



While still holding your shoulders together, continue to open up your shoulder pieces so you can now see both your outer/lining pieces (for both your front & back bodice) forming one straight line with the neckline seam in the middle. *See above photo.



Pin across neatly. Sew along this seam with a $\frac{1}{2}$ "/1.27cm seam allowance. Trim your seams & finish as desired. *See above photo.

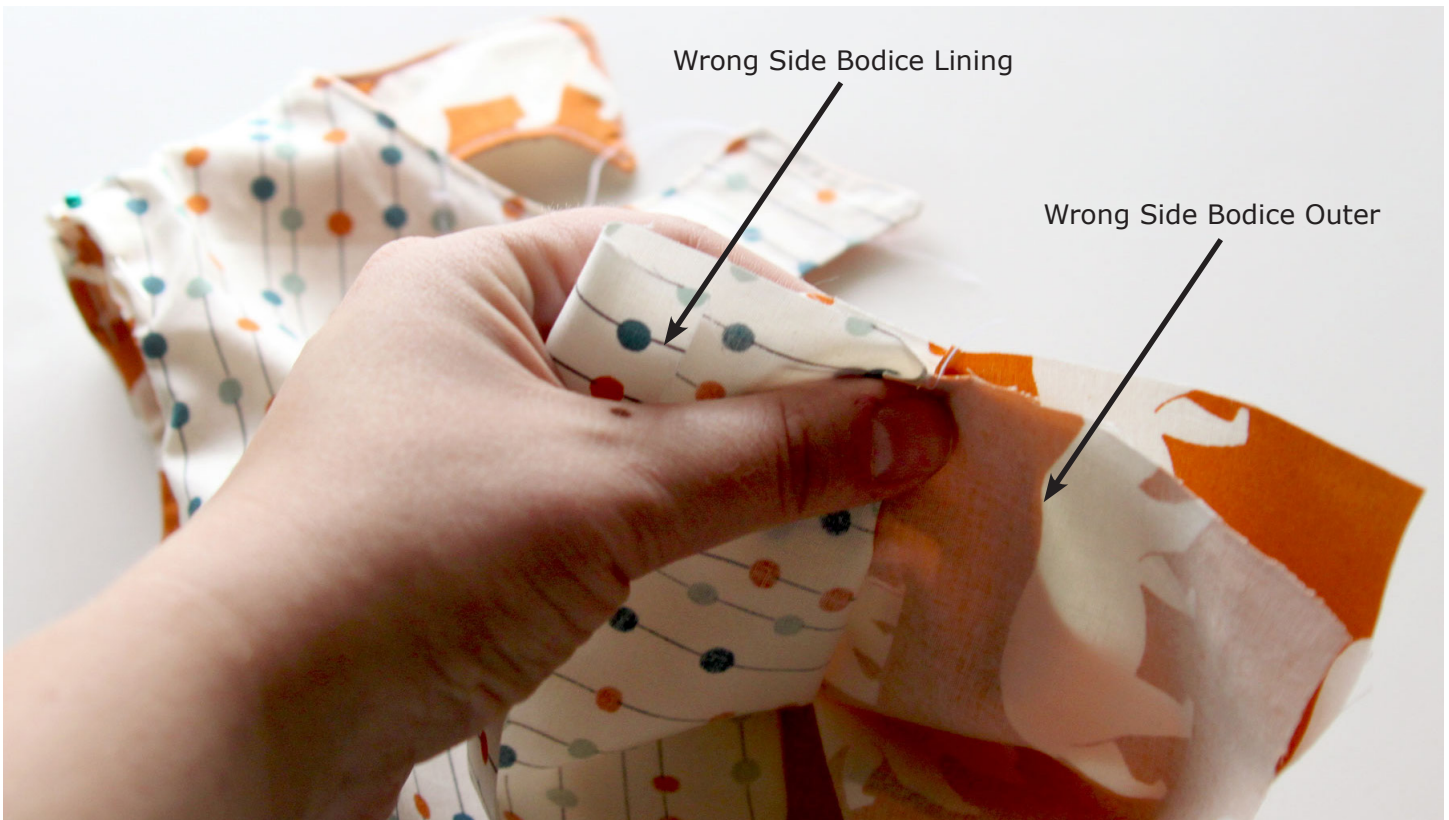


Repeat for your other shoulder. That's it! Not so hard right? The steps you just completed join your bodice pieces together but do not enclose the rest of your armhole. We will be doing that a bit later in the pattern. *See above photo.



We are now going to join the side seams of your bodice together. This part is similar to the shoulders in the way that you have to open up your outer/lining to form one straight line. Start by placing your bodice pieces right sides facing each other. Starting with your bodice front right side, take your bottom side corner and lift it straight up so it forms one line from the bottom of your lining down to the bottom of your outer fabric. *See photos above & below.

Repeat this for your bodice back right side of your bodice and match the two up together. Pin very neatly and take care that your seams that are your bottom of your armhole are matched up precisely. This is very important to achieve a clean finish.





Stitch along this line with a $\frac{1}{2}$ "/1.27cm seam allowance going slowly and taking care when sewing over where your seams match.

Stay steady and follow your fabrics and stay true to your seam allowance here. You may go inwards a tad following the fabric but that is fine. *See photos above.

Trim your seam allowances and notch in slightly in the curve where your seams matched up. Finish your seam allowances if desired. Good job! Repeat for the left side of your bodice pieces.

STEP THREE: FINISHING THE BODICE

Turn your bodice right side out and press all your seams really nice and flat. Make sure when you are pressing seams you press under that $\frac{1}{2}$ "/1.27cm seam allowance we still have to sew shut on your armhole. We're going to close that up in the following step.

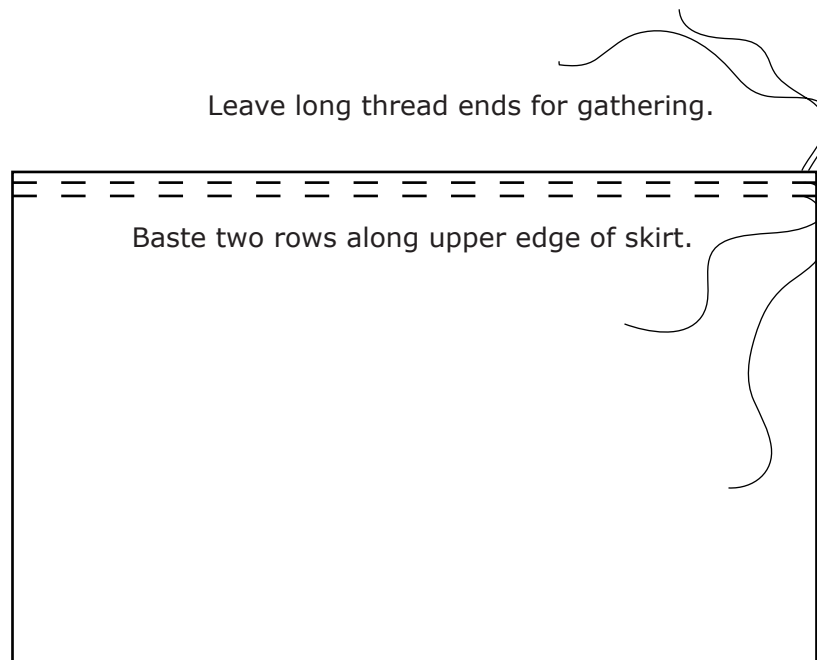
Starting at your neckline topstitch $\frac{1}{8}$ "/0.32cm around the whole neckline & the entire heart cut out. Go slow and be as precise as possible. Do the same for your armholes, taking care to close those armhole openings.

You now have a seamlessly lined bodice! Let's get that skirt sewn on!

STEP FOUR: MAKE YOUR SKIRT



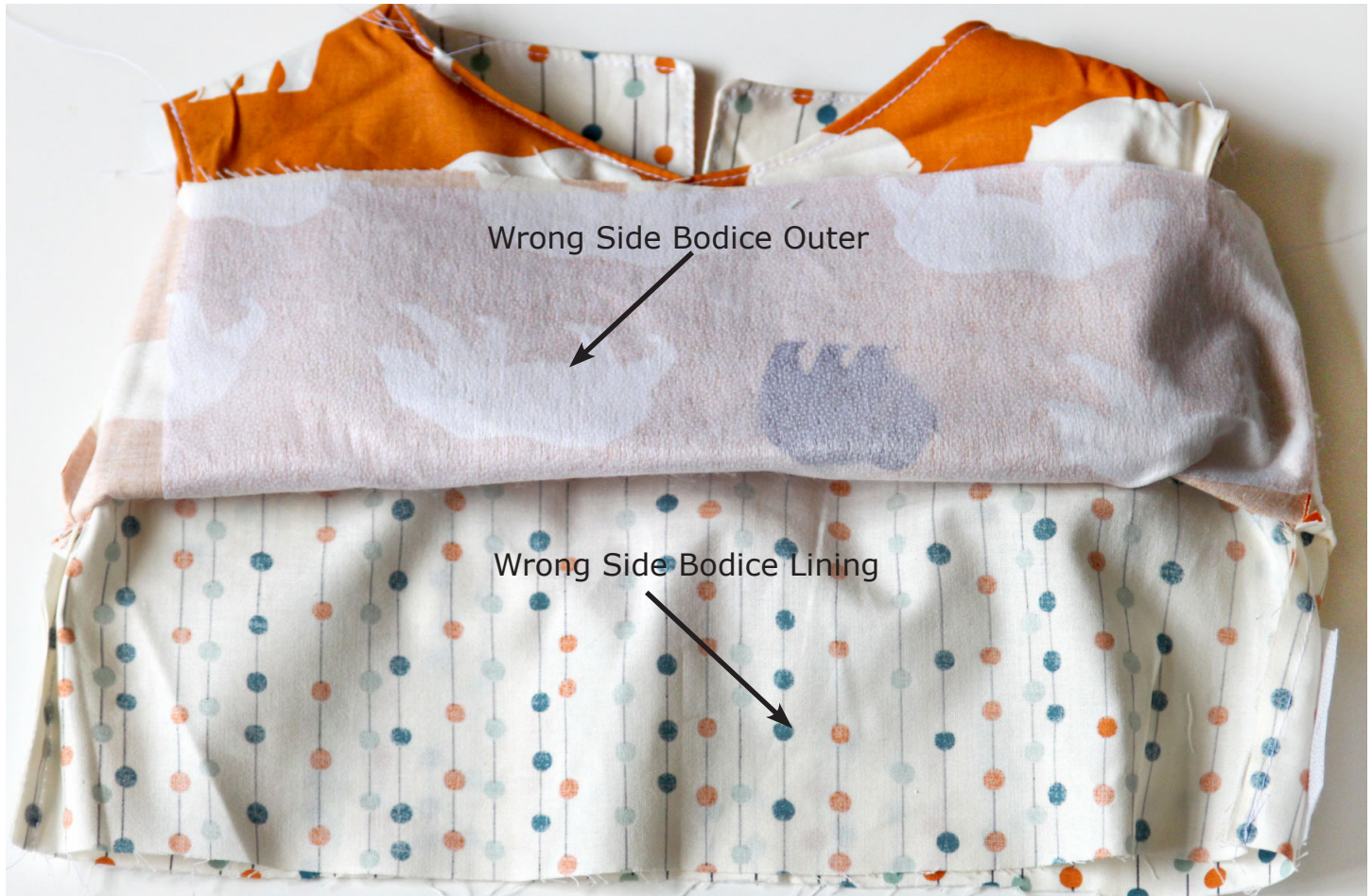
Place your skirt pieces right sides facing each other and sew up your side seams with a $\frac{1}{2}$ "/1.27cm seam allowance. Trim your seam allowances & finish as desired. *See diagram above.



We are now going to gather up that pretty skirt. Set your sewing machine to its basting stitch and sew along the top of your entire skirt with a $\frac{1}{4}$ "/0.64cm & also a $\frac{1}{8}$ "/0.32cm seam allowance using the correct setting on your machine to gather with (this is normally your longest stitch length).

Gather the skirt by pulling gently on your bobbin thread after sewing to the size that will fit the circumference of your bodice. It is handy to mark with pins/fabric marker your center and side seams so you can gather the skirt evenly. *See diagram above.

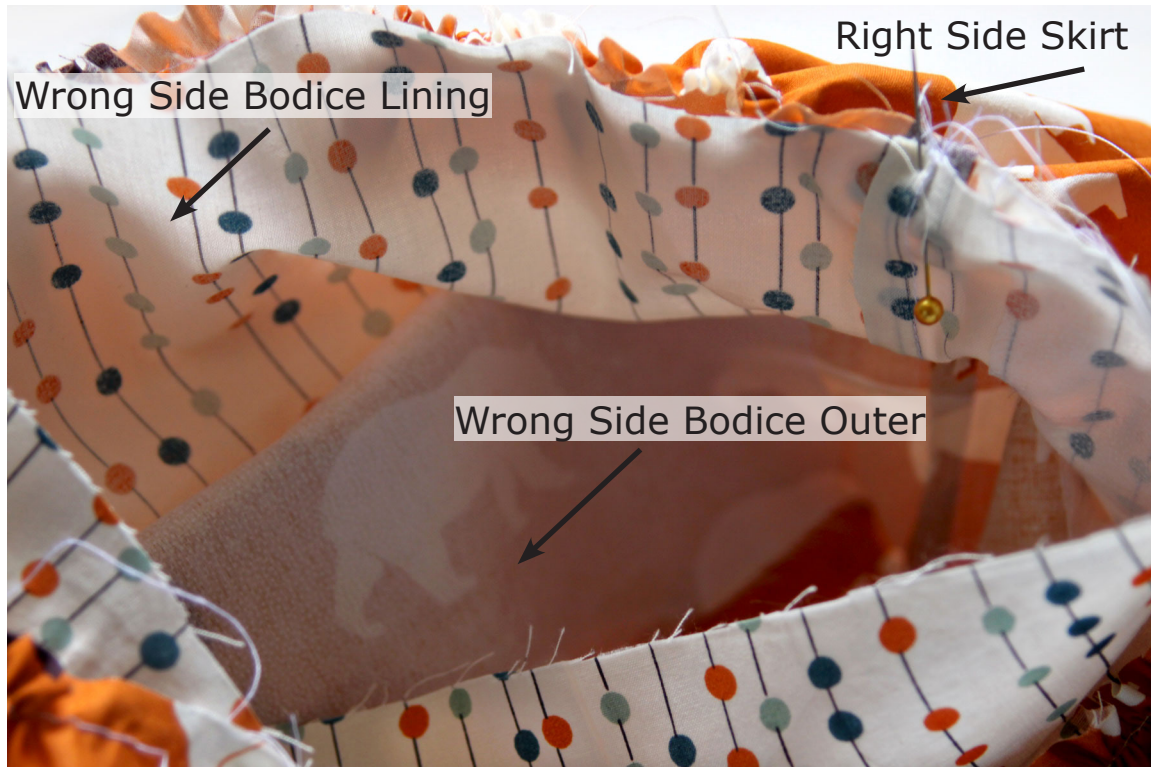
STEP FIVE: ATTACH SKIRT TO BODICE



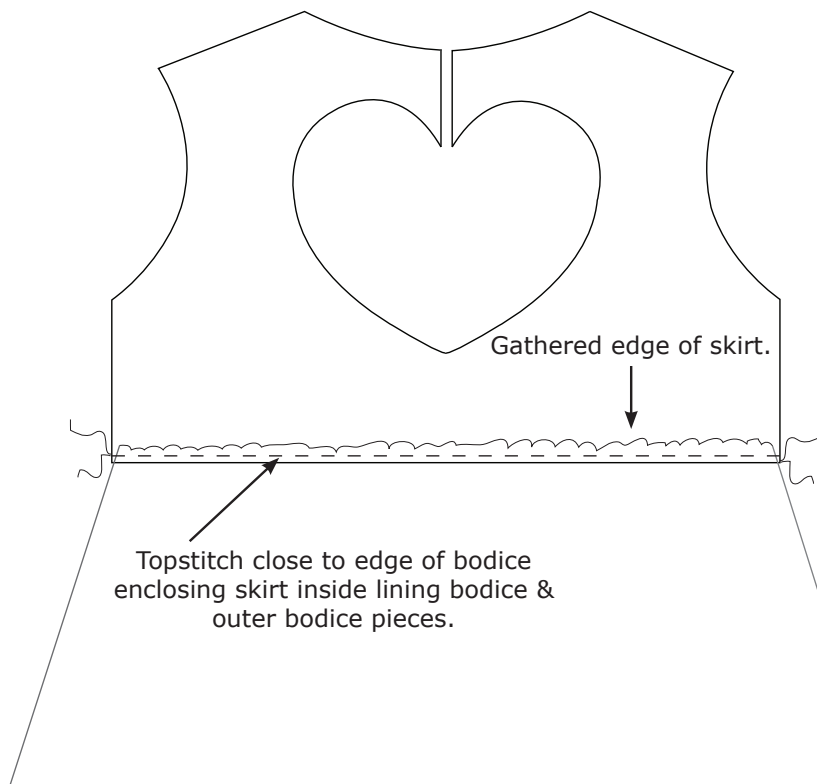
With your dress bodice right side out, grab hold of just your outer bodice fabric and fold it up and over the armhole exposing the wrong side of your lining fabric. *See image above.

Now turn the bodice inside out with the folded fabric still folded up inside of your lining. When looking at your bodice laying down you should see the right side of your lining. Take the bodice and get ready to place it into your skirt with the straps pointing downwards. You are now getting ready to attach the bottom of your bodice lining to the top of your skirt. *See images below.





Take your skirt (right side out) and put your bodice (still inside out) inside the skirt with your straps facing downwards so your unfinished bodice bottom will match up with the gathered edge of your skirt. When looking down into the skirt you should see the wrong side of your bodice lining. The right side of your bodice lining should be facing the wrong side of your skirt. Pin the skirt to your bodice and sew with a $\frac{1}{2}$ "/1.27cm seam allowance. *See image above.

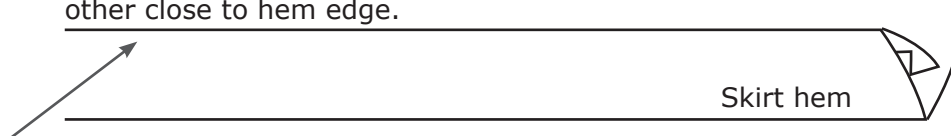


Pull your bodice out of your skirt and pull the bodice outer down neatly so the right side of your bodice is now showing. Press a $\frac{1}{2}$ "/1.27cm seam allowance for your outer bodice for your front and back.

Now pin your outer bodice down so that your skirt is now enclosed in between the bodice outer and the bodice lining.

Topstitch as close to your folded edge as possible ($\frac{1}{8}$ "/0.32cm seam allowance). Press. *See diagram to the left.

Stitch 2 lines $\frac{1}{8}$ "/0.32cm apart from each other close to hem edge.



It's now time to hem your dress. Fold your hem up $\frac{1}{2}$ "/1.27cm and press. Fold up another $\frac{1}{2}$ "/1.27cm and press again. (You could use less or more to fold if you need a shorter or wider hem). Pin your hem and sew along the hem edge. I love to have a double topstitch feature on my hems. You can either use twin needles or you can just topstitch twice around the hem moving the sewing line $\frac{1}{8}$ "/0.32cm for your second time around. Press. *See diagram above.

STEP SIX: FINISHING DETAILS

Now we're going to make that button loop. Decide on the button that you would like to use. I LOVE to use covered buttons. They are inexpensive, easy-to-make and add such a special and unique touch to your dress. I enjoy using my lining fabric on the button for the Sweetheart Dress.

Start by threading an embroidery hand sewing needle with at least 3 strands of embroidery floss. For the following steps I like to use a pencil or a large knitting needle that is the diameter of the buttonhole I need to use as a guide while sewing my button loop. You could also just use your finger. Sometimes it can take a few times to get the hang of the right size loop to make but I promise after doing a few of these button loops it gets easier and easier to judge the size you need and they are a fun and addicting detail to add to your garments.

Start by securing your thread to the edge of your bodice where you would like your loop to start. Make sure you have anchored your thread well so that the loop is strong to survive little hands pulling on it as well. I like to sew a few stitches worked on top of each other just to really anchor the floss to the bodice. Try to keep these small though and on the back side of your bodice. You don't want your ends to show.



Loop your thread over your finger or chosen object, and stitch through the edge on the other side. Now repeat this going back to where you anchored your thread at the start. Repeat this step, going back and forth until you have at least 3 loops going over your finger (object), then knot to secure your floss. This will make your button loop sturdier.



Now we're going to do what's called a "blanket stitch" and cover our thread loops with this stitch. With your work in front of you bring your needle in through the loops (from the back) pointing towards you. Keep the working thread loose. Now bring the needle up and over your loop and through your working thread that has formed a loose loop in behind your button loop.



Pull the thread tight forming a nice little half knot sort of shape over your loop. Repeat this step over and over again until your entire button loop is covered.

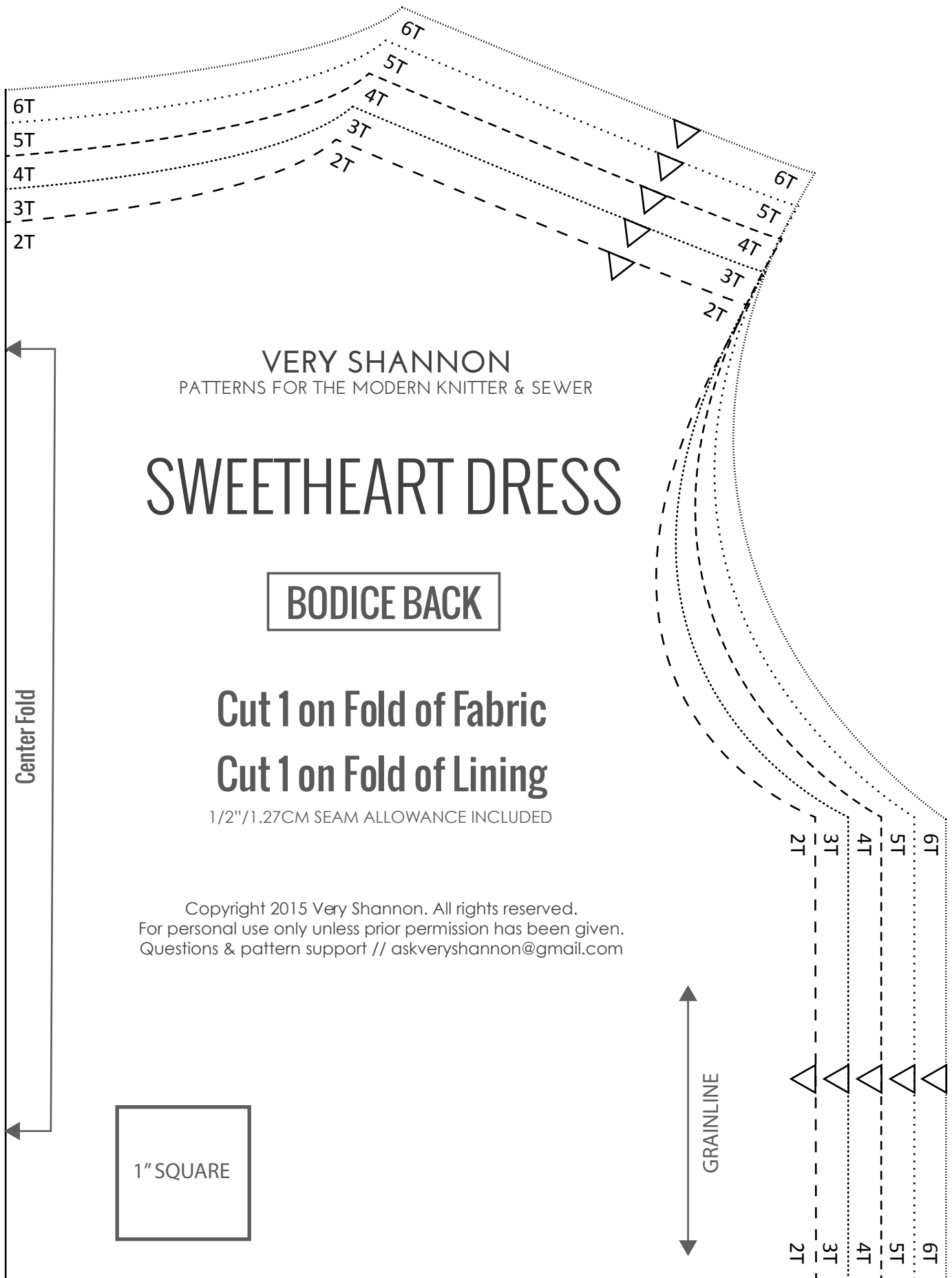
Hand sew your button of choice onto your dress and you're done! Wonderful job! Thank you for sewing with me!

We want to see your Sweetheart Dress! Share your dresses with us on social media!

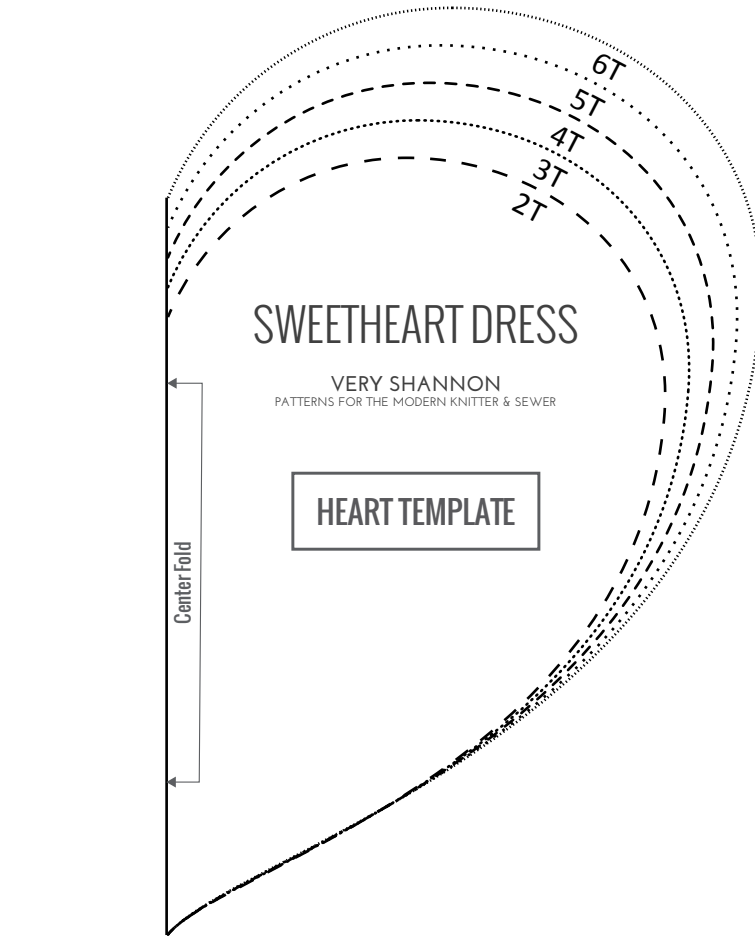
Use the hashtag **#SWEETHEARTDRESS** on Twitter and Instagram!



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SIZE KEY	
2T	-----
3T	
4T	-----
5T	
6T	